

Food, Nutrition and Health Program of Work Report
From July 1, 2014 to June 30, 2015

Name of person completing this form: _____	
Phone: _____	Email: _____
For clubs reports: (Club reports are due to the County Food, Nutrition and Health Chairman by July 1, 2015.)	
Club Name: _____	
For county reports: (County reports are due to the Area Food, Nutrition and Health Chairman by August 15, 2015.)	
County: _____	Number of Clubs reporting: _____
For area reports: (Area reports are due to the KEHA Food, Nutrition and Health Chairman by September 15, 2015. Mail to Michelle Lawson, 430 Fairmont Rd, Brandenburg, KY 40108.)	
Area: _____	Number of Counties reporting: _____

Food, Nutrition and Health

1. Number of members who:

a. Had an annual physical / check-up _____	d. Had a “first time Ovarian Cancer Screening _____
b. Had a Mammogram _____	e. Had a Diabetes Screening _____
c. Had an Ovarian Cancer Screening _____	

2. Number of members who participated in:

a. Kentucky Women’s Health Registry _____	c. One or more local blood drives _____
b. Second Sunday _____	d. One or more local health fairs _____

3. Food security:
 - a. Number of members who donated to a local food bank or food pantry _____
 - b. Number of members who volunteered time at a local food bank or food pantry _____
 - c. Number of children served by a local “backpack for hunger” program _____

4. Did your club/county host an Ovarian Cancer Awareness Tea Party for ovarian cancer awareness and fundraising? If yes, how many attended: _____. How much money was raised? _____
 - a. Did you participate in the Knit One, Save Two! Scarf project?
 - b. Did you participate in other activities to raise awareness of ovarian cancer?

5. Physical Activity:
 - a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly) _____
 - b. Number of environmental changes implemented to support physical activity (walking path, bike trail, etc.) _____
 - c. Number of members that reported an improvement in overall health due to increased activity _____

6. Nutrition:
 - a. Number of members who gained knowledge and made health food choices _____
 - b. Number of members who purchased fresh foods at a local farmers market _____
 - c. Number of members who supplemented their diets with healthy foods they produced/preserved _____

7. On the reverse, please list 1 or 2 exciting food, nutrition and health programs you would like to see implemented. Please also list up to 2 extra (not listed above) food, nutrition and health programs you are implementing now.

Things homemakers would like to see implemented

1. Cooking for one or two.
2. Vegetarian meals.
3. Spices to use when cooking different types of meat.
4. Bread making classes.
5. More healthy food lessons for youth and adults.
6. Cooking demos.
7. Ethnic foods (India - Asian).
8. preparing seldom used vegetables and spices.
9. Understanding the food label, emphasis on serving size and sodium intake.
10. Education on living with diabetes and treats.
11. Awareness on supplements and their benefits.
12. Gluten free foods.
13. Celiac disease.
14. Converting from sugar to non-sugar for hot, cold, cooked and non-cooked food.
15. Increasing grains.
16. Recipes for people over 50.
17. Canning and food preservation.
18. How to cook and freeze food for a week.
19. Lessons on nutrition for grandchildren.
20. Women and colon cancer.
21. Eating right with rheumatoid arthritis.
22. Living with and eating right for fibromyalgia.
23. Healthy restaurant eating.

Current/recently implemented programs

1. Plate it up: Kentucky proud.
2. Gave health and cooking lessons at a local mission.
3. Haiti water purification program.
4. Served approximately 450 hot dogs for a library kick off.
5. Relay for life drive.
6. Holiday tasting luncheon.
7. Raised \$1,000.00 for God's food pantry.
8. Bagged food for back pack for hunger.
9. Program on holiday foods for youth and adults.
10. Taught 266+ fifth graders how to cook, measure, calculate and clean up.
11. Peter Rabbit skit for 300 children.
12. UK testing classes.
13. Duncan Hines Bake Off.
14. Plated up challenge, adopted 70 inner city fourth graders. Shared healthy eating and food preparation.
15. Classes on low carbs
16. Past abilities- pasta perfect.
17. Nourishing muscles.
18. Read a health note each month.
19. Gave classes on safe canning procedures.
20. Held Red Is The New Black. A heart healthy program.
21. Family cooking club, fifteen participated.