

Family and Consumer Sciences (FCS) Extension

is committed to improving the quality of life for individuals and families resulting in strong families for Kentucky.

Educational programs focus on:

1 Making Beneficial Lifestyle Choices

Whether choosing a low fat, nutritious diet, receiving routine health screenings, making protective clothing decisions, or participating in regular physical activity, FCS agents encourage families to make proactive choices to increase individual health and well-being.

2 Nurturing Families

Family programs focus on individual development within families throughout the lifespan by communicating effectively, developing a strong value system, making wise decisions, and encouraging a supportive environment.

3 Embracing Life as You Age

Individuals, families, and communities face challenges as people grow older. Adjusting lifestyles, managing changing family situations, adapting homes, and actively engaging with others during life transitions are programs supported by FCS Extension.

4 Securing Financial Stability

Stability begins with families securing and managing their basic human needs of food, clothing, and shelter. In the current economy feeling, a sense of financial stability is important. Stretching buying power through wise consumer decision-making, avoiding pitfalls of overextended credit, and developing savings habits are topics taught through FCS Extension financial management programs.

5 Promoting Healthy Homes and Communities

Through FCS Extension programs local residents learn ways to increase safety in the home through improved indoor air quality, fall prevention, and disaster preparedness. On a broader scope, FCS agents encourage communities to assess their impact on the built and natural environment to promote and support the physical and mental health of its residents. FCS Agents provide economic and community development leadership to families and communities to maintain a strong local economy that is vital for healthy communities.

6 Accessing Nutritious Food

FCS nutrition education programs help families gain access to food and stretch food dollars; communities to decrease hunger; and local food assistance programs to educate recipients on healthy and safe food preparation methods. FCS agents are pivotal in training consumers and producers to maximize local access to food products from farm to table.

7 Empowering Community Leaders

Building the capacity of volunteer leaders within counties is critical for the sustainability of a community infrastructure that supports long term commitment to strengthening families. FCS agents are committed to engaging, educating, and empowering local citizens to understand family and community issues and take ownership of implementing solutions.

