

## **FOOD, NUTRITION, AND HEALTH**

All educational chairmen are expected to work together to integrate their programs of each when possible. The subject area deals with one's health, nutrition and food. The chairmen should be aware of the following when planning their program of work.

- Use current information for food preservation and food safety techniques to stretch food dollars
- Provide research-based information on healthy foods and their impacts on health
- Conduct programs that contribute to improving nutrition and health for individuals, families, and communities
- Become more aware of opportunities to serve in our communities that focus on nutrition, physical activity, health, and wellness
- Increase health literacy for chronic diseases prevention by knowing health numbers (e.g. blood pressure, cholesterol), family history, and health screenings schedule (e.g. ovarian cancer screenings)
- Promote the University of Kentucky Ovarian Cancer Research Fund program with increased donations and participants
- Reduce chronic disease prevalence through healthy lifestyle choices

Some programs available at your County Extension Offices include:

- Champion Food Volunteer
- Eating for Health
- Food Preservation
- Food Safety
- Making Healthy Lifestyle Choices
- Taking Ownership of Your Diabetes
- Weight the Reality Series
- The Mind/Body Connection
- Healthy Homemakers

**KEHA Food, Nutrition and Health Chairman – 2018-2020 (term extended to April 2021)**

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## **FOOD, NUTRITION, AND HEALTH**

### **Program of Work 2018-2021**

**Theme:** Making Healthy Choices the Easiest Choices

#### **2018-2019 (Year One)**

**Title:** Food Safety, Preparation, and Local Resource Management

**Goal:** KEHA members will increase the food safety and preparation skills as well as learn about their local food resources as a way to increase access to healthy foods and save food dollars.

**Objectives:**

1. Learn and apply skills of food safety and preparations
2. Increase knowledge of foods and local food resources
3. Increase success to healthy fruits and vegetables while saving food dollars on local, in-season products
4. Increase the number of volunteers for local food distributors and organizations

**Lessons:**

- MIS\_AP.200 Plate it up! Kentucky Proud
- MIS\_KH.400 Gardening Options for Everyone
- FCS3-578 Home Canning Basics

**Suggested Activities:**

- Start a community garden
- Encourage individuals to learn about container gardening when living in small spaces
- Take a tour of your local farmer's market
- Develop recipes that utilize local produce
- Prepare recipes together from the Plate It Up! Kentucky Proud recipe list
- Volunteer as a group with local organizations in your county that promote nutrition and healthy eating (i.e. food pantries, farmer's markets, community gardens)
- Host or partner with neighboring counties to offer food preservation workshops focused on canning, freezing, and drying fresh foods for younger generations in your community

**Additional Resources:**

Kentucky Department of Agriculture: <http://www.kyagr.com/>

Plate it up! Kentucky Proud recipes: <https://fcs-hes.ca.uky.edu/content/plate-it-kentucky-proud>

Kentucky Association of Food Banks: <http://kafb.org/>

Ball Canning Guides – <https://www.freshpreserving.com/canning-guide-pdfs.html>

## **2019-2020 (Year Two)**

**Title:** Making Nutritious Food Choices

**Goal:** KEHA members will develop the knowledge and skills necessary to make informed food choices and to increase fruit and vegetable consumption. In addition, new methods of cooking and food eating styles will be explored

**Objectives:**

1. Develop skills necessary to identify healthy foods (reading nutrition facts label, recipe substitutions)
2. Increase fruits and vegetables consumption
3. Apply skills to make informed decisions regarding healthy foods

**Lessons:**

- NEP 201a What Counts as One Serving?
- FN-SSB.001 Adapting Recipes
- FCS3-559 Focus on Nutrition-Dense Foods and Beverages
- FCS3-564 – The Gluten-Free Choice: Is it for me?
- FN-AP-041 Vegetarian 101

**Suggested Activities:**

- Host a healthy “recipe swap” or “coupon swap” event in your county
- Take a grocery store tour
- Sponsor a food fair at a community or senior center with recipe tastings and activities
- Learn new ways to prepare meals (e.g. crockpot, on-pot cooking, cooking in batches)
- Develop a healthy KEHA cookbook and sell as a fundraiser
- Explore different diets and understand when it is appropriate to use certain eating styles and the health benefits of those diets (e.g. vegetarian, gluten-free)

**Additional Resources:**

Choose MyPlate: - <https://www.choosemyplate.gov/>

Crockpot and Slow Cooker Good Safety: Colorado State Extension –  
<http://farmtotable.colostate.edu/docs/crockpot-food-safety.pdf>

American Heart Association Healthy Eating –

[http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Healthy-Eating\\_UCM\\_001188\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Healthy-Eating_UCM_001188_SubHomePage.jsp)

## **2020-2021 (Year Three)**

**Title:** Know Your Numbers and Your Family History

**Goal:** KEHA members will make lifestyle choices to improve individual health through nutritious diets, increased health literacy for chronic disease prevention, and participating in regular physical activity.

**Objectives:**

1. Increase health literacy for chronic diseases prevention by knowing health numbers (e.g. blood pressure, cholesterol), family history, and health screenings schedule (e.g. ovarian cancer screenings)
2. Reduce chronic disease risk by practicing healthy food and lifestyle choices
3. Increase physical activity in ways conducive to health status and lifestyle (e.g. aerobic, balance and flexibility, strength training)

**Lessons:**

- FCS2-576 Staying Off the SoFAS: Ways to Limit Solid Fats and Added Sugars
- FCS3-529 Understanding Diabetes
- HSW-PAR.808 Stroke: Reduce Your Risk
- HSW-PAR.809 Women and Heart Disease
- HEEL-LR.911 Physical Activity for the Mind and Body
- HEEL-LR.925 Don't Lose It – Move It

**Suggested Activities:**

- Form a team or host a walk or 5K event for the community (HEEL-LP.919 How to Plan a Community Walk/Run Event)
- Establish a walking group at your local part or a convenient location
- Promote a local health fair
- Invite guest speakers to discuss certain chronic diseases (e.g. RNs, Pharmacists, Diabetes Educator)

**Additional Resources:**

Kentucky Department of Public Health Wellness and Health – <http://chfs.ky.gov/dph/>

Kentucky Diabetes Network – <http://www.kydiabetes.net/>

CDC What is Health Literacy – <https://www.cdc.gov/healthliteracy/learn/index.html>

American Cancer Society Guidelines for the Early Detection of Cancer –

<https://www.cancer.org/healthy/find-cancer-early/cancer-screening-guidelines/american-cancer-society-guidelines-for-the-early-detection-of-cancer.html>