Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Boone 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 8,453 contacts with Boone County individuals and families.²

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**Our Focus**

**Our People**

Boone 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>36,294</td>
<td>41,868</td>
<td>46,227</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>42,942</td>
<td>48,806</td>
<td>52,557</td>
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<tr>
<td>45-64 years old</td>
<td>30,912</td>
<td>42,050</td>
<td>49,803</td>
</tr>
<tr>
<td>65+ years old</td>
<td>11,313</td>
<td>21,227</td>
<td>34,583</td>
</tr>
</tbody>
</table>

**Spotlight on...**

**TASTY TRAVELS ACROSS AMERICA**

Educational programs addressing healthy eating, buying locally, and preparing foods safely are becoming increasingly important. With this in mind, the Boone County and other FCS extension staff provided “Tasty Travels across America” to 238 food service personnel, FCS teachers, local producers, and consumers. New and familiar ingredients relating to country and state food cultures were explored, along with valuable cooking, food safety, and nutrition tips. According to an eight-week follow-up survey returned by almost half of the participants, 95 percent reported trying to eat healthier since the program and 94 percent reported purchasing local produce. Of the 109 survey responses, 74 people reported learning and using a new food safety technique.

² http://hes.uky.edu/StrongFamilies
According to the 2007-2011 American Community Survey, in Boone County:
- 7.2% (+/- 1.6) of families with children were below poverty
- 7.8% (+/- 2.0) of those ages 65 and over were below poverty
- 17.8% (+/- 1.1) of households had retirement income
- 4.4% (+/- 0.7) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Boone County had 40,238 people, 12,084 children and 3,225 seniors with low access to a supermarket or large grocery store.*

In addition, 5,504 residents had both low income and low access to stores.

As a result of participating in Boone County Extension programs:
- 560 people increased knowledge of economic and enterprise development.
- 748 people are ready to enter the work force.
- 195 people were involved in addressing community issues.

In 2011, Boone County had:
- 17 Grocery stores (any kind)
  - 13 Grocery/supermarkets (except convenience)
  - 4 Convenience stores (i.e. food marts – no gas)
- 37 Gasoline stations with convenience stores

In the county, there were:
- 3 Roadside markets that served the county
- 6 Farmers market locations
- 80 SNAP** authorized stores (food stamps)
- 19 WIC*** authorized stores

In 2011, there were $304,963.68 in SNAP redemptions per SNAP authorized store in Boone County.

As a result of participating in Boone County Extension programs:
- 430 people adopted practices to increase food access and affordability.
- 1,148 families/caregivers increased their knowledge about eating healthy foods.
- 793 youth increased their knowledge of healthy food consumption.