



# 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**

youth participated  
in local Extension  
programming.



**67**

individuals made healthier  
eating choices.



**216**

pints of food  
were preserved.



**1,360**

volunteer hours were reported  
by FCS Extension  
program volunteers.



**38**

participants improved  
skills that will  
strengthen families.



**62**

participants reported  
making positive  
behavior changes.

### Connect with us!



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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, FY2019  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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