



# Building Strong Families

## IN CALDWELL COUNTY



**Ashley White**  
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 2018-2019,  
Family and  
Consumer Sciences  
Extension made

**9,489**

contacts with  
individuals and  
families in  
Caldwell County.

### SPOTLIGHT: CALDWELL COUNTY

## Money Matters Meals



In the current economy, financial stability is important. Kentucky consistently lags behind in personal income, population living below the poverty line, unemployment, and revolving debt. To educate community members about important financial matters, the Caldwell County's FCS Extension agent hosted a Money Matters Meals series. Topics of discussion included developing a spending/savings plan, discovering how habits and attitudes affect spending habits, budgeting for the holidays, and creating low-cost meals. All participants stated they are thinking differently about how they manage money as a result of the program. Participants plan to develop a spending/savings plan. In the future, participants committed to tracking expenses, reducing spending leaks, and spending money on their needs before their wants.



## CALDWELL 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.

Caldwell County's FCS Extension programming in 2018-2019 led to the following results.



**236**

youth gained  
a better understanding  
of substance abuse.



**347**

individuals made healthier  
eating choices.



**688**

pints of food  
were preserved.



**693**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**262**

participants gained knowledge  
about physical activity.



**1,828**

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  
Play and **UKFCSExt.podbean.com**.

Source: Kentucky Cooperative Extension Reporting, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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