Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hart 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 20,060 contacts with Hart County individuals and families.

http://hes.uky.edu/StrongFamilies

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**HART COUNTY FARMERS MARKET**

The Hart County Farmers Market is in the eighth season and continues to grow. Completion of a new pavilion/structure near the county’s Extension office has added vendors to the market. With the help of the Hart County Chamber of Commerce director and the FCS agent, 19 families completed the Home-Based Processors or Microprocessors training and approval required to sell farm-grown products. Extension staff worked with the Kentucky Department of Agriculture and Abundance of Hart to secure and distribute $11,000 in senior coupons for the 2013 season, with an 89 percent redemption rate. The market also accepted WIC farmers market coupons, with a 35 percent redemption rate in 2011. This new clientele put additional dollars in the vendor’s pockets, making it a win-win for our county.
According to the 2007-2011 American Community Survey, in Hart County...

- 31.8% (+/- 6.1) of families with children were below poverty
- 23.4% (+/- 5.5) of those ages 65 and over were below poverty
- 21.1% (+/- 2.7) of households had retirement income
- 9.3% (+/- 1.5) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Hart County had 1,719 people, 426 children and 327 seniors with low access to a supermarket or large grocery store.

In addition, 785 residents had both low income and low access to stores.

As a result of participating in Hart County Extension programs:
- 400 people demonstrated an increase in practical living skills.
- 50 people utilized healthy food delivery systems and access points.
- 300 people were involved in addressing community issues.

In 2011, Hart County had:
- 7 Grocery stores (any kind)
- 6 Grocery/supermarkets (except convenience)
- 1 Convenience store (i.e. food marts – no gas)
- 13 Gasoline stations with convenience stores

In the county, there were:
- 4 Roadside markets that served the county
- 1 Farmers market location
- 30 SNAP** authorized stores (food stamps)
- 7 WIC*** authorized stores

In 2011, there were $127,342.54 in SNAP redemptions/per SNAP authorized store in Hart County.

As a result of participating in Hart County Extension programs:
- 100 people supplemented their diets with healthy foods they produced or preserved.
- 650 families/caregivers were reached with information on accessing healthy foods.
- 500 youth increased their knowledge of healthy food consumption.

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

Household Income

<table>
<thead>
<tr>
<th>United States</th>
<th>Kentucky</th>
<th>Hart County</th>
</tr>
</thead>
<tbody>
<tr>
<td>$32,527</td>
<td>$41,829</td>
<td>$22,746</td>
</tr>
<tr>
<td>(+/- $3,902)</td>
<td>(+/- $3,955)</td>
<td>(+/- $3,477)</td>
</tr>
<tr>
<td>25 to 44 years</td>
<td>45 to 64 years</td>
<td>65 years and over</td>
</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
data-products/food-environment-atlas.aspx
9. Kid Count Data Center, KY Youth Advocates.

* Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
** The Special Supplemental Nutrition Program for Women, Infants and Children
*** The Special Supplemental Nutrition Program for Women, Infants, and Children

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