



Building Strong Families

IN LETCHER 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

8,981

contacts with
individuals and
families in
Letcher County.

SPOTLIGHT: LETCHER COUNTY

Tips for Low-Cost Meals



The holidays are both a joyous and financially stressful time. Especially for those living at or below the poverty line. To assist individuals in understanding and responding to financial stress resulting from holiday expenses Letcher County's FCS Extension agent, in partnership with all Quicksand Area FCS Extension agents, hosted the 2018 Holiday Roadshow: Tips for Low-Cost Meals financial program. Emphasis was placed on understanding ways to cut costs on holiday meals and ways to cut costs on gift giving as a way to reduce spending and financial stress. Participants indicated they had identified cost-saving strategies for preparing their holiday meals, and plan to take steps toward implementing financial management strategies to reduce holiday or financial stress.

LETCHER 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.

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



2,105

youth participated
in local Extension
programming.



2,201

participants reported
improved knowledge
in food preparation.



488

participants gained
financial management
knowledge.



821

participants demonstrated
spending time
in physical activity.



1,256

families adopted
physical activity practices.



3,147

made a behavior
change due to a program.

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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

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