



# Building Strong Families

## IN MONTGOMERY COUNTY



**Sarah Congleton**  
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  
**56,346**  
direct and indirect contacts  
with individuals  
and families in  
Montgomery County.

### SPOTLIGHT: MONTGOMERY COUNTY

## Program to Go



The COVID-19 pandemic dealt many people numerous challenges. One of the challenges that people have faced is simply how to entertain their families. To help with this problem, the Montgomery County Family and Consumer Sciences Extension agent developed “Program to Go.” The program allowed parents and guardians to stop by and pick up educational programs to complete at home with their families. The offered programs included *Make Your Own Green Cleaner*, *Family Time – Read Together*, *Gardening*, *Sewing Kit*, *Family Mealtimes*, and *Family Physical Activity*. More than 20 families reported that this program gave them new ideas and activities that they would not have thought of themselves and that it was something they generally did not normally do.



## MONTGOMERY 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.

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



**229**

youths participated in local  
Extension programming



**30**

participants improved  
skills that will  
strengthen families



**90**

participants reported  
gaining knowledge



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Available on Apple Podcasts, Google  
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Source: Kentucky Cooperative Extension Reporting, FY2020  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

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