

# 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 Healthy Lifestyle Choices

Family and Consumer Sciences Extension encourages families to make proactive choices to improve individual health and well-being, whether choosing a low fat, nutritious diet, increasing health literacy for chronic disease prevention, or participating in regular physical activity.

## 2 Nurturing Families

Family and Consumer Sciences Extension focuses on individual and family development by promoting effective communication, understanding developmental ages and stages, appreciating individual and cultural differences, developing a strong value system, making wise decisions, and encouraging a supportive environment.

## 3 Embracing Life as You Age

Throughout all life stages, it is important to acknowledge and celebrate the changes that accompany aging. Family and Consumer Sciences Extension helps individuals, families, and communities manage the challenges and discover the positive aspects of life transitions and growing older.

## 4 Securing Financial Stability

In the current economy, financial stability is important. That stability rests with families securing and managing their basic human needs of food, clothing, and shelter. Increasing buying power with wise consumer

decision-making, avoiding pitfalls of overextended credit, developing saving habits, and managing financial risks are topics taught by Family and Consumer Sciences Extension.

## 5 Promoting Healthy Homes and Communities

Through Family and Consumer Sciences Extension, individuals improve safety in their home and decrease their environmental footprint. Community efforts are designed to promote healthy lifestyles throughout the lifespan.

## 6 Accessing Nutritious Food

Family and Consumer Sciences Extension helps families gain access to food and to stretch food dollars; communities to decrease hunger; and local food assistance programs to educate recipients on healthy and safe food preparation methods. Family and Consumer Sciences agents are pivotal in training consumers and producers to maximize local access to farm-to-table food products.

## 7 Empowering Community Leaders

Building the capacity of volunteer leaders is critical for the sustainability of communities that support and strengthen families. Family and Consumer Sciences Extension is committed to engaging, educating, and empowering local citizens to investigate issues, make responsible decisions, and take ownership of solutions.

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