



Building Strong Families

2022

IN BULLITT COUNTY



Ruth Chowning
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

5,616

direct and

12,648

indirect contacts with
individuals and families in
Bullitt County.

SPOTLIGHT: BULLITT COUNTY

Online needlework classes stitch through the pandemic



With the Kentucky "Healthy At Home" initiative in place during this pandemic, the Bullitt County FCS Extension Office partnered with the Garrard County office to offer an online needlework class over the eight months of the pandemic in 2020. Needlework is a way to learn new skills of the mind, heart, and hands. It develops focus and concentration, encourages following a process, enhances critical thinking, math skills, increases hand-eye coordination, small motor skills, and builds self-esteem. Moreover, this class provided a means to promote healthy, interpersonal relationships between individuals while sheltering at home. A total of 66 people attended one or more of the 11 classes. We prepared kits and sent them out ahead of time. After the program, 75% of participants reported finishing their project and showed interest in participating in the future.

BULLITT 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.

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



331

youths
participated in local
Extension programming



261

recipe cards
distributed throughout
the community



\$600

saved as a result
of FCS's Financial
Education Program



4,434

volunteer hours were
reported by FCS Extension
program volunteers



200

program participants
increased their
physical activity



357

participants reported
a better understanding
of clothing care and repair

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Consumer Sciences Extension brings
you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
Play and **UKFCSExt.podbean.com**.

Source: Kentucky Cooperative Extension Reporting, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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