Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Monroe 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 13,410 contacts with Monroe County individuals and families.

Supporting the local food production economy increases consumer access to a safe and healthy food supply for long-term health. The Monroe County Extension Service works together with both producers and consumers to increase fruit and vegetable purchase, preparation, consumption, and preservation of Kentucky-grown and value-added commodities. In the 2012-2013 season, 23 local producers sold at the market, seven of whom were new to the market and two of whom became a certified Home-based Microprocessor this year. The Senior Farmers Market Nutrition Program provided 300 low-income senior citizens the opportunity to purchase fresh fruits and vegetables at the farmers market, bringing $8,400 income to Monroe County producers. One producer reported that the voucher recipients became regular customers of the market, even after their vouchers were redeemed.
In Monroe County…

• 956 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 795 children in 2007 (up 20.3%).
• 70.0% of students attending public schools were eligible for free or reduced-price meals.
• There were 1,380 SNAP cases and the monthly SNAP benefit level was $247.99.
• Monroe County is served by Feeding America, Kentucky’s Heartland of the Ky. Assoc. of Food Banks.

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

In 2011, Monroe County had:
• 4 Grocery stores (any kind)
  • 4 Grocery/supermarkets (except convenience)
  • 0 Convenience stores (i.e. food marts – no gas)
• 5 Gasoline stations with convenience stores

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

In 2011, there were $333,435.58 in SNAP redemptions/per SNAP authorized store in Monroe County.

As a result of participating in Monroe County Extension programs:
• 375 people made lifestyle changes to improve health.
• 500 people increased knowledge of healthy food consumption.
• 850 people increased knowledge of lifestyle changes to improve personal health.

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

• 29.1% (+/- 8.2) of families with children were below poverty
• 22.3% (+/- 6.1) of those ages 65 and over were below poverty
• 12.1% (+/- 2.5) of households had retirement income
• 10.3% (+/- 2.9) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Monroe County had 445 people, 97 children and 84 seniors with low access to a supermarket or large grocery store.

In addition, 278 residents had both low income and low access to stores.

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As a result of participating in Monroe County Extension programs:
• 150 people adopted practices to increase food access and affordability.
• 1,000 families/caregivers were reached with information on accessing healthy foods.
• 700 youth increased their knowledge of healthy food consumption.

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