



Building Strong Families

2022

IN MEADE 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

7,956

direct and

113,437

indirect contacts with
individuals and families in
Meade County.

SPOTLIGHT: MEADE COUNTY

Reaching remote areas with programs to go



Wolf Creek, Andyville, and Rhodelia are located in the lower portion of Meade County. The communities consist of mostly limited-income families, most of whom do not travel out of the community on a daily basis. In an effort to reach these residents with educational information, the Meade County FCS Extension Program partnered with a local store to serve as a distribution point for a variety of Extension programs to go. Each week, the FCS agent or NEP assistant delivered program packets to the store. Initially, 30 packets were distributed which later increased to 60. Programs offered included Growing a Fall Victory Garden, Wally Cat Goes to School, Technology and Cleaning, and Cooking Wild Game. Through offering programs to go, Extension has reached many more residents and plans to continue these efforts moving forward.

MEADE 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.

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



86

youths
participated in local
Extension programming



\$127

increase in sales
because of
Plate it Up!



\$4,000

saved as a result
of FCS's Financial
Education Program



375

recipe cards
distributed throughout
the community



\$400

increase in sales
because of
Plate it Up!



461

participants
reported gaining
knowledge

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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

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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