



Building Strong Families

2022

IN BRECKINRIDGE 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 2020-2021,
Family and Consumer
Sciences Extension made

7,242

direct and

140,268

indirect contacts with
individuals and families in
Breckinridge County.

SPOTLIGHT: BRECKINRIDGE COUNTY

Write down your savings goal to have better chance at success



Research suggests that those who write down their goals are 42% more likely to achieve them. The Kentucky Saves Pledge is a tool to help consumers visualize their goals by writing down what they're saving for and how much they plan to save. The Breckinridge County FCS Extension Office challenged consumers to take the Kentucky Saves Pledge and make a personal commitment to save. The pledge promotions were shared through the Big Blue Goals Challenge, MoneyWi\$e newsletter articles, and the FCS newsletter. Nine or more consumers pledged to save a total of \$2,160 over the next year. Monthly savings pledges ranged from \$5 to \$120. Reasons for saving varied and included vacations, a special event, an emergency fund, homeownership, and debt repayment.

BRECKINRIDGE COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

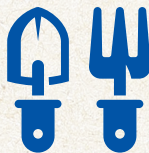
Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our Commonwealth.

Breckinridge County's FCS Extension programming in 2020-2021 led to the following results.



42

youths
participated in local
Extension programming



\$1,298

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



\$1,525

saved as a result
of FCS's Financial
Education Program



5,965

volunteer hours were
reported by FCS Extension
program volunteers



\$95

increase in sales
because of
Plate it Up!



193

participants
reported gaining
knowledge

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Source: Kentucky Cooperative Extension Reporting, FY2021
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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