



# Building Strong Families

## IN DAVIESS COUNTY



**Katie Alexander**  
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 2019-2020, Family and Consumer Sciences Extension made **7,484** direct and indirect contacts with individuals and families in Daviess County.

### SPOTLIGHT: DAVIESS COUNTY

## Getting information to clients during a pandemic



To provide the community with information and program activities through the COVID-19 pandemic, the majority of the state started using Grab and Go kits. Daviess County Family and Consumer Sciences followed suit and gave out Grab and Go kits over the course of 12 weeks. The Family and Consumer Sciences Extension agent collaborated with our SNAP assistant and a local greenhouse to put out Grab and Go kits on various topics including gardening, nutrition, food safety and cooking, physical activity, self-care, outdoor fun and safety, and pet safety around the holidays. Over the course of 12 weeks, we reached 151 adults and 293 children in Daviess County. Participants reported enjoying the bags and thanked our office for sharing them.

## DAVISS 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.

Daviess County's FCS Extension programming in 2019-2020 led to the following results.



**913**

youths participated in local  
Extension programming



**109**

individuals made healthier  
eating choices



**79**

participants reported  
their intent to cook more



**115**

youths gained  
a better understanding  
of substance abuse



**240**

participants reported  
gaining knowledge

## Connect with us!



WEBSITE  
[FCS.uky.edu](http://FCS.uky.edu)



FACEBOOK  
[Facebook.com/  
UKFCSExt](https://Facebook.com/UKFCSExt)



INSTAGRAM  
[Instagram.com/  
UKFCSExt](https://Instagram.com/UKFCSExt)



PODCAST  
[UKFCSExt  
.podbean.com](https://UKFCSExt.podbean.com)



## 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](https://UKFCSExt.podbean.com).

## Plate it Up!

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

[PlateltUp.ca.uky.edu](https://PlateltUp.ca.uky.edu)

Source: Kentucky Cooperative Extension Reporting, FY2020  
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.



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