



University of
Kentucky®

*College of Agriculture,
Food and Environment*

UK Cooperative Extension Nutrition Education Program May 2019



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UK College of Agriculture,
Food and Environment

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HEALTHY MENU IDEAS
throughout the year

[See our menus »](#)



Farmers' Market Toolkit

- Full toolkit is now available on the NEP website
- Recorded training with Jann Knappage is available on the NEP website
- In-person training planned for September



Cook Wild Kentucky



**Call for recipes!
Looking for elk, turkey, squirrel & turtle recipes.**

Time & Effort Verification





NUTRITION EDUCATION PROGRAM

2018 Annual Report: Daviess County

Our Focus

The Nutrition Education Program works in all 120 counties to improve the lives of limited-resource Kentuckians through education and changes in behavior and in their community. Through the Supplemental Nutrition Assistance Program Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP), the University of Kentucky Cooperative Extension Service has agents and nutrition assistants across the state who are dedicated to improving lives where they live.

Our Challenge

Poverty

According to US Census estimates for 2016, the median household income in Kentucky is \$46,610, almost 20% lower than the U.S. median household income of \$57,617.¹ Kentucky also has higher percentages of poverty and food insecurity among its population compared to census estimate for the United States overall.

	Kentucky	U.S.
Total Poverty	17.2%	12.3%
Child Poverty	24.4%	19.5%
Food Insecurity	14.7%	11.8%

In 2016, an estimated 15,895 Daviess County residents lived in poverty, and 4,695 of those were children under 18. This represents a 26.6% increase in total poverty and 16.5% increase in child poverty since 2008.¹

Obesity

Today, about half of all Americans have one or more chronic diseases, often related to poor diet.² These include high blood pressure, cardiovascular disease, type 2 diabetes and stroke which are often associated with obesity.



In 2017, the percentage of obese adults in Kentucky was 34.3%, ranking it in the top 10 states for highest obesity rates in the country. Kentucky was also ranked in the top 10 for high percentages of adults with diabetes (12.9%) and adults with hypertension (39.4%).³ A large body of evidence shows that healthy eating habits and regular physical activity can help people achieve and maintain good health and reduce the risk of chronic disease throughout life.²

In 2014, 30.9% of Daviess County's adult population were considered obese.⁴

Our Solution

Provide hands-on, nutrition education to limited-resource audiences, focusing on:

- Buying and preparing healthy foods
- Developing new meal planning and cooking skills
- Adopting new healthy lifestyle behaviors
- Managing SNAP resources

In 2018, 14,949 Daviess County residents with limited resources participated in nutrition education lessons.

Our Results

IN DAVIESS COUNTY

Lifestyle improvements

In 2018, 98% of adult participants made a positive change in food group choices and 95% showed improvement in one or more food safety practices. In addition, 88% showed improvement in one or more food resource management practices and 93% made changes to be more physically active. Youth participants also experienced behavior changes, with 78% improving their ability to choose healthy foods.

Our Success

Recovery residents learn about gardening

The Daviess County Supplemental Nutrition Assistance Program education assistant worked with the residents of Owensboro Regional Recovery, a local in-house substance abuse facility for men, to educate them through the Healthy Choices for Every Body curriculum. When ORR reached out to the Nutrition Education Program, the area NEP agent and the SNAP-Ed assistant, came together to help them build a raised-bed garden called A Garden of Hope. The men in the program built four raised beds, filled them with soil and planted the plants. The participants said they were proud of what they had done and that working in the garden was very therapeutic. A majority of the residents got a chance to work in the garden through the phase system that the facility uses. As their produce came in, the SNAP-Ed assistant used this as an opportunity to work fresh produce into the programmatic efforts. Cucumbers, peppers, zucchini and tomatoes were all grown and picked, which were used to make Easy Summer Salad from the curriculum. Zucchini Boats were also on the menu. Because ORR houses more than 100 men, they planned to use their tomatoes and peppers to prepare and can salsa.



Welcome to Kentucky Extension Reporting System

Report Activities

Service Log

Mileage Records Personal Vehicle

Mileage Records County Vehicle

Success Stories

Success Stories

New Success Story

Title:

Major Program:

Outcome Type:

Success Story:

↶ ↷ **B** *I* U

Your Success Story Here!

