



Building Strong Families

2022

IN TODD 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

6,343

direct and

33,545

indirect contacts with
individuals and families in
Todd County.

SPOTLIGHT: TODD COUNTY

Learn how ‘The Power of Your Pantry’ can help during a pandemic



Early during the pandemic, many people tried to minimize trips to the grocery store to avoid potentially contracting COVID-19. As a result, community members began stocking up on groceries for their pantries, refrigerator, and freezer. A well-stocked pantry has benefits aside from emergency preparedness. It can increase the likelihood to cook, decrease the amount of prep time, reduce the need to use a recipe, save money, and contribute to nutritious and balanced meals. To help consumers experience these benefits, the Todd County FCS Extension agent, in partnership with two other counties, offered The Power of Your Pantry, a three-part pantry cooking series taught through Zoom. A total of 55 participants attended the classes. After the program, all participants reported they now know how to use substitutions when cooking from their pantries.

TODD 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.

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



55

demonstrated
safe handling
of food



67

individuals
made healthier
eating choices



85

participants
gained financial
management knowledge



64

participants reported
preparing more healthy
homecooked meals



195

participants
reported gaining
knowledge

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University of Kentucky Family and
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you a podcast focusing on nutrition,
health, resource management, and more.
Available on Apple Podcasts, Google
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Source: Kentucky Cooperative Extension Reporting, FY2021
Download this and other county profiles at hes.uky.edu/StrongFamilies

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