Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Carlisle 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 12,312 contacts with Carlisle County individuals and families.

Kentucky ranks among the 10 highest states for adult obesity and for poor consumption of fruits and vegetables among adults. Locally grown produce provides access to fresh fruits and vegetables needed for a healthy diet. The Carlisle County Family and Consumer Sciences agent shared "Plate It Up! Kentucky Proud" with 42 Extension Homemaker leaders who would, in turn, share with more than 800 across the area. Of the 42 participating in the agent-led training: 29 homemakers stated they would definitely buy the Kentucky fruit or vegetable as a result of recipe sampling that day; 22 stated that the taste test definitely contributed to their plan to try the recipe at home; and 27 stated that as a result of receiving the recipes, they definitely will buy this Kentucky fruit or vegetable.

http://hes.uky.edu/StrongFamilies
**FAMILY ACCESS**

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

- **17.7% (+/- 7.3)** of families with children were below poverty
- **15.4% (+/- 6.3)** of those ages 65 and over were below poverty
- **17.8% (+/- 4.7)** of households had retirement income
- **6.7% (+/- 2.8)** of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Carlisle County had **344** people, **92** children and **40** seniors with low access to a supermarket or large grocery store.

In addition, **108** residents had **both** low income and low access to stores.

**COMMUNITY AVAILABILITY**

In 2011, Carlisle County had:

- **1** Grocery store (any kind)
  - **1** Grocery/supermarket (except convenience)
  - **0** Convenience stores (i.e. food marts – no gas)
  - **3** Gasoline stations with convenience stores

In the county, there were:

- **2** Roadside markets that served the county
- **1** Farmers market location
- **9** SNAP** authorized stores (food stamps)
- **5** WIC*** authorized stores

In 2011, there were **$56,682.11** in SNAP redemptions/per SNAP authorized store in Carlisle County.

**FOOD ASSISTANCE**

In Carlisle County...

- **325** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **219** children in 2007 (up **48.4%**).
- **58.0%** of students attending public schools were eligible for free or reduced-price meals.
- There were **456** SNAP cases and the monthly SNAP benefit level was **$265.32**.

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

As a result of participating in Carlisle County Extension programs:

- **67** people in Plate it Up! Kentucky Proud indicated they are more likely to buy produce.
- **38** people implemented practices for safe storage, handling, and preparation of food.
- **94** people increased knowledge of healthy food consumption.

**HOUSEHOLD INCOME**

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

<table>
<thead>
<tr>
<th>Age of Householder</th>
<th>United States</th>
<th>Kentucky</th>
<th>Carlisle County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$47,344 (+/- $9,500)</td>
<td>$37,346 (+/- $7,203)</td>
<td>$22,500 (+/- $3,558)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>65 years and over</td>
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<td></td>
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</tr>
</tbody>
</table>

**SOURCES**

1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service-Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates

*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

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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.