



# Building Strong Families

2022

## IN CARROLL COUNTY



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### 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

**2,243**

direct and

**98,018**

indirect contacts with  
individuals and families in  
Carroll County.

### SPOTLIGHT: CARROLL COUNTY

## More than 50 families cooked with Day Camp in a Bag



University of Kentucky FCS Extension Offices are usually busy places in the summer. Although the COVID-19 pandemic altered how we did programming, Extension educators believed if there's a will, there's a way. The Carroll County FCS Extension Office, in partnership with two additional county offices, offered a Day Camp in a Bag. The program served 56 families with more than 150 young people. It provided an opportunity for parents, grandparents, and children to bond over cooking. Participants received weekly grab and go bags for five weeks which included cooking camp supplies. The bag contained ingredients, recipes chosen from Plate It Up!, various handouts including information on raising their own garden as well as cooking with herbs, and how to dry herbs to use for next year.



## CARROLL 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.

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



**270**

youths  
participated in local  
Extension programming



**165**

participants had intentions  
to make lifestyle changes  
to improve their health



**82**

adult  
volunteers



**862**

volunteer hours were  
reported by FCS Extension  
program volunteers



**172**

individuals sought  
support from local  
community organizations

### Connect with us!



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**FCS.uky.edu**



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.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](https://hes.uky.edu/StrongFamilies)

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