



# Building Strong Families

2022

## IN SHELBY 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

**52,777**

direct and

**119,924**

indirect contacts with  
individuals and families in  
Shelby County.

### SPOTLIGHT: SHELBY COUNTY

## Surviving, thriving during pandemic with grab and go bags



The COVID-19 outbreak was classified as a global pandemic. The entire country was shut down except for declared essential workers. There was a mandatory order that groups were unable to assemble because of possible public health risks. The Shelby County FCS Extension agent and Nutrition Education Program assistant addressed the situation by offering educational activities and publications on the Extension office's front porch. We offered grab and go packets each week with rotating themes. Themes included the Sizzlin' Summer Series, the Centers for Disease Control and Prevention guidelines on proper hand-washing, recipes for budget-friendly and healthy food, and tips for growing produce. The grab and go packets helped people to not only survive but to thrive during the pandemic.



## SHELBY 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.

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



**139**

youths  
participated in local  
Extension programming



**152**

individuals  
made healthier  
eating choices



**\$890**

saved as a result  
of FCS's Financial  
Education Program



**812**

adult  
volunteers



**244**

participants  
adopted new  
physical activity practices



**312**

participants  
reported gaining  
knowledge

### Connect with us!



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**FCS.uky.edu**



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### Listen. Learn. Live Well.

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)

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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