Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Owsley 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 30,200 contacts with Owsley County individuals and families. For one of the poorest counties in the nation, gardening is one way to increase self-sufficiency, save food dollars and ensure that families eat produce that has been grown and handled properly. The Owsley County Extension Service provided 22 workshops on home gardening, reaching 358 individuals. Post-program surveys of the participants revealed: 100 percent believed they could save money by growing produce and all planned to try container gardening; 62 percent planned to plant produce in a raised bed; and 80 percent planned to cook with the fresh herbs they would grow. After approximately four months, a follow-up evaluation indicated that 75 percent of the participants surveyed followed through on their plans to grow plants in a container garden and 44 percent created a raised bed for gardening.
According to the 2007-2011 American Community Survey, in Owsley County…

- 44.4% (+/- 16.4) of families with children were below poverty
- 32.2% (+/-11.6) of those ages 65 and over were below poverty
- 21.5% (+/-5.8) of households had retirement income
- 14.4% (+/-4.9) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Owsley County had 180 households with no vehicle and low access to a supermarket or large grocery store.*

As a result of participating in Owsley County Extension programs:

- 6,332 people demonstrated an increase in practical living skills.
- 300 people utilized healthy food delivery systems and access points.
- 1,676 people were involved in addressing community issues.

In 2011, Owsley 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:

- 1 Roadside market that served the county
- 1 Farmers market location
- 12 SNAP** authorized stores (food stamps)
- 4 WIC*** authorized stores

In 2011, there were $176,560.74 in SNAP redemptions/per SNAP authorized store in Owsley County.

As a result of participating in Owsley County Extension programs:

- 780 people made lifestyle changes to improve health.
- 10,251 people increased knowledge of healthy food consumption.
- 1,030 people made lifestyle changes to improve personal health.