Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Todd 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

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Briefly:

Preserving food from the family garden enables families to enjoy the taste of home-produced food and control preservatives, pesticides, and allergens in what they eat. The Todd County FCS staff taught two food preservation classes focusing on healthy and safe preservation methods, increasing access to nutritious food, stretching food dollars, and providing food products that are fresh from farm to table. A follow-up evaluation conducted 11 months after the class revealed that 80 percent had preserved an approximate total of 135 cans of food since the class ended. All reported using research based methods and recipes to preserve the food, and 60 percent said they plan to preserve food the following summer.
FAMILY ACCESS

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

• 23.1% (+/- 5.0) of families with children were below poverty
• 19.4% (+/- 6.0) of those ages 65 and over were below poverty
• 15.9% (+/- 3.1) of households had retirement income
• 8.4% (+/- 2.3) of households had no vehicle

The USDA Food Environment Atlas indicates that in 2010, Todd County had 896 people, 211 children and 143 seniors with low access to a supermarket or large grocery store.*

In addition, 502 residents had both low income and low access to stores.

As a result of participating in Todd County Extension programs:

• 450 people demonstrated an increase in practical living skills.
• 63 people in Stand Up to Falling understand how to reduce the risk of falling.
• 57 people increased leadership knowledge and skills.

COMMUNITY AVAILABILITY

In 2011, Todd County had:

• 5 Grocery stores (any kind)
  • 4 Grocery/supermarkets (except convenience)
  • 1 Convenience store (i.e. food marts – no gas)
• 5 Gasoline stations with convenience stores

In the county, there were:

• 3 Roadside markets that served the county
• 1 Farmers market location
• 8 SNAP** authorized stores (food stamps)
• 3 WIC*** authorized stores

In 2011, there were $218,869.06 in SNAP redemptions/per SNAP authorized store in Todd County.

As a result of participating in Todd County Extension programs:

• 417 people increased knowledge of healthy food consumption.
• 103 people increased knowledge of lifestyle changes to improve personal health.
• 250 people understand the benefits of spending time together in physical activity.

FOOD ASSISTANCE

In Todd County…

• 1,025 was the average monthly number of children who received SNAP** (food stamps) in 2011, up from 796 children in 2007 (up 28.8%).
• 60.0% of students attending public schools were eligible for free or reduced-price meals.
• There were 1,069 SNAP cases and the monthly SNAP benefit level was $274.68.

Todd County is served by Feeding America, Kentucky’s Heartland of the Ky. Assoc. of Food Banks.

As a result of participating in Todd County Extension programs:

• 50 people adopted practices to increase food access and affordability.
• 1,250 people were reached with information on eating healthy foods.
• 940 youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>United States</th>
<th>Kentucky</th>
<th>Todd County</th>
</tr>
</thead>
<tbody>
<tr>
<td>25 to 44 years</td>
<td>$42,042 (+/− $4,313)</td>
<td>$48,351 (+/− $5,956)</td>
<td>$22,879 (+/− $4,487)</td>
</tr>
<tr>
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</tr>
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SOURCES:

1. Kentucky State Data Center
2. Kentucky Cooperative Extension Service Reporting, FY 2013
3. 2007-2011 American Community Survey, 5-Year Estimates
7. Kentucky Farm Bureau [https://www.kyfb.com/federation/markets]
11. Kentucky Association of Food Banks [http://www.kafb.org]
12. * Low access is defined as more than 10 miles in a rural area and more than 1 mile in an urban area.
13. ** The Special Supplemental Nutrition Assistance Program