

A woman with long dark hair in a ponytail, wearing a patterned sweater, is smiling and looking down at a table. Three young girls are sitting at the table, focused on preparing food. They are wearing aprons. The table is covered with various fresh vegetables, including leafy greens, carrots, and tomatoes. The background shows a kitchen setting with shelves and other people in the distance. The entire image has a blue tint.

Fueling the Future

Cooperative Extension's Role in Promoting Food Security and Nutrition Education Among K – 12 Students in Kentucky



Martin-Gatton

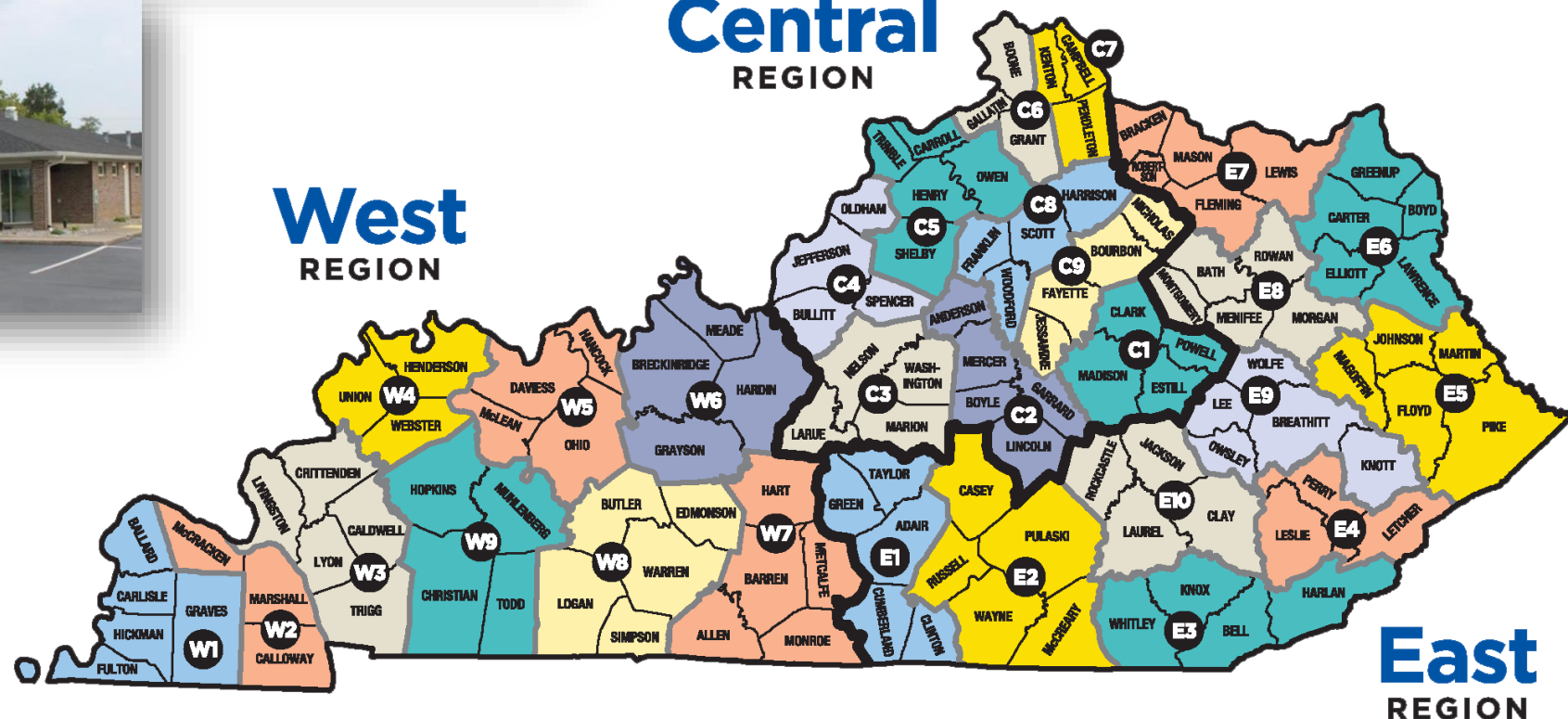
College of Agriculture,
Food and Environment



University of Kentucky
Cooperative
Extension Service

Central REGION

West REGION



Speaking the Same Language

Food Security

- Access by all people, all the time
- Enough food for a healthy lifestyle
- Readily available, nutritionally adequate, and safe
- Acquire in socially acceptable ways

Nutrition Education

- Educational strategies *and* environmental supports
- Motivate and facilitate adoption of behaviors
- At multiple levels via multiple venues
- Draws upon collective strengths and contributions of a community

Definitions from the United States Department of Agriculture

280,200

adult direct contacts

312,058

youth direct contacts

4,582

adults completed a series of
7 nutrition education lessons

16,425

youths completed a series
of 6 nutrition education lessons

ADULT OUTCOMES



98%

of participants showed improvement in one or more diet quality indicators.



96%

of participants showed improvement in one or more food resource management practices.



89%

of participants showed improvement in one or more food safety practices.

