



Nutrition Education Program

September 18, 2019



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

FY 20 SNAP-Ed Budget

- \$8.4 million
(reflects \$3.1 million reduction)
- 77% salaries & benefits
- \$895,000 agents' salary contribution



Impact for Counties & Reimbursement Protocol

- Reduced County Budget - \$1750
- School/Community Gardens - \$75 per county
- Reinforcements
- ALL online purchases need pre-approval; send copy of pre-approval email with receipt
- Farmers' Market purchases require farmer's signature on NEP form



Agent Use of Reinforcements

- Intended for NEP target audience
- Used with an educational component



Volunteer Hours



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Program Year
October 1, 2018 - September 30, 2019

SNAP-Ed Volunteer

Please use one sheet per activity



Office Use Only	
Initials: _____	_____
Date: _____	_____
SNAP-Ed hrs. _____	_____
Approved: _____	_____

Date of Activity: _____ Name of Nutrition Lesson/Activity: _____

County: _____ Volunteer Signature: _____

Name (print): _____ Supervisor Signature: _____

Type of Delivery Site (e.g. school, extension office, etc.): _____

Specific Name of Delivery site: _____ Number of Hours: _____

Session Type (circle one): one session 2-4 sessions 5-9 sessions 10+ sessions

RACE	hispanic	total
White		
Black		
Asian		
Am. Indian		
Hawaiian		
Other		
Total		*

GENDER	
Total males	
Total females	
Total participants	*

*THESE THREE TOTALS SHOULD MATCH

AUDIENCE	ages 0-4	ages 5-17	ages 18-59	ages 60+	total
Farmers Market					
Pre-School					
Family					
School Age					
Limited English					
Seniors					
Total					*

- Volunteer Form under agent resources on NEP web page

- Agents can count the time coordinating, training, etc. volunteers as SNAP-ED Admin

Administrative Trainings

Performance
Evaluation Zoom
10/7 @ 2 PM

Client Protection
Risk Management
Zoom

11/22 @ 10 AM



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COOK WILD KENTUCKY



Recipe cards are printed,
getting ready to ship

17 recipes this round

Venison, rabbit, duck, dove,
fish & frog legs

Available soon at:
planeatmove.com



Venison Sloppy Joes



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



Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program



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Venison Sloppy Joes

- 1 pound ground venison
- 1 onion, chopped
- 1 green bell pepper, chopped
- 2 stalks celery, chopped
- 2 tablespoons brown sugar
- ¼ cup water
- ¼ cup vinegar
- 2 tablespoons lemon juice
- 8 ounces low-sodium condensed tomato soup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon prepared mustard

Mix all ingredients in a medium saucepan. Cook over medium heat for approximately 30 minutes. Serve on whole grain bun.

Yield: 6 servings

Adapted from Wild Game: From Field to Table, Sandra Bastin, PhD, RD, Extension Food and Nutrition Specialist. Revised July 2007

Nutrition Facts

6 servings per container

Serving size 1 cup, 1 bun (225g)

Amount per serving

Calories **180**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 180mg **8%**

Total Carbohydrate 17g **6%**

Dietary Fiber 1g **4%**

Total Sugars 10g

Includes 4g Added Sugars **8%**

Protein 20g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 3mg 15%

Potassium 331mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

THE KENTUCKY NUTRITION EDUCATION PROGRAM

invites you to:

Cook Wild Kentucky

LEARN ABOUT THIS IMPORTANT INITIATIVE TO
HELP COMBAT HUNGER IN KENTUCKY



ALL agents are invited!

Guest Speakers

Recipe Samples

Networking

Tabling

10.08.19 | 10AM - 12PM

SCOTT COUNTY EXTENSION OFFICE

1130 CINCINNATI RD, GEORGETOWN, KY 40324

Train the Trainer: Field to Fork & Hook and Cook



Sign up in KERS!

Jan 27-28th McCracken
Extension Office

Feb 4-5th Scott County
Extension Office



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, it is ready to be worked. If it stays in a clump shape, it is too wet. A good garden soil is loose but not so loose that it looks like powder or dust.

Organic matter
It adds nutrients
sandy soil to hold
easier to work. T
ganic matter are

- At the printer
- Will ship this month!
- Also available online

- **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



- At the printer
- Will ship this month!
- Dry – erase pages

Growing Your Own
GARDEN
CALENDAR

Farmers' Market Toolkit Training



September 26th @ Warren Co. Extension Office

Coming Soon!



Year End Deadlines

*September 10	Copies for SNAP Ed
September 20	Reimbursements for all EFNEP AND SNAP-Ed purchases
September 21-30	NO TRAVEL paid by SNAP-Ed or EFNEP Funds
September 23	Supervisor Travel Reimbursement Approvals
September 27	NEERS & KERS Deadline for NEP Assistants
October 4	NEP Assistants End of Year Reports & Goals/Objectives Worksheet
October 9	SNAP Ed Reporting in KERS for Agents
October 15	Gardening & Food Preservation Report

QUESTIONS?



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