



# Building Strong Families

2022

## IN KNOTT 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

**10,781**

direct and

**52,580**

indirect contacts with  
individuals and families in  
Knott County.

### SPOTLIGHT: KNOTT COUNTY

## Grab and go bags help families in crisis



Because of COVID-19 related health issues, especially mental health, the Knott County FCS Extension agent and 4-H youth and development agent were asked to provide grab and go programs to families in crisis. These monthly programs reached 207 youths and 80 adults. Educational materials included STEM projects, financial hints and tips, nutrition and health facts, addiction prevention and recovery, safety issues relating to food, home, and personal safety. Each month, we provided families with ingredients for a recipe and family activities, such as beaded ornaments, paper crafts, and art supplies. Evaluations indicated that all families benefited from the program. Adults reported the youths looked forward to getting the packets. Both adults and youths enjoyed the hands-on activities with easy-to-follow directions.



## KNOTT 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.

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



**1,031**

parents and/or caregivers  
reported improved  
personal skills



**1,498**

demonstrated  
safe handling  
of food



**1,326**

individuals  
made healthier  
eating choices



**2,625**

volunteer hours were  
reported by FCS Extension  
program volunteers



**883**

pints  
of food  
were preserved



**2,998**

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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