



Building Strong Families

IN WEBSTER 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 **8,607** contacts with individuals and families in Webster County.

SPOTLIGHT: WEBSTER COUNTY

Saving Families Money



In Webster County, 18.7 percent of families with children lived below the poverty level in 2015. Webster County's FCS Extension agent presented a program titled Couponing and Apps for families to learn to save money at the grocery store and improve the family's financial management. The class discussed menu planning, identified food resource management techniques, located coupons to save money, learned to organize coupons, discussed downloading secure coupon or money saving apps, and learned to create a plan for savings. Participants reported increased knowledge about the basics of couponing, importance of budgeting, and maintaining financial stability. They also stated that they have become more organized when shopping and have saved money on groceries since attending the class.

WEBSTER 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.

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



140

youth gained
a better understanding
of substance abuse.



121

individuals made healthier
eating choices.



175

volunteer hours were reported
by FCS Extension
program volunteers.



113

participants reported
making positive
behavior changes.



598

participants reported
gaining knowledge.

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University of Kentucky Family and
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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

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