



# Building Strong Families

2022

## IN HENDERSON 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

**1,607**

direct and

**1,768,048**

indirect contacts with  
individuals and families in  
Henderson County.

### SPOTLIGHT: HENDERSON COUNTY

## New way of programming in a pandemic reaches thousands



With a pandemic on our hands, finding ways to reach our clientele has taken some planning and preparing. Because most of our programs were in person, the Henderson County FCS Extension Office decided to offer packaged program kits, recorded and live lessons, and mail outs. We promoted this new way of programming through Facebook posts, newsletters, handwritten cards, and local radio spots. We gave out 150 program bags weekly for programming, and we gave out a separate 50 bags a month for monthly programming. The programs we offered included Get Fit Kentucky, Cooking Through the Calendar, and a gardening bag. We reached more than 5,500 individuals through Facebook, 3,050 individuals through educational kits, and more than 20,000 through the radio spots. Virtual educational programming will continue moving forward through the pandemic.



## HENDERSON 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.

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



**665**

youths  
participated in local  
Extension programming



**166**

individuals  
made healthier  
eating choices



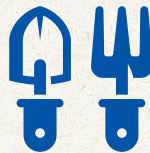
**\$500**

saved as a result  
of FCS's Financial  
Education Program



**28,038**

volunteer hours were  
reported by FCS Extension  
program volunteers



**\$75**

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



**65**

participants reported  
preparing more healthy  
homecooked meals

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



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**UKFCSExt  
.podbean.com**



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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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