



# Building Strong Families

2022

## IN WAYNE COUNTY



**Deborah Shepherd**  
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 2020-2021, Family and Consumer Sciences Extension made **3,588** direct and **105,247** indirect contacts with individuals and families in Wayne County.

### SPOTLIGHT: WAYNE COUNTY

## ‘Use Less, Spend Wi\$e Challenge’ prepares for holiday spending



Americans spent more than \$1 trillion during the holidays in 2018. That number rose another 4.5% in 2019. While holiday spending was at an all-time high pre-pandemic, many families across Kentucky may have less to spend during the 2020 holiday season. When tighter budgets are coupled with pandemic-related supply shortages, it is important to learn smarter ways to stretch consumer dollars and resources. To raise awareness and help consumers meet this need, the Wayne County FCS Extension agent challenged families to join the Use Less, Spend Wi\$e Challenge. Participants completed activities designed to help them use less, spend wisely, and discover low-cost ways to connect with others. Participants reported keeping a daily spending diary, one participant reported having learned to use things that were already in their home.



## WAYNE 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.

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



**1,560**  
youths  
participated in local  
Extension programming



**1,335**  
individuals  
made healthier  
eating choices



**\$1,000**  
in EBT, WIC, or senior benefits  
were redeemed  
at farmers' markets



**15,000**  
volunteer hours were  
reported by FCS Extension  
program volunteers



**525**  
participants  
adopted new  
physical activity practices



**1,752**  
participants  
reported gaining  
knowledge

### Connect with us!



WEBSITE  
**FCS.uky.edu**



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UKFCSExt**



INSTAGRAM  
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UKFCSExt**



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.podbean.com**



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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, FY2021  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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