

University of Kentucky College of Agriculture, Food and Environment *Cooperative Extension Service*

Building Strong Families

IN CHRISTIAN COUNTY



Tiffany Bolinger County Extension Agent, Family and Consumer Sciences Education

OUR FOCUS

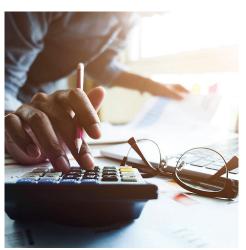
Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

OUR SUCCESS

In 2019-2020, Family and Consumer Sciences Extension made

21,381 direct and indirect contacts with individuals and families in Christian County.

Framing a foundation for a fit financial future



During the 2019 Kentucky Extension Community Assessment for Christian County, community members identified important community issues. Those issues included youth life skills training, better family skills in reducing debt, increasing savings, and financial planning. In order to address these issues, the Christian County agent for Family and Consumer Sciences met with the Money Sense planning committee to develop the Money Sense for Graduates (MSFG) program. The MSFG program provides financial education to graduating high school seniors throughout the county. A total of 596 high school seniors from all public and private schools in the county attended the program. After the program, participants and school administration reported an abundance of positive feedback. Because of COVID-19, the agent explored virtual methods in case social distancing is needed throughout the year.

CHRISTIAN 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. Christian County's FCS Extension programming in 2019-2020 led to the following results.



1,922 youths participated in local Extension programming







participants made lifestyle changes to improve their health



participants gained financial management knowledge

participants reported making positive behavior changes

Connect with us!



0

 \bigcirc

WEBSITE FCS.uky.edu

FACEBOOK Facebook.com/ **UKFCSExt**



Instagram.com/

PODCAST **UKFCSExt** .podbean.com



Plate it Up!

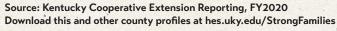
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

PlateItUp.ca.uky.edu



Listen. Learn. Live Well.

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.



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.



University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service