



Building Strong Families

IN NICHOLAS 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 2019-2020,
Family and
Consumer Sciences
Extension made

5,205

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

SPOTLIGHT: NICHOLAS COUNTY

Money Habitudes helps evaluate spending habits



Each year the Nicholas County Family and Consumer Sciences Extension agent has the opportunity to work with the FRISKY Angel Tree program to provide educational workshops. This year, we provided the Money Habitudes workshop. This program combines the focus of money habits and attitudes with a fun card game highlighting individual spending habits. The goal is to take a closer look at how you spend your money to evaluate whether that lines up best with your current money goals. Eleven participants worked through their money habitudes this year. Of those participants, 81% felt like their habitudes accurately described them. All participants made it their goal to be more aware of where they are spending their money so they can make better financial decisions.

NICHOLAS 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.

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



1,193

youths participated in local
Extension programming



53

individuals made healthier
eating choices



117

pints of food
were preserved



76

lifestyles were improved
through a focus
on proper nutrition



62

participants reported
making positive
behavior changes

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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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