Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Hopkins 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 10,899 contacts with Hopkins County individuals and families.

**OUR FOCUS**

- **Making Healthy Lifestyle Choices**

- **Nurturing Families**

- **Embracing Life as We Age**

- **Securing Financial Stability**

- **Promoting Healthy Homes and Communities**

- **Accessing Nutritious Food**

- **Empowering Community Leaders**

In November 2012, the Hopkins County FCS staff and community volunteers hosted a holiday cooking school for limited-resource families. The program featured low-cost recipes, ways to incorporate fruit and vegetables in the diet, and tips for successful holiday baking. Families in attendance received credit from the local Family Resource and Youth Services Coalition for holiday food and clothing gift assistance. Thirty-five parents and seven students will receive almost $3,500 in assistance this holiday season as a result of their participation in the program. Ninety percent of those in attendance indicated they would incorporate more vegetables in the diet by preparing the recipes for their families, and 75 percent said they liked having low-cost, easy-to-prepare recipes in place of purchased packaged foods.

**OUR PEOPLE**

**HOLIDAY COOKING SCHOOL**

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**SPOTLIGHT ON ...**

- **HOLIDAY COOKING SCHOOL**

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According to the 2007-2011 American Community Survey, in Hopkins County…

- 27.8% (+/- 3.8) of families with children were below poverty
- 10.5% (+/- 2.4) of those ages 65 and over were below poverty
- 19.5% (+/- 1.4) of households had retirement income
- 6.8% (+/- 1.1) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Hopkins County had 7,809 people, 1,827 children and 1,211 seniors with low access to a supermarket or large grocery store.*

In addition, 2,819 residents had both low income and low access to stores.

As a result of participating in Hopkins County Extension programs:
- 705 people demonstrated an increase in practical living skills.
- 150 people utilized healthy food delivery systems and access points.
- 300 people in Plate it Up! Kentucky Proud indicated they are more likely to buy Kentucky produce.

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Hopkins County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$40,565 (+/- 4,816)</td>
<td>$52,017 (+/- 3,908)</td>
<td>$26,083 (+/- 2,763)</td>
</tr>
<tr>
<td>45 to 64 years</td>
<td>$52,017 (+/- 3,908)</td>
<td>$64,195 (+/- 5,166)</td>
<td>$34,130 (+/- 3,461)</td>
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<tr>
<td>65 years and over</td>
<td>$56,266 (+/- 5,873)</td>
<td>$68,418 (+/- 5,287)</td>
<td>$27,250 (+/- 2,877)</td>
</tr>
</tbody>
</table>

**Source:**
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
10. The Special Supplemental Nutrition Program for Women, Infants and Children

* 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

As a result of participating in Hopkins County Extension programs:
- 155 people supplemented their diets with healthy foods they produced or preserved.
- 1,411 people were reached with information on eating healthy foods.
- 2,811 youth increased their knowledge of healthy food consumption.