Snap Ed Related:

Cancel

Submit

Last week of May and June:

No Food Reimbursement

Receipts Due:

May 24th for May

June 14th for first half of June

June 21st for second half
of June



Copies Deadline

- “Copies” Deadline is June 10th

- Budget Reminder:

County Total = \$2,400 FY 2019

Assistant Total = \$2,400 FY 2019

SNAP-Ed Fiscal Year runs October 1 – September 30

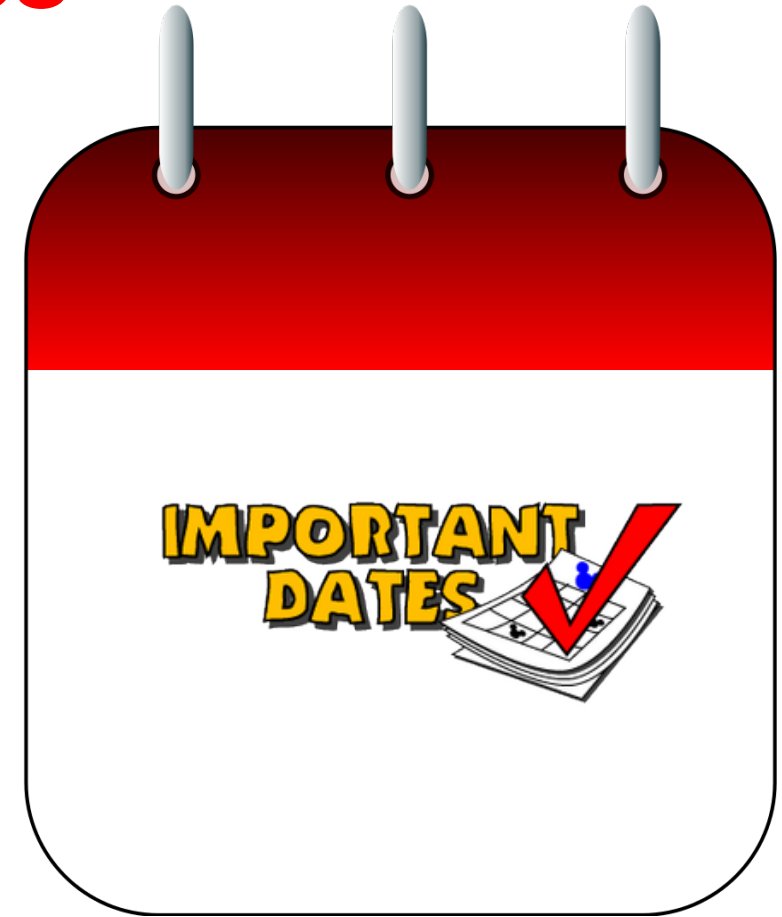


Last week of June: No Travel Reimbursement (for NEP Assistants)



Important Deadlines

- TRIP travel for **NEP Assistants** must be submitted by June 21st
- Supervising Agents should approve TRIP travel for NEP Assistants by June 24th at 12:00 noon



Kentucky Extension Reporting System

SNAP-Ed Budget Report

The screenshot shows the user interface of the Kentucky Extension Reporting System. On the left is a dark blue sidebar with the 'UK Extension' logo and navigation options: 'KERS', 'My Activity', 'My County Office', 'Reports' (highlighted in green), 'Meetings/Activities', and 'Snap Ed' (highlighted in green). The main content area is white and features a 'Snap Ed Report' section with a 'Fiscal Year' selector showing '2018 | 2019 |', where '2019' is highlighted in yellow. Below this is a 'Reported Hours By Mon' section. The bottom section, titled 'Reimbursements', contains two identical rows of data: 'County SNAP-Ed Budget' with a 'Remaining budget: \$2,400.00' and 'Total Reimbursements: \$0.00'.

UK Extension

KERS

My Activity

My County Office

Reports

Meetings/Activities

Snap Ed

☰

Snap Ed Report

Fiscal Year: 2018 | **2019** |

Reported Hours By Mon

Reimbursements

Remaining budget: \$2,400.00	Total Reimbursements: \$0.00
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County SNAP-Ed Budget

Remaining budget: \$2,400.00	Total Reimbursements: \$0.00
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UK College of Agriculture,
Food and Environment

PRD Documentation Emails

NEPKY@UKY.EDU



County SNAP-ED Food Demonstration Reimbursement

Date	540312	530191	Fund
1/15/2019	\$44.14	✓	Assistant
1/16/2019	\$15.33	✓	Assistant
1/16/2019	\$26.82	✓	Assistant
1/22/2019	\$18.06	✓	Assistant
1/29/2019	\$20.26	✓	Assistant

Totals	
540312	\$124.61
530191	\$0.00
	<u>\$124.61</u>

Sub Total \$124.61 \$0.00

Total \$124.61

✓ Replacement Item	\$ -
✓ Assistant Total	\$124.61
County Total	\$0.00
Recipe for Life	\$0.00
Total	<u>\$ 124.61</u>

✓ / Assistant	\$124.61
✓	\$0.00
	\$ -
	<u>\$ 124.61</u>

Payable to County Extension Service \$ 124.61 ✓

Lindsay Poore

2-10-19
Date

*CW
pm*

Monthly NEP Zoom Meetings

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

**Thank You for your
SNAP-Ed Programming!**