

# Building Strong Families

#### IN LESLIE 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

1,487 contacts with individuals and families in Leslie County.

**SPOTLIGHT: LESLIE COUNTY** 

## **Holiday Roadshow**



The holidays are both a joyous and financially stressful time. Especially for those living at or below the poverty line. To assist individuals in understanding and responding to financial stress resulting from holiday expenses, Leslie County's FCS Extension agent, in partnership with all Quicksand Area FCS Extension agents, hosted the 2018 Holiday Roadshow: Tips for Low-Cost Meals financial program. Emphasis was placed on understanding ways to cut costs on holiday meals and ways to cut costs on gift-giving as a way to reduce spending and financial stress. Participants indicated they had identified cost-saving strategies for preparing their holiday meals, and plan to take steps toward implementing financial management strategies to reduce holiday or financial stress.

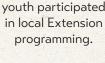
### LESLIE COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

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.

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



**260**uth participated





1,360
volunteer hours were reported by FCS Extension program volunteers.



individuals made healthier eating choices.



participants improved skills that will strengthen families.



**216**pints of food were preserved.



participants reported making positive behavior changes.

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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.

