



# Building Strong Families

## IN MEADE 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 2019-2020, Family and Consumer Sciences Extension made **68,748** direct and indirect contacts with individuals and families in Meade County.

### SPOTLIGHT: MEADE COUNTY

## POP brings kids to the farmers' market



After the local farmers' market, vendors noted the decreasing percentage of young consumers. They contacted the Meade County Family and Consumer Sciences Extension Agent about the possibility of presenting Power of Produce (POP) during market hours. To support the project, we secured funding in the amount of \$500 from the local Farm Bureau. Extension advertised the program through the local newspaper, radio, and via Facebook posts. The six-week series featured opportunities for young children to earn up to three POP bucks: one for coming to the market, one more if they tasted the Plate It Up! recipe we demonstrated, and a third if they participated in the feature activity of the day. The series was a great success. The farmers' market reported a total of \$647 redeemed and attendance sheets reflecting more than 500 kids participating.



## MEADE 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.

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



**603**

youths participated in local  
Extension programming



**25**

participants addressed  
community problems



**797**

adult volunteers



**13,346**

volunteer hours were reported  
by FCS Extension program  
volunteers



**92**

participants reported  
making positive  
behavior changes



**109**

participants reported  
gaining knowledge

## Connect with us!



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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).

Source: Kentucky Cooperative Extension Reporting, FY2020  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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