



# Building Strong Families

## IN GREENUP 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 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.

### 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  
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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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