



Building Strong Families

2022

IN GARRARD 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

2,172

direct and

6,985

indirect contacts with
individuals and families in
Garrard County.

SPOTLIGHT: GARRARD COUNTY

Virtual cooking school brings international flavor to youths

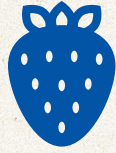


It was very difficult for our SNAP-Ed assistant to reach youth audiences during the pandemic. To connect with youths and provide cooking experiences, the Garrard County FCS Extension Office collaborated with school administrators and the Community Education Director. We set up a biweekly cooking school through Google Meets. We gave the Teen Cuisine curriculum an international makeover. Each week, we used or created recipes with a different country's flavors. The lessons included a demonstration of the recipe and information about the nutrition, preparation, and meal planning needed for each recipe. We sent the recipes directly to the participants before each class so they could buy the ingredients ahead of time. After the programming, parents reported that they and their children really liked it and that they would do it again.

GARRARD 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.

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



350

participants used
access points that
offered healthy foods



150

recipe cards
distributed throughout
the community



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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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