



# Building Strong Families

2022

## IN TRIGG COUNTY



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County Extension Agent,  
Family and Consumer  
Sciences Education

### 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

**1,436**

direct and

**35,422**

indirect contacts with  
individuals and families in  
Trigg County.

### SPOTLIGHT: TRIGG COUNTY

## Program can keep you out of the grocery store 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 Trigg 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. Following the program, all participants reported they now know how to use substitutions when cooking from their pantries.



## TRIGG COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

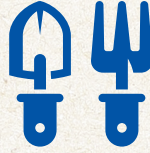
Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our Commonwealth.

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



**50**

participants used  
access points that  
offered healthy foods



**\$4,300**

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



**120**

participants reported  
preparing more healthy  
homecooked meals



**100**

demonstrated  
safe handling  
of food



**255**

participants  
reported gaining  
knowledge

### Connect with us!



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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  
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Source: Kentucky Cooperative Extension Reporting, FY2021  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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