



Building Strong Families

IN JEFFERSON 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 2019-2020,
Family and
Consumer Sciences
Extension made
58,086
direct and indirect contacts
with individuals
and families in
Jefferson County.

SPOTLIGHT: JEFFERSON COUNTY

Money management help for limited-resource families



Nearly 70% of consumers live paycheck to paycheck, and only a quarter of Americans feel informed about managing household finances. Families and individuals who struggle with limited resources need guidance to effectively manage their decreasing resources. The Community Action Partnership, an agency of the Louisville Metro government, asked the Jefferson County Family and Consumer Sciences Extension agent to partner with them in conducting a money management series for their clientele. Topics included making a budget, tracking your spending, paying bills on time, and working with creditors. After completion of the series, 87% of participants reported having set financial goals with more than 50% tracking their spending and setting up a written budget.

JEFFERSON 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.

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



3,778

youths participated in local
Extension programming



1,180

individuals made healthier
eating choices



540

participants used knowledge
and skills to improve food
shopping management



7,149

volunteer hours were reported
by FCS Extension program
volunteers



540

lifestyles were improved
through a focus
on proper nutrition



2,750

participants reported
making positive
behavior changes

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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, FY2020
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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