



Building Strong Families

2022

IN PULASKI 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

1,622

direct and

66,154

indirect contacts with
individuals and families in
Pulaski County.

SPOTLIGHT: PULASKI COUNTY

Spreading healthy nutrition information



Keeping families aware of the need for healthy eating and continued daily physical activity has been challenging during the pandemic. In order to keep our community informed of health issues, the Pulaski County FCS Extension Office added nutrition publications to the daily meal kits that we provided to families. These healthy articles were also shared monthly to the five local libraries that provide bag lunches for children and the two school systems that offer drive-thru lunches. God's Food Pantry, the Senior Citizen Center, Assisted Living Centers, Somerset Mall, and churches all shared this educational information. We sent out more than 1,000 publications on healthy eating. We also offered two nutrition classes on a monthly basis through Zoom. More than 6,000 people viewed this class.

PULASKI 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.

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



1,200

participants reported
preparing more healthy
homemade meals



3,736

individuals
made healthier
eating choices



\$10,080

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



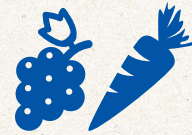
5,957

volunteer hours were
reported by FCS Extension
program volunteers



1,476

participants had intentions
to make lifestyle changes
to improve their health



1,200

community members purchased
fruits and vegetables from
the Plate it Up! recipe card

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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

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