



Building Strong Families

2022

IN CLAY COUNTY

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

13,453

direct and

27,363

indirect contacts with
individuals and families in
Clay County.

SPOTLIGHT: CLAY COUNTY

Cooking school brightens the holiday season



Surviving the holiday season, especially during a pandemic, can be stressful and hard on families. The Clay County FCS Extension agent, along with seven other county agents, partnered to implement Holiday Cooking School in a Box to help alleviate the stress and provide families with tools to get them through these unprecedented times. About 150 people participated and used the information on family togetherness and food safety from the Nutrition Education Program and the University of Kentucky. We gave the participants more than \$500 worth of cake or biscuit mixes, and two country hams valued at more than \$65 were donated and served as door prizes for the event. After the program, 79% of participants reported that they used new tips and ways to brighten their spirits during the holiday season.

CLAY 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.

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



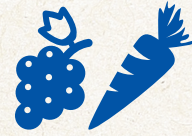
212

program participants
increased their
physical activity



894

individuals
made healthier
eating choices



268

community members purchased
fruits and vegetables from
the Plate it Up! recipe card



345

adult
volunteers



306

demonstrated
safe handling of
food



625

participants
reported gaining
knowledge

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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.



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