Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Calloway 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 13,970 contacts with Calloway County individuals and families.

A number of Calloway County volunteer leaders and classroom teachers have expressed that young children do not understand where their food comes from. In response, the Calloway County Cooperative Extension Service collaborated with the Calloway County Health Department and the Calloway County Food Service to provide the “Farm to School” program, reaching 200 students in 2012-13. A post-evaluation conducted with 70 students indicated: 93 percent can explain where food originates; 46 percent understand what Kentucky Proud means when purchasing locally grown produce; and 55 percent now encourage their families to choose fruits and vegetables grown locally at farmers markets and other venues.

**Calloway County projected population**

<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>8,859</td>
<td>8,950</td>
<td>9,716</td>
</tr>
<tr>
<td>20-44 years old</td>
<td>13,910</td>
<td>14,726</td>
<td>15,916</td>
</tr>
<tr>
<td>45-64 years old</td>
<td>6,802</td>
<td>6,872</td>
<td>8,867</td>
</tr>
<tr>
<td>65+ years old</td>
<td>5,630</td>
<td>7,116</td>
<td>6,380</td>
</tr>
</tbody>
</table>

[http://hes.uky.edu/StrongFamilies](http://hes.uky.edu/StrongFamilies)
In Calloway County…

• 1,633 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 1,204 children in 2007 (up 35.6%).

• 51.0% of students attending public schools were eligible for free or reduced-price meals.

• There were 2,283 SNAP cases and the monthly SNAP benefit level was $264.36.

Calloway County is served by Purchase Area Development District Food Bank of the Ky. Assoc. of Food Banks.

As a result of participating in Calloway County Extension programs:

• 1,255 people demonstrated an increase in practical living skills.

• 95 people utilized healthy food delivery systems and access points.

• 635 people increased knowledge of economic and enterprise development.

In 2011, Calloway County had:

• 6 Grocery stores (any kind)
  • 4 Grocery/supermarkets (except convenience)
  • 2 Convenience stores (i.e. food marts – no gas)

• 16 Gasoline stations with convenience stores

In the county, there were:

• 1 Roadside markets that served the county

• 1 Farmers market location

• 26 SNAP** authorized stores (food stamps)

• 3 WIC*** authorized stores

In 2011, there were $291,008.34 in SNAP redemptions/per SNAP authorized store in Calloway County.

As a result of participating in Calloway County Extension programs:

• 1,255 people made lifestyle changes to improve health.

• 2,625 youth reported eating more healthy foods.

• 2,370 people increased knowledge of safe storage, handling, and preparation of food.

COMMUNITY AVAILABILITY

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

<table>
<thead>
<tr>
<th>Age of Householder</th>
<th>United States</th>
<th>Kentucky</th>
<th>Calloway County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$47,752 (+/- $3,987)</td>
<td>$51,216 (+/- $4,745)</td>
<td>$29,107 (+/- $4,096)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 years and over</td>
<td></td>
<td></td>
<td></td>
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