

**University of Kentucky** College of Agriculture, Food and Environment *Cooperative Extension Service* 

### **KENTUCKY COUNTY PROFILES**

# **Building** 2022 **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**

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In 2020-2021, Family and Consumer Sciences Extension made

219 direct and 67,361 indirect contacts with individuals and families in Montgomery County.

#### **SPOTLIGHT: MONTGOMERY COUNTY**

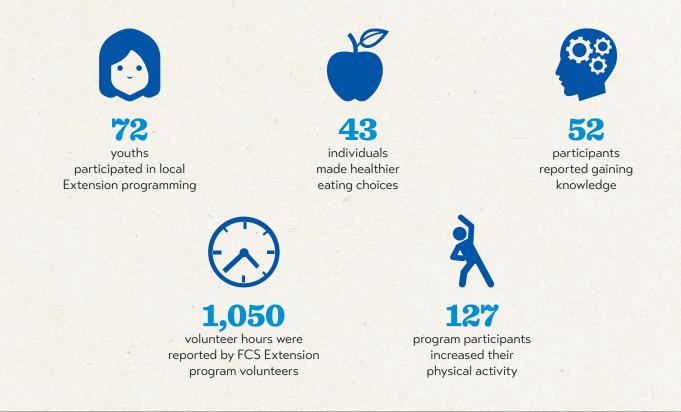
## Adulting sessions help teens budget, grocery shop, maintain cars



According to the Monitoring the Future study published in the academic journal Child Development, there are big shifts occurring in the lives of American teenagers. Today's teenagers are about three years behind their 1970s peers in a variety of "adult activities," including working for pay and driving. To help address this issue, the Montgomery County FCS Extension agent offered 10 60-minute sessions of the Adulting program, which focuses on cooking, sewing, budgeting, etiquette, laundry, etc. After the program, 90% of participants reported being able to make a list when grocery shopping and incorporate nutritious foods, 82% reported being more confident in simple car maintenance, and all participants increased their budgeting knowledge.

#### **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 2020-2021 led to the following results.



## Connect with us!



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## **Plate it Up!**

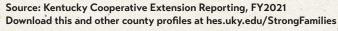
Browse and download more than 100 delicious, healthy recipes from Plate it Up Kentucky Proud.

#### PlateItUp.ca.uky.edu



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University of Kentucky Family and **Consumer Sciences Extension brings** you a podcast focusing on nutrition, health, resource management, and more. Available on Apple Podcasts, Google Play and UKFCSExt.podbean.com.



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