

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

### **KENTUCKY COUNTY PROFILES**

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

# IN GREEN COUNTY



Jordan Crain 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

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.





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# Plate it Up!

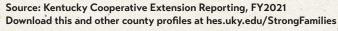
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

### PlateItUp.ca.uky.edu

TALKING FACS PODCAST

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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**.



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