



Building Strong Families

IN WHITLEY 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
5,105
contacts with
individuals and
families in
Whitley County.

SPOTLIGHT: WHITLEY COUNTY

Creating a Holiday Budget



Every season of the year includes a significant holiday. Whitley County's FCS Extension agent taught a Homemaker Leader lesson on how to craft a budget for any chosen holiday. It reminded participants to keep expenses like gasoline and groceries in mind, as these also play a significant role in where money goes. Each team was given a budget for a particular holiday and then they were given a significantly smaller amount to create the same holiday celebration. They got the opportunity to compare each budget and become more creative at developing a plan for food, decorations, and gifts. Participants reported that they've seen holidays where times were significantly harder than what they are now. Generational differences were also discussed. This lesson reached approximately 500 Homemakers.

WHITLEY 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.

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



1,732

youth participated
in local Extension
programming.



2,165

individuals made healthier
eating choices.



\$1,073

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



2,316

participants reported
making positive
behavior changes.



2,389

lifestyles were improved
through a focus
on proper nutrition.



696

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
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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