

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 – 2021-2023

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FOOD, NUTRITION, AND HEALTH

Program of Work 2022-2024

Theme: “Staying Healthy Locally”

Emphasis One 2022-2023 (Year One)

Title Eat Locally

Goal: KEHA members will increase their awareness of Healthy Food Choices using local Farmers Markets and develop a Physical Activity Plan.

Objectives:

1. Learn and apply skills to become more involved with Local Farmers Markets
2. Increase knowledge of local foods and tie them into the Plate It Up Recipes
3. Increase choices to healthy fruits and vegetables while saving food dollars by buying locally
4. Increased knowledge about growing and using your own fruits and vegetables

Lessons/Activities:

- Savor the Flavor (3 lessons that focus on using herbs, spices, oils, and vinegars in cooking)
 - Seasoning with Spices
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3630/FCS3630.pdf>
 - Building Flavor with Herbs
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3629/FCS3629.pdf>
 - Cooking with oils and vinegars
<http://www2.ca.uky.edu/agcomm/pubs/FCS3/FCS3628/FCS3628.pdf>
- Gardening Options for Everyone lesson (allow members to grow fruits/vegetables at home and then donate to local organizations or food banks)
https://grayson.ca.uky.edu/files/gardening_options_for_everyone_presentation.pdf
- Sensational Salads lesson (promotes vegetable consumption)
https://bourbon.ca.uky.edu/files/sensationalsalads_pub.pdf
- The Buzz About Honey lesson (promotes local purchasing)
http://johnson.ca.uky.edu/files/bee_keeping_and_honey_production.pdf
- Develop recipes/cookbook that uses local produce in the area
- Prepare recipes together or start cooking club around NEP Cooking through the Calendar or seasonal Plate it up! Kentucky Proud recipes
- Body Balance (7 lesson program that focuses on food choices, eating local, and how to reduce our exposure to environmental pollution)

Additional Resources:

List of Kentucky Proud Farmers’ Market Directory

<https://www.kyagr.com/marketing/farmers-market-directory-printable-format.aspx>

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

Emphasis Two 2023-2024 (Year Two)

Title: Be Active and Help your Community Be Healthy Locally

Goal: KEHA members will develop skills necessary to increase physical activity; not just exercise and make healthy food choices.

Objectives:

- Identify ways to be physically active throughout the day, and not just exercise
- Build confidence to be physically active
- Provide opportunities for community members to make healthy choices locally
- Increase presence of homemakers with volunteer organizations that promote health and wellbeing

Lessons/Activities:

- Bingocize
- Visit a local state park as a group to learn about the area
- Group hikes on local trails or in nearby parks
- Form walking clubs
- Host exercise classes and try new forms of movement Volunteer with Cook Together, Eat Together cooking socials for families with young children
- Host or partner with neighboring counties to offer food preservation workshops focused on canning, freezing, and drying fresh foods for younger generations in the community
- Volunteer as a group with local organizations that promote healthy eating like food pantries, farmers' markets, community gardens
- Volunteer as a group to host or sponsor a local walking challenge or 5K event for families
- Host an event in your community to support the installation or utilization of StoryWalk programs
- Mastering Food Choices (6 lessons that focus on the unique food environment of a community and making healthy food choices when grocery shopping, dining in, and dining out)
- BerryCare program (3 lessons that increase knowledge about eating berries grown locally and provides resources that allow for individuals to grow blackberries and share with community)

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID255/ID255.pdf>

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID256/ID256.pdf>

<http://www2.ca.uky.edu/agcomm/pubs/ID/ID257/ID257.pdf>

Additional Resources:

List of Kentucky Proud Farmers' Market Directory

<https://www.kyagr.com/marketing/farmers-market-directory-printable-format.aspx>

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