



Building Strong Families

2022

IN GREEN 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

2,896

direct and

263

indirect contacts with
individuals and families in
Green County.

SPOTLIGHT: GREEN COUNTY

1,000 'Extension To Go' bags distributed



In response to COVID-19, the Green County FCS Extension Office offered Extension To Go bags to local residents, to ensure that community members could still be active and engaged in Extension programming from the comfort of their homes. Topics in the bags included Life Story, Managing Stress, Physical Activity, Recipe Kits, Meal Planning, Green Cleaning, Grill Safety, Nature Walks, Sun Safety, and many more. To reach more individuals, Green County FCS Extension partnered with Green County Youth Services Center and Lake Cumberland Community Action Agency. Now, a year later, more than 1,000 bags have been distributed to Green County residents. As a result of this program, 29 participants have reported a continued increase in fruit and vegetable consumption, and 22 reported a continued increase in family physical activity.

GREEN 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.

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



127

participants used
access points that
offered healthy foods



640

individuals
made healthier
eating choices



1,465

pints
of food
were preserved



2,650

volunteer hours were
reported by FCS Extension
program volunteers



300

participants
adopted new
physical activity practices



175

participants reported
preparing more healthy
homecooked meals

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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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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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