



Building Strong Families

2022

IN CARLISLE COUNTY



Brooke Hogancamp
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

1,149

direct and

22,339

indirect contacts with
individuals and families in
Carlisle County.

SPOTLIGHT: CARLISLE COUNTY

Feeding Carlisle through Community Pantry Boxes



According to FeedingAmerica.org, 16.4% of Carlisle County residents are food insecure. The effects of COVID-19 on the community have only increased those numbers because of job loss and food inaccessibility. In an attempt to combat these statistics and get food onto the plates of their residents, the Carlisle County FCS Extension Office in partnership with the Carlisle County Family Resource Center (FRYSC) sponsored Free Community Pantry Boxes in communities across the county. Through community fundraising, donated services, and program funds, we were able to provide the county with two pantry cabinets large enough to house food and sanitary items. We presented the boxes to Bardwell and Arlington townships. It is the hope of those involved to continue the project and add more boxes throughout the county.

CARLISLE 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.

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



569

youths
participated in local
Extension programming



337

individuals
made healthier
eating choices



4,528

volunteer hours were
reported by FCS Extension
program volunteers



670

individuals sought
support from local
community organizations



162

program participants
increased their
physical activity



170

participants used
access points that
offered healthy foods

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
**Facebook.com/
UKFCSExt**



INSTAGRAM
**Instagram.com/
UKFCSExt**



PODCAST
**UKFCSExt
.podbean.com**



Plate it Up!

Browse and download more than
100 delicious, healthy recipes
from Plate it Up Kentucky Proud.

PlateltUp.ca.uky.edu



Listen. Learn. Live Well.

University of Kentucky Family and
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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service