**Building Strong Families IN GREENUP COUNTY**

**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 5,100 contacts with individuals and families in Greenup County.

**SPOTLIGHT: GREENUP COUNTY**

**In the Know**

Holidays are often an exciting time of the year. However, many individuals, families, and households neglect budgeting for holiday spending. To assist individuals in understanding and responding to financial stress resulting from holiday expenses, Greenup County’s FCS Extension office partnered with the Family Resource Center at Russell Independent School District to offer a financial program for the families in the district who requested holiday assistance. The program titled In the Know put emphasis on understanding how implementing holiday budgeting and other cost-saving strategies can help individuals reduce spending and financial stress. Participants indicated they had identified money management or cost-saving strategies for their family, and increased their confidence in handling money issues or specific financial matters. Some also identified at least one specific saving or wealth-related goal for their family and they all plan to take action toward implementing financial management strategies presented during the program.
GREENUP 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. Greenup County’s FCS Extension programming in 2018-2019 led to the following results.

- **233** youth participated in local Extension programming.
- **1,708** individuals made healthier eating choices.
- **912** pints of food were preserved.
- **8,200** volunteer hours were reported by FCS Extension program volunteers.
- **391** demonstrated safe handling of food.
- **3,128** participants reported making positive behavior changes.

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[PlateItUp.ca.uky.edu](PlateItUp.ca.uky.edu)

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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](UKFCSExt.podbean.com)

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

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