



Building Strong Families

2022

IN LAUREL 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

3,505

direct and

18,097

indirect contacts with
individuals and families in
Laurel County.

SPOTLIGHT: LAUREL COUNTY

‘Holiday Cooking School in a Box’ helps ease holiday stress



Surviving the holiday season, especially during a pandemic, can be stressful and hard on families looking for ways to feed and celebrate safely with their families. The Laurel County FCS Extension Office partnered with Wilderness Trail Area FCS agents to offer Holiday Cooking School in a Box. This program would help alleviate stress and provide tools and tips to get through these unprecedented times. We offered the program in eight counties with 150 individual participants. After the program, 72% of participants reported having discovered new information about turkey safety, and 79% reported that they used new tips and ways to brighten their spirits during the holiday season.

LAUREL 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.

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



356

Youths
participated in local
Extension programming



6,500

recipe cards
distributed throughout
the community



\$3,720

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



11,406

volunteer hours were
reported by FCS Extension
program volunteers



795

participants used
access points that
offered healthy foods



520

participants
gained financial
management knowledge

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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

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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