



Building Strong Families

2022

IN WOLFE COUNTY



Alyssa Cox
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

21,266

direct and

67,644

indirect contacts with
individuals and families in
Wolfe County.

SPOTLIGHT: WOLFE COUNTY

Recovery Week features yoga, road cleanup, virtual 5K



According to the National Institute on Drug Abuse, people who are recovering from a substance use disorder are finding it difficult to maintain their sobriety during COVID-19. Most have uprooted their routine and lack social support, which are essential to maintaining a healthy recovery. In response to this emerging issue, the Wolfe County FCS Extension agent, Family Resource and Youth Service Center, and the Agency for Substance Abuse Policy (ASAP) partnered to host Wolfe County Recovery Week. The Wolfe County judge executive signed a proclamation declaring July 27 through Aug. 2 Wolfe County Addiction Recovery Week. The week included events like socially distanced yoga, a community-wide road cleanup, a virtual Recovery Celebration, and a virtual 5K. A total of 369 people participated in the Recovery Week events, and we reached more than 65,000 people.

WOLFE 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.

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



150

volunteer hours were reported by FCS Extension program volunteers



\$188

increase in sales because of Plate it Up!



\$1,344

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



389

participants used access points that offered healthy foods



746

participants adopted new physical activity practices



710

participants reported gaining knowledge

Connect with us!



WEBSITE
FCS.uky.edu



FACEBOOK
Facebook.com/UKFCSExt



INSTAGRAM
Instagram.com/UKFCSExt



PODCAST
UKFCSExt.podbean.com



Plate it Up!

Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

PlateItUp.ca.uky.edu



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**

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.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service