



University of
Kentucky®

*College of Agriculture,
Food and Environment*

UK Cooperative Extension Nutrition Education Program February 2020



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.

NUTRITION EDUCATION PROGRAM

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NEW ADDRESS:

Nutrition Education Program
1500 Bull Lea Rd.
Suite 130
Lexington, Kentucky 40511

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University of Kentucky SNAP-Ed Food Demonstration Receipt Form



Please select one:

Assistant Allotment

County Allotment

Date: _____

Name: _____

County: _____

**Receipt due date
TWO OPTIONS:**

1) Postmark immediately after purchase, **OR**

2) Postmark receipts dated 1st – 15th by the 15th, **AND** postmark receipts dated 16th – 31st by the 5th of the following month

Remit to:

UK Nutrition Education Program
1500 Bull Lea Rd. Suite 130
Lexington, KY 40511
Phone: 859-257-2948

**Reimbursement Rate Up To:
\$2.25 per participant**

Receipt Date	Vendor (Store)	Reimbursement Amount	Program Title	Name of Recipe	Number of Participants
10/10/19	Kroger	\$8.42	Eating More Fruits	Strawberry Smoothie	18

Print form and attach the original receipt(s) for food, supplies, and small equipment used for demonstration purposes as part of the UK SNAP-Ed Program. Please order receipt information chronologically, and **DO NOT** use highlighters on the receipts. Sales tax that is incurred will be deducted from reimbursement total upon processing.

KERS - New option for recovery centers

Gender:

SNAP Ed eligible?:

Delivery Site:

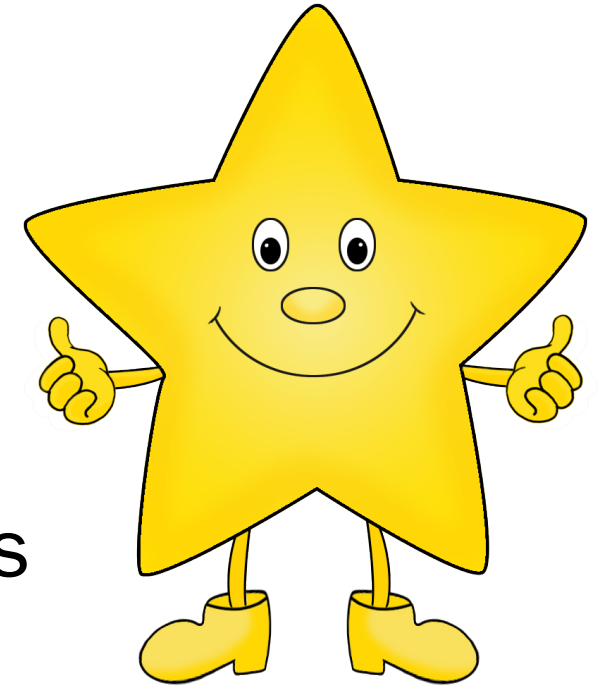
Specific Site Name:

Session Type:

- Adult Education and Job Training Sites
- Adult Therapeutic Rehabilitation Center
- Churches
- Community Centers
- Elderly Service Centers
- Emergency Food Assistance Sites
- Extension Offices
- Farmers Markets/Farms
- Food Stores/Grocery
- Head Start Programs and Day Care
- Individual Homes
- Libraries
- Other Youth Education Sites (includes Parks and Recreation)
- Public Housing
- Public Schools
- Public/Community Health Centers/Hospitals
- Shelters
- SNAP Offices
- Substance Use Recovery Center/Program**

Super Star Chef

- One day regional trainings for Agents
 - Boone County: April 16th, 10 a.m.–3:30 p.m.
 - Warren County: no date
 - East KY: TBD
- If interested, one Agent with 1-2 team members should plan to attend
- CITI must be completed prior to implementation
- NEP will reimburse groceries for one round of implementation after evaluations are received





Growing Your Own
GARDEN
 CALENDAR



NEP-219

Growing Your Own
 A beginner's guide to gardening

Preparing Your Garden

Good soil is the backbone of a healthy garden. Soil supplies plants with nutrients for growth and support for the roots. Good soil will produce healthy vegetables.

Working the soil

Working the soil is easiest in the spring. If you are planting right into the soil (not in containers), test moisture by gathering a handful of soil. Squeeze it in your hand and release. If it crumbles readily to be worked. If it stays in a clump it is too wet. A good garden soil is loose enough so loose that it looks like powder or dust.

Organic matter is a good addition to your soil. It adds nutrients and loosens heavy soil. It allows sandy soil to hold water better and makes the soil easier to work. The most common forms of organic matter are:

- **Plant material** such as fresh leaves, straw, or grass clippings. Work them into the soil several months before planting so they have time to break down properly.



Cook Wild
 KENTUCKY

Venison
Sloppy Joes



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



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**June 22nd–30th AND September 21st–30th
No Travel Reimbursement (for NEP Assistants)
No NEP Food Reimbursement**



Monthly NEP Zoom Meetings

- First Monday of every month, as needed.
- NEP Assistants: 10 a.m. – 11 a.m. EST
- Agents: 11:15 a.m. – 12:15 p.m. EST
- Join or watch recording for SNAP-Ed staff development time.

Reinforcement Items Used Laptops





You are one
in a



MELON

Valentine