



# Building Strong Families

2022

## IN GRAYSON 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

**909**

direct and

**344,154**

indirect contacts with  
individuals and families in  
Grayson County.

### SPOTLIGHT: GRAYSON COUNTY

## Food safety, new skills, and new traditions



Around the winter holidays, people are preparing meals for friends and family, and there is generally renewed interest in preparing healthy, homecooked meals. To encourage healthy, holiday homecooked meals, the Grayson County FCS Extension Office hosted the grab-and-go workshop Home for the Holidays. The program focused on basic food safety skills related to buying and preparing a whole turkey, building healthy side dishes including salads, and using herbs and spices to add flavor to dishes at home. Forty-two people participated in the workshop and received informational packets. After the program, 81% indicated they better understood how to safely purchase and prepare a whole turkey. Participants reported that the information was valuable, the packet was great, and that the information was practical.



## GRAYSON 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.

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



**137**

youths  
participated in local  
Extension programming



**50**

individuals sought  
support from local  
community organizations



**100**

participants  
improved  
parenting skills



**2,152**

volunteer hours were  
reported by FCS Extension  
program volunteers



**150**

individuals extended support  
to another parent, grandparent,  
or relative raising a child



**209**

participants  
reported gaining  
knowledge

### Connect with us!



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**FCS.uky.edu**



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

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