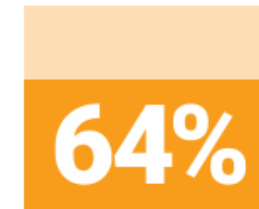
YOUTH OUTCOMES



of youths improved in 1 or more areas of knowledge or skills necessary to choose foods consistent with Federal Dietary Guideline recommendations.



of youths adopted, practiced, or improved knowledge related to food safety.



of children and youths improved knowledge, skills, or behavior related to physical activity.

A woman with long dark hair in a ponytail, wearing a colorful patterned shirt and a black apron, is smiling and looking down at a tray of vegetables. Three young girls, also wearing aprons, are focused on preparing the food. The girl next to the woman is cutting a vegetable. The other two girls are also working with the ingredients. In the background, another girl is visible, and the setting appears to be a school kitchen or a community center. The foreground is filled with various fresh vegetables like carrots, bell peppers, and leafy greens. The entire image has a blue tint.

How do we do this?
Showcasing Five Stories from Across Kentucky



**Kentucky Extension
meets students where
they are by hosting
nutrition/cooking
classes in schools and
childcare facilities.**



Kentucky Extension provides summer learning opportunities (camps) to K-12 students throughout the state related to nutrition and healthy eating habits.



**Kentucky Extension
introduces nutrition
concepts, healthy foods,
and food preparation skills
to kids early and often to
create a foundation for a
lifetime of healthy eating.**

**RECIPES
FOR LIFE**

superstar
chef

LEAP FOR
HEALTH



Kentucky Extension addresses food insecurity by giving people the tools and knowledge to harvest and prepare their own food safely, nutritiously, and deliciously.



Fireside Turtle Pocket

- 4 large turtle legs, about 2 1/2 pounds
- 2 tablespoons dried minced onion
- 1 teaspoon black pepper
- Water to cover
- 4 tablespoons butter
- 4 large potatoes, peeled and diced
- 4 carrots, peeled and cut into 1-inch lengths
- 1 onion, chopped
- 3/4 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder

Place turtle legs, dried onion, and black pepper in a slow cooker. Add enough water to cover. Cook on high for 1 hour, cover. Cook on low, and cook an additional 8 hours until meat is tender and falls off the bones.

Pick out the meat and discard the bones and cartilage. Place a long sheet of heavy-duty foil on a large cookie sheet. The ends of the foil will hang off the sides.

Nutrition Facts
8 servings per recipe
Serving size 12 ounces (475g)
Amount per serving
Calories 360

University of Kentucky College of Agriculture, Food and Environment Cooperative Extension Service

Cook Wild KENTUCKY

Fireside Turtle Pocket

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USDA Supplemental Nutrition Assistance Program

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EFNEP

Introduction to Wild Game in Kentucky

In Kentucky, many people enjoy hunting wild game to eat. Wild game is a source of lean protein and healthy fats. You can find wild game in many parts of the state, including the Mississippi River. You can find wild game in many parts of the state, including the Mississippi River.

A Beginner's Guide to Fishing in Kentucky

Kentucky offers some of the best fishing you will find over 62,000 miles of fishable streams and 600 public lakes. Fishing is fun for all ages and prime fishing spots can be found year-round across the state. Anglers take to the water for bass, catfish, trout, sunfish, and more.

Fish is part of a healthy diet. It is a great source of protein and omega-3 fatty acids. Fish is also a great source of vitamin D. The way to serve fish is fried, but it can also be grilled, baked, or broiled. Cook all fish to 145 degrees Fahrenheit. The texture will appear flaky. Use a calibrated metal stem thermometer to check the temperature.

Proper Handling

Fish must be handled in the right way to maintain quality and ensure safety. Whether you buy fresh fish from a grocery store or catch it on your own, basic food safety rules should be followed. A fresh catch should be cleaned and cooked quickly to prevent bacterial growth and off-flavors. In the field, have a cooler with ice or frozen packs ready to keep fish at 40 degrees Fahrenheit or below during transport. Fresh fish should be stored in a covered container in the refrigerator and eaten within two days. If it will not be eaten within two days, the fish should be frozen. Frozen fish should be kept frozen until ready to cook. For best quality, fish should be cooked on the stove. Do not thaw fish at room temperature. Filleting fresh fish can be intimidating. Necessary tools for the job include:

- A sharp fillet knife. It should be the right size for the fish. A medium-sized knife has a nine-inch blade.

Gear Selection

There are very few pieces of equipment that an angler truly needs to get started. A beginner will need a spincast or push-button reel and a medium weight lure or bait. Choose a rod length that fits you. A taller person should select a rod in the six- to seven-foot range. A shorter person would most likely choose a five- to six-foot rod.

Spincast or push-button reel. (Photo by Kentucky Department of Fish and Wildlife Resources)

Cooperative Extension Service

EFNEP



**Kentucky Extension
addresses food
insecurity by
integrating nutrition
education with food
assistance services.**



Image from Kentucky Proud website

61

Nutrition Education
Program assistants

403

Extension
agents

20+

multi-sector partnerships
and coalitions

25,141

nutrition
education lessons
were delivered

2,365

community sites were
partnered with to provide
nutrition education

80

sites throughout the
state where PSE changes
were implemented

Thank you!

- Visit your local office, try it out, get involved.
- Questions?

UK Extension
Homepage



UK Nutrition Education
Program Annual
Report

