



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



114

individuals made healthier
eating choices



202

participants reported
making positive
behavior changes



557

volunteer hours were reported
by FCS Extension program
volunteers



90

volunteers reported actively
practicing leadership skills



350

participants reported
gaining knowledge

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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.



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