



BRECKINRIDGE COUNTY

Lynnette Allen,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

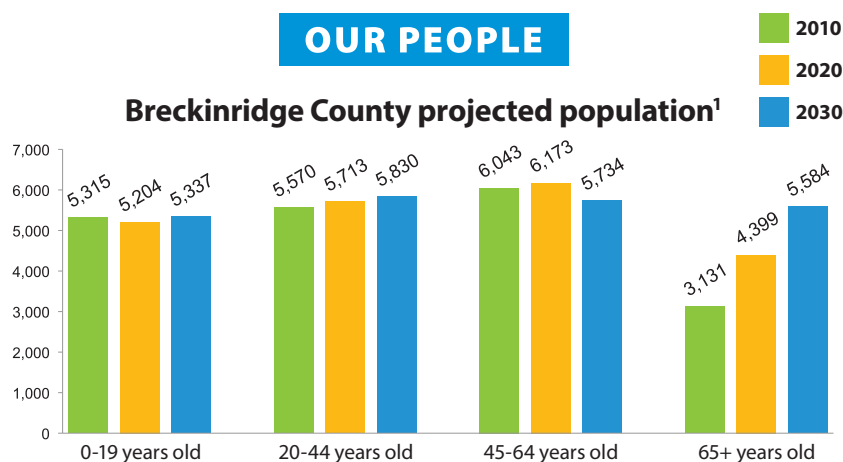
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Breckinridge County. To help families make wise decisions, our educational programs focus on:

- **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 **11,381** contacts with Breckinridge County individuals and families.²

OUR PEOPLE

Breckinridge County projected population¹



SPOTLIGHT ON ...

FILLING COMMUNITY NEED

Through brainstorming with community leaders, the Breckinridge 4-H Teen Club officers discovered a need to assist families with food during the holiday season. Through planning, project sponsorship, and shopping trips, 4-H youth secured more than \$1,200 in sponsorship and several hundred canned foods. A total of 50 gift baskets, filled with items needed to prepare a complete holiday turkey dinner, and nutritional and family budgeting information, were presented to families in need of assistance. Families with children were also able to select books and a small toy for each child. The Holiday Basket Project provided the opportunity for the teens to address a community need while developing and utilizing leadership skills that include planning, teamwork, communications, time management, and budgeting.

<http://hes.uky.edu/StrongFamilies>

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Breckinridge County...

- **20.2%** (+/- 4.8) of families with children were below poverty
- **13.4%** (+/- 4.1) of those ages 65 and over were below poverty
- **23.3%** (+/- 2.5) of households had retirement income
- **7.0%** (+/- 1.7) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Breckinridge County had **1,962** people, **457** children and **318** seniors with low access to a supermarket or large grocery store.*

In addition, **839** residents had **both** low income **and** low access to stores.

As a result of participating in Breckinridge County Extension programs:²

- **454** people demonstrated an increase in practical living skills.
- **350** people utilized healthy food delivery systems and access points.
- **47** people were involved in addressing community issues.

COMMUNITY AVAILABILITY

In 2011, Breckinridge County had:

- **10** Grocery stores (any kind)⁵
 - **4** Grocery/supermarkets (except convenience)⁵
 - **6** Convenience stores (i.e. food marts – no gas)⁵
- **7** Gasoline stations with convenience stores⁵

In the county, there were:

- **1** Roadside market that served the county⁶
- **2** Farmers market locations⁷
- **31** SNAP** authorized stores (food stamps)⁴
- **4** WIC*** authorized stores⁴

In 2011, there were **\$123,821.54** in SNAP redemptions/per SNAP authorized store in Breckinridge County.⁴

As a result of participating in Breckinridge County Extension programs:²

- **381** people increased knowledge of lifestyle changes to improve personal health.
- **145** people implemented practices for safe storage, handling, and preparation of food.
- **290** people reported eating more healthy foods.

FOOD ASSISTANCE

In Breckinridge County...

- **1,514** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **1,147** children in 2007 (**up 32.0%**).⁹
- **67.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,882** SNAP cases and the monthly SNAP benefit level was **\$260.55**.⁸

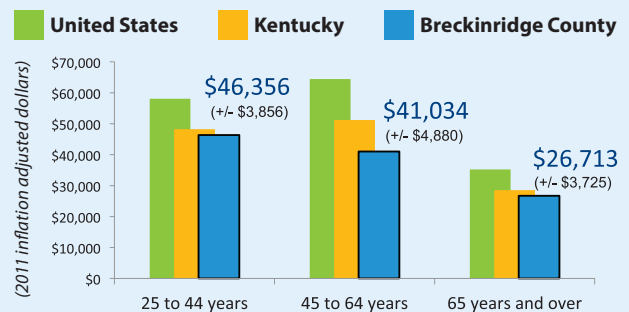
Breckinridge County is served by Feeding America, Kentucky's Heartland of the Ky. Assoc. of Food Banks.¹⁰

As a result of participating in Breckinridge County Extension programs:²

- **75** people adopted practices to increase food access and affordability.
- **290** youth increased their knowledge of healthy food consumption.
- **411** people were reached with information on accessing healthy foods.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Breckinridge County (2007-2011)³



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service Reporting, FY 2013
- ³ 2007-2011 American Community Survey, 5-Year Estimates
- ⁴ USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- ⁵ US Dept of Commerce, County Business Patterns, 2011.
- ⁶ Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- ⁷ Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- ⁸ Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. http://chfs.ky.gov/dcbcs/data_book.htm
- ⁹ Kids Count Data Center, KY Youth Advocates.
- ¹⁰ Kentucky Association of Food Banks. <http://www.kafb.org>
- * Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
- ** Supplemental Nutrition Assistance Program
- *** The Special Supplemental Nutrition Program for Women, Infants and Children