

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

### **KENTUCKY COUNTY PROFILES**

# **Building** 2022 **Strong Families**

## IN GRAVES COUNTY



**Denise Wooley** 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**

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In 2020-2021, Family and Consumer Sciences Extension made

8,984 direct and 15,160 indirect contacts with individuals and families in Graves County.

### **SPOTLIGHT: GRAVES COUNTY**

# 'Positive Employability' helps prepare people for the workforce



Research tell us that 85% of job success comes from having well-developed soft and people skills, while only 15% of job success comes from technical skills and knowledge (hard skills). Employers are often prepared to teach technical job skills; however, the intangible skills of being a team player, time management, and positive attitude are difficult to teach on-site but are critical to success. To address this need, the Graves County FCS Extension Office partnered with The Lighthouse - A Refuge for Women and Children and offered Positive Employability: Preparing for Financial Success. This curriculum provides our clientele with the personal skill sets and resources to be workforce ready. The program offered objective-based learning through interactive learning activities, including Ten Soft Skills for Success, Communication Skills, Professional Etiquette, and Resume Building.

### **GRAVES 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. Graves County's FCS Extension programming in 2020-2021 led to the following results.



vouths participated in local Extension programming





pints of food were preserved



increase in sales because of Plate it Up!

in EBT, WIC, or senior benefits were redeemed at farmers' markets

# Connect with us!



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WEBSITE FCS.uky.edu

FACEBOOK Facebook.com/ **UKFCSExt** 



PODCAST **UKFCSExt** .podbean.com



# **Plate it Up!**

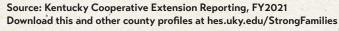
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

#### PlateItUp.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.



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