



Building Strong Families

2022

IN BREATHITT COUNTY



Kayla Watts
County Extension Agent,
Family and Consumer
Sciences Education

OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

OUR SUCCESS

In 2020-2021,
Family and Consumer
Sciences Extension made

5,954

direct and

346,213

indirect contacts with
individuals and families in
Breathitt County.

SPOTLIGHT: BREATHITT COUNTY

Food box distribution program helps 400 residents



According to the 2019 Census Bureau, 30% of the Breathitt County population is living in poverty. With the COVID-19 pandemic affecting food relief efforts, Extension personnel looked for ways to bridge the gap. To assist individuals and families who are suffering from food insecurity, the Breathitt County FCS Extension agent partnered with the Robinson Center for Appalachia Resource Sustainability (RCARS), and God's Pantry of Central Kentucky to set up a monthly food distribution for the county. As a part of this program, food is delivered once a month. The food is then boxed and distributed to the families in need. The program has helped more than 200 households during the spring months and positively affected an estimated 400 residents of Breathitt County.

BREATHITT COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

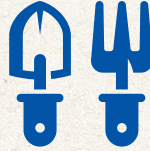
Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our Commonwealth.

Breathitt County's FCS Extension programming in 2020-2021 led to the following results.



440

pints
of food
were preserved



\$6,000

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets



\$15,000

increase in sales
because of
Plate it Up!



3,024

participants used
access points that
offered healthy foods



\$4,700

saved as a result
of FCS's Financial
Education Program



1,488

participants
gained financial
management knowledge

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

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