



GARRARD COUNTY

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BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

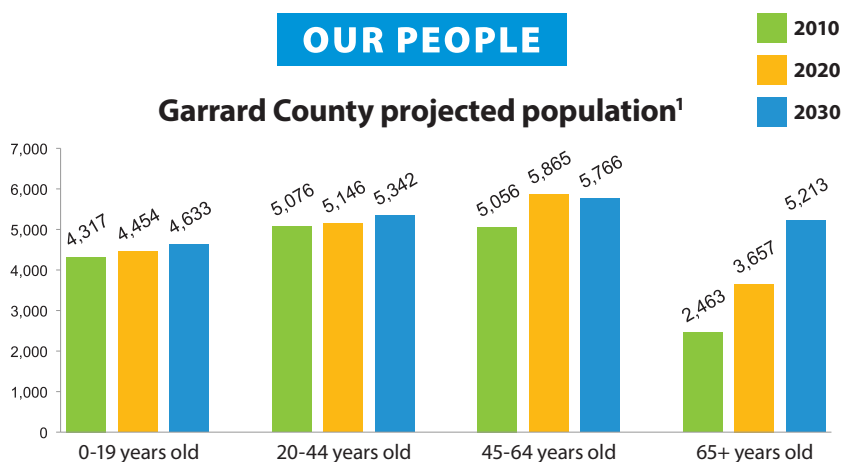
Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Garrard County. To help families make wise decisions, our educational programs focus on:

- **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 **13,557** contacts with Garrard County individuals and families.²

OUR PEOPLE

Garrard County projected population¹



SPOTLIGHT ON ...

DOLLARS AND SENSE

Mounds of debt, lack of money management skills and lack of savings for emergency situations plague many Americans. To combat the challenges locally, the Garrard County Extension Service collaborated with 28 community volunteers and school personnel to provide the "Dollars and Sense" program to 196 fifth-graders at three elementary schools. Students participated in a "real world" simulation designed to strengthen young people's money management skills. According to post-test interviews: 95 percent of participants reported enjoying the activity; 95 percent reported having learned; and 92 percent of participating youth reported having enough money as they spent their funds wisely.

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

FAMILY ACCESS

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

- **24.6%** (+/- 5.7) of families with children were below poverty
- **14.3%** (+/- 5.1) of those ages 65 and over were below poverty
- **20.0%** (+/- 2.9) of households had retirement income
- **4.7%** (+/- 1.7) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Garrard County had **3,837** people, **911** children and **674** seniors with low access to a supermarket or large grocery store.*

In addition, **2,030** residents had **both** low income **and** low access to stores.

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

- **275** people demonstrated an increase in practical living skills.
- **400** people utilized healthy food delivery systems and access points.
- **60** people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

COMMUNITY AVAILABILITY

In 2011, Garrard County had:

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

In the county, there were:

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

In 2011, there were **\$43,175.12** in SNAP redemptions/per SNAP authorized store in Garrard County.⁴

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

- **150** people increased knowledge of healthy food consumption.
- **75** people increased knowledge of safe storage, handling, and preparation of food.
- **50** families spent time together in physical activity.

FOOD ASSISTANCE

In Garrard County...

- **1,136** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **914** children in 2007 (**up 24.3%**).⁹
- **63.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,624** SNAP cases and the monthly SNAP benefit level was **\$267.75**.⁸

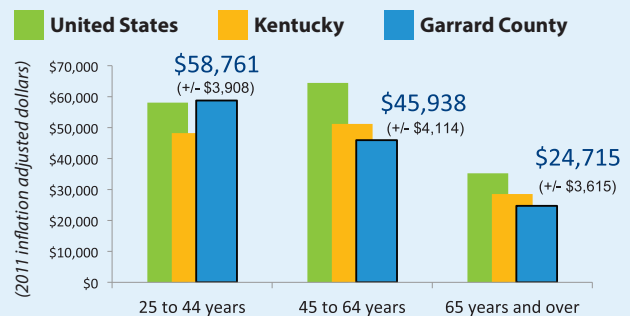
Garrard County is served by God's Pantry Food Bank of the Ky. Assoc. of Food Banks.¹⁰

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

- **55** people supplemented their diets with healthy foods they produced or preserved.
- **700** people were reached with information on accessing healthy foods.
- **55** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Garrard 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

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