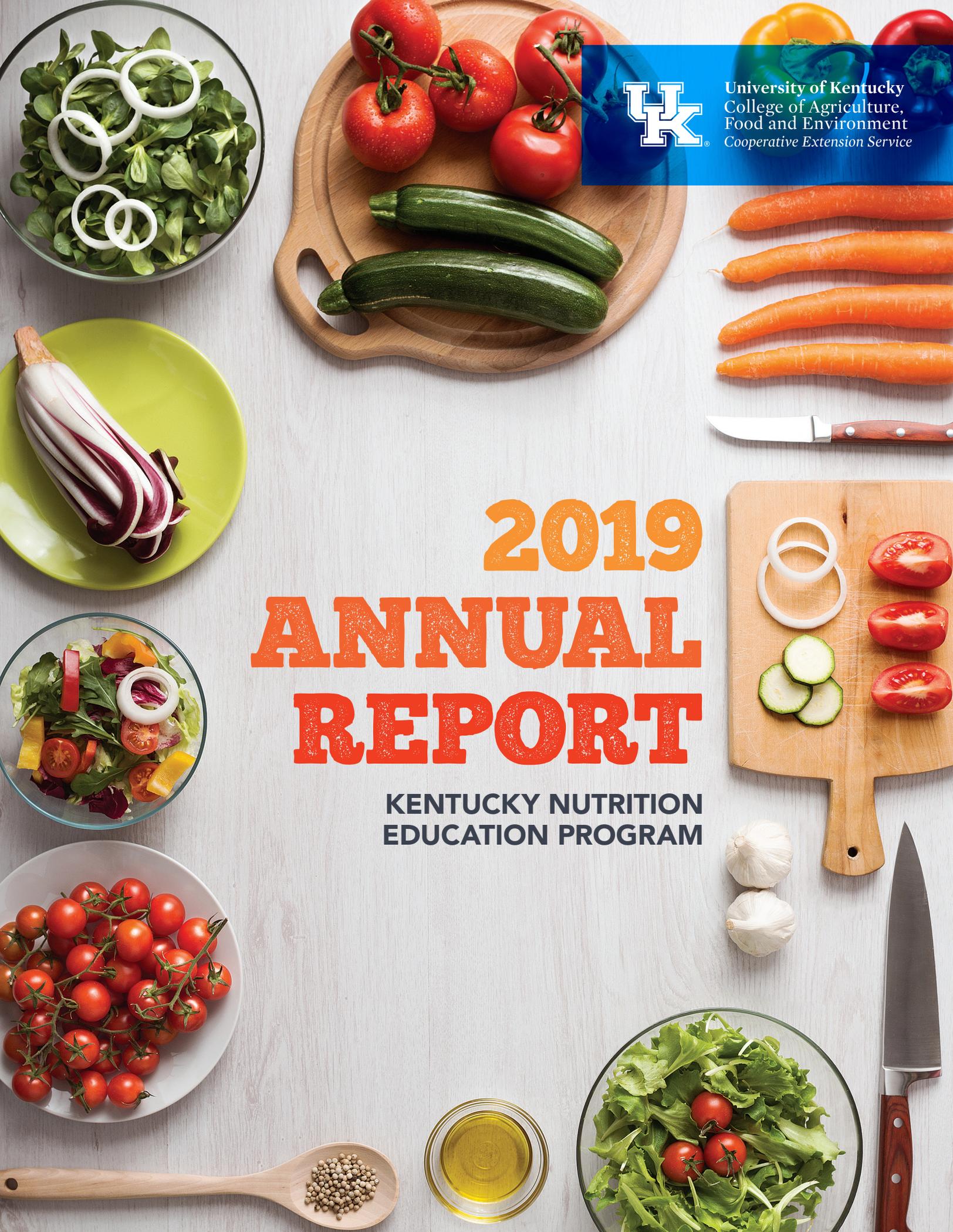




University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# 2019 ANNUAL REPORT

KENTUCKY NUTRITION  
EDUCATION PROGRAM



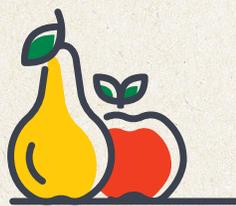
# 818,471

SNAP AND EFNEP CONTACTS

## TWO PROGRAMS, ONE GOAL

The Kentucky Nutrition Education Program (KYNEP or NEP) encompasses two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Education Program (SNAP-Ed). Both programs provide educational opportunities for limited-resource individuals and families to develop skills and change behaviors for improved health and well-being. NEP encompasses Cooperative Extension Agents and NEP Assistants work in all 120 counties to improve the health outcomes of Kentuckians, extending the University's reach to some of the public's most vulnerable populations.

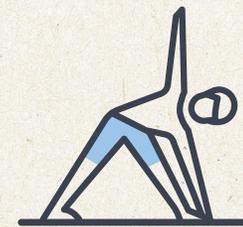
### Who we impact



### Healthier eating habits

97%

of adult participants showed improvement in one or more diet quality indicators (i.e., eating fruits, vegetables, drinking less regular soda, cooking dinner at home).



### Increased physical activity

84%

of adult participants showed improvement in one or more physical activity behaviors.

# 32,174

NUTRITION EDUCATION  
LESSONS TAUGHT

## ACTIVELY RESPONDING TO THE OPIOID EPIDEMIC



The University of Kentucky Cooperative Extension Service has highlighted Substance Use Prevention and Recovery as a top community need. Working with 116 recovery centers throughout the commonwealth to provide weekly nutrition education training. Addiction can often result in malnutrition, digestive problems, and a compromised immune system. Participants learn to improve diet quality and nutrition as well as gain important food prep skills.

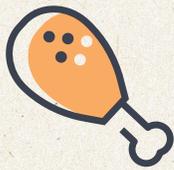


Seven counties piloted recovery center gardens. These gardens empower residents with practical skills, helping to increase self-esteem and build community ties.

**787.39**  
pounds, or

**4,726**  
servings of fresh fruits and  
vegetables, were harvested.

**\$1,497.67**  
was saved.



### Safer food storage and prep

of adult participants showed improvement in one or more food safety practices (i.e. thawing and storing food correctly).

**92%**



### Better food resource management

of adult participants showed improvement in one or more food resource management practices (i.e. plans meals, compares prices, uses grocery lists).

**91%**

# 368,584

CHILDREN AND  
YOUTH CONTACTS

## SUPER STAR CHEF SERIES



Super Star Chef is a cooking and nutrition series offered to Kentucky limited-resource youth. **789 youth** participated across **53 counties** in 2019, learning important food preparation and knife skills, food safety, and physical activity.

After participating in the Super Star Chef program: **99.6%** of the youth reported that can identify healthy foods; **96%** reported that they plan to drink more water every day; and **95%** reported that they plan to try new foods.

## FOOD PRESERVATION



Twenty counties participated in the NEP Food Preservation Workshops in 2019 to learn how to reduce food waste, save money and be able to control sugar and salt in foods.

### As a result of the workshops

**More than 96% of respondents** reported increasing their food preservation skills and knowledge.

Participants reported canning a total of **144 quarts, 72 pints, and 60 half pints** of fruits, vegetables, jams, jellies, and pickles at home.



University of Kentucky Nutrition Education Program  
Family and Consumer Sciences Extension

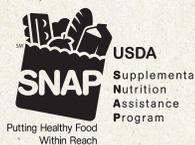


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This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.



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



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