



Building Strong Families

IN ROBERTSON COUNTY



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Family and Consumer
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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
1,842
contacts with
individuals and
families in
Robertson County.

SPOTLIGHT: ROBERTSON COUNTY

It's Your Reality



Between the ages of 14 and 20, young people make critical decisions that will affect their whole lives. It's Your Reality is an exercise that gives students a chance to glimpse their possible futures in a fun way, and helps them become aware of the importance of basic skills in finances, decision-making, and career planning. Participants found themselves thrust into the adult world and given an occupation based on their educational plans after graduating high school. They were given an amount of play money equivalent to the average monthly salary of the assigned occupation and used those funds for housing, utilities, banking, auto dealerships, and other related expenses. Participants reported gaining new knowledge in regards to educational paths, money management, career options, etc.

KENTUCKY 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. Robertson County's FCS Extension programming in 2018-2019 contributed to the following results in Kentucky.



265,288

youth participated
in local Extension
programming.



25,496

pints of food
were preserved.



\$114,057

increase in sales
due to Plate it Up
Kentucky Proud.



492,813

volunteer hours were reported
by FCS Extension
program volunteers.



16,478,089

miles were walked
by program participants.



71,525

participants reported
making positive
behavior changes.

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100 delicious, healthy recipes
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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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



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