

# Building Strong Families

### IN CALDWELL COUNTY



**Ashley Board**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 2019-2020, Family and Consumer Sciences Extension made

28,464

direct and indirect contacts with individuals and families in Caldwell County.

SPOTLIGHT: CALDWELL COUNTY

# Travel on the Cheap



In the current economy, financial stability is important. In an effort to encourage consumers to develop a spending and savings plan and increase wise consumer decision-making skills in regards to vacations, the Caldwell County Family and Consumer Sciences Extension agent taught Travel on the Cheap. Lesson topics included developing a budget, planning ahead for vacation, and tips for saving money on travel arrangements. All participants reported that they plan to use at least one strategy to save money on their next vacation and more than 90% of participants reported their intent to plan ahead for their next vacation. Participants also reported that they would use other tips to save money on travel arrangements: be flexible, compare prices, cut the cost of eating out, and consider a "staycation."

# CALDWELL 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.

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



4,384
youths participated in local
Extension programming



individuals made healthier eating choices



participants reported making positive behavior changes



350
participants reported gaining knowledge

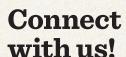


volunteers

volunteer hours were reported by FCS Extension program



volunteers reported actively practicing leadership skills





WEBSITE FCS.uky.edu



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# Plate it Up!

Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

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## Listen. Learn. Live Well.

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.



University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service