



Building Strong Families

IN PULASKI 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
21,916
contacts with
individuals and
families in
Pulaski County.

SPOTLIGHT: PULASKI COUNTY

Managing Holiday Expenses



More than 500 clients in the Lake Cumberland Area have learned how they can save money during the holidays by preparing throughout the year. Pulaski County FCS Extension taught clients how to develop a budget for upcoming holiday expenses, identify ways to re-use and make decorations, and identify cost-saving strategies for specific holidays. Several handmade articles were demonstrated to show clients how they could make gifts without breaking their budgets for specific holidays.

PULASKI 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.

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



4,813

youth participated
in local Extension
programming.



500

Increase in sales
due to Plate it Up
Kentucky Proud.



\$5,880

in EBT, WIC, or senior benefits
were redeemed
at farmers' markets.



200

participants reported
gaining knowledge.



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

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