Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Barren County. To help families make wise decisions, our educational programs focus on:

- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities

In 2012-2013, Family and Consumer Sciences Extension made 4,680 contacts with Barren County individuals and families.²

http://hes.uky.edu/StrongFamilies

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**OUR PEOPLE**

Barren County projected population¹

<table>
<thead>
<tr>
<th>Age Group</th>
<th>2010</th>
<th>2020</th>
<th>2030</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-19 years old</td>
<td>11,217</td>
<td>11,652</td>
<td>12,282</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>12,860</td>
<td>13,657</td>
<td>14,468</td>
</tr>
<tr>
<td>45-64 years old</td>
<td>11,699</td>
<td>12,895</td>
<td>12,521</td>
</tr>
<tr>
<td>65+ years old</td>
<td>6,600</td>
<td>8,472</td>
<td>10,864</td>
</tr>
</tbody>
</table>

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**SPOTLIGHT ON ...**

**BOUNTY OF THE BARRENS**

To implement a sustainable local food economy, the Bounty of the Barrens Farmers Market was created. During late spring, summer, and early fall, it generated approximately $16,500 a month in income for vendors. The winter market, located at the extension office, generated nearly $4,000 a month in sales. In summer 2012, 285 fruit and vegetable purchases were completed using Electronic Funds Transfer cards for the Supplemental Nutrition Assistance Program. During the same period, 276 Women, Infants, and Children or Senior Voucher purchases were completed. Food demonstrations using available, in-season products educate citizens on preparation and the importance of including fruits and vegetables in a healthy diet. Vendors report that eggplant, asparagus, and cabbage sales improve when there is a food demonstration or taste-testing with recipes on site.
In Barren County…

- **3,065** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **2,323** children in 2007 (up **31.9%**).
- **59.0%** of students attending public schools were eligible for free or reduced-price meals.
- There were **4,291** SNAP cases and the monthly SNAP benefit level was **$263.57**.
- Barren County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.

As a result of participating in Barren County Extension programs:
- **5,249** people demonstrated an increase in practical living skills.
- **825** people utilized healthy food delivery systems and access points.
- **359** people increased knowledge of economic and enterprise development.

In 2011, Barren County had:
- **10** Grocery stores (any kind)
- **10** Grocery/supermarkets (except convenience)
- **0** Convenience stores (i.e. food marts – no gas)
- **29** Gasoline stations with convenience stores

In the county, there were:
- **4** Roadside markets that served the county
- **4** Farmers market locations
- **50** SNAP** authorized stores (food stamps)
- **11** WIC*** authorized stores

In 2011, there were **$290,658.89** in SNAP redemptions/per SNAP authorized store in Barren County.

As a result of participating in Barren County Extension programs:
- **630** people adopted practices to increase food access and affordability.
- **3,560** families/caregivers increased their knowledge about eating healthy foods.
- **2,200** youth increased their knowledge of healthy food consumption.

As a result of participating in Barren County Extension programs:
- **1,175** people made lifestyle changes to improve health.
- **450** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.
- **850** people reported eating more healthy foods.