

University of Kentucky Family and Consumer Sciences Extension

Family and Consumer Sciences Extension improves the quality of individual and family life through education, research, and outreach. This multidisciplinary field focuses on building assets of individuals and families to address the perennial problems faced across the lifespan. Family and Consumer Sciences Extension operates within an ecological framework with the basic needs of food, clothing, and shelter at its core. The next level emphasizes well-being with a focus on human development, parenting, resource management, nutrition, health, and aesthetics. At the community level, Family and Consumer Sciences Extension prepares individuals for community and economic development and activity. Professionals in Family and Consumer Sciences Extension enable individuals and families to develop capacity for strengthening families and building community for an ever-changing society.

Select Programs by Initiative

Making Healthy Lifestyle Choices

All Star Dads

This program encourages fathers to spend time doing physical activity with their child(ren). The program utilizes a scorecard to track the 30 minutes of physical activity completed by the father and child.

Blue to You

Blue to You is a depression awareness series designed to give facts about depression, symptoms, co-existing illnesses, causes, treatments and ways different people experience depression. The program has six lessons that include instructional tools to aid the trainer in sharing this information with a wide variety of groups.

Body Works

Body Works is a community-based obesity prevention program designed to help parents and caregivers of adolescents improve family eating and physical activity behaviors. Body Works targets parents and caregivers directly because research strongly suggests they play a critical role in shaping exercise and eating habits of their children. Developed and managed by the Health and Human Services Office on Women's Health (OWH), the 10-session program is moderated by trained facilitators and focuses on parents and caregivers as role models and important agents of change for their children. The program provides parents and caregivers with hands-on tools to make small, specific behavior changes to help maintain a healthy weight and prevent obesity.

Building a Healthy Wealthy Future

This program is designed to help youth learn skills in personal finance, health education and leadership development. The program has two separate components. 1. School Based Student Activity – series of learning lessons offering a variety of activities, which can be tailored to reflect intended learning objectives, time

requirements, and available materials. 2. Parent/Child Activity – series of Extension publications designed to encourage parent/child communications about positive financial and health behaviors.

Champion Food Volunteer

The Champion Food Volunteer program provides volunteers a foundation of knowledge, skills and competencies in basic nutrition; food safety, handling, and preparation; cooking methods and techniques; food science; and physical activity. The program allows people who have an interest in food, cooking and nutrition a way to hone their skills and take them to a new level, all while helping their community. Upon completion of the training, volunteers will commit to spending a specified amount of time sharing their enhanced expertise with others.

Families on the Move

The resources can be used as an internet or mail out program to get families out and moving. Families get a weekly walking log and weekly newsletter to keep families physically active together.

Family Mealtime

This program helps families find ways to make family mealtime possible by showing them how they can cook once and eat twice, cook meals with five or less ingredients, use make ahead meals and plan meals in advance. Ideas and fun activities for mealtime conversations are provided.

Food Label F-U-Ndamentals

Research shows that for consumers to benefit from label information, it is necessary to make food labels, especially serving size and percent daily values information, easy to understand. The Food Label F-U-Ndamental program provides information in a simple format and uses three games and seven activities to make food labels easier to understand.

Get Moving Kentucky

GMK was created as a tool for communities to use to encourage physical activity. Materials can all be used together for a complete program, pieces can be used as supplements to other programs to promote a physically active lifestyle.

Got Vegetables?

The curriculum consists of two units structured and developed according to the critical thinking approach. Unit one focuses on what parents should do regarding increasing specific vegetable consumption and physical activity in the lives of their children. Unit two focuses on the positive environment in which vegetables and physical activity should be offered. Thinking, food preparation, problem solving and goal setting skills are emphasized.

Home is Where the Health Is

This activity-based program integrates basic parenting concepts and skills with nutrition principles, child feeding practices and suggestions for active family play. It also suggests certain family lifestyle changes that research shows may help prevent children from becoming overweight and developing into obese adults. It promotes “family glue,” the warmth and love that bond family members together. Strengthening that “glue” helps families make the feeding and physical activity changes that promote each member’s healthy weight.

Literacy, Eating and Activity for Preschool/Primary (LEAP)

The program is a series of 22 lessons using storybooks to teach children about staying healthy, being physically active and eating more fruits and vegetables, low-fat dairy products and whole grains.

Making Healthy Lifestyle Choices

The dietary guidelines provide advice for making food choices that promote good health, a healthy weight, and ways to reduce risk of disease. This curriculum consists of four units that encourage lifestyle change and improvement in health. All units emphasize healthy eating, physical activity, problem solving and goal setting.

Matter of Balance

This program acknowledges the risks of falling but emphasizes practical coping strategies to reduce this concern. During the sessions, participants learn to view falls and fear of falling as controllable and set realistic goals for physical activity. Participants are also encouraged to find ways to change the environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

Mind and Body Connection Program

The program introduces safe, simple meditation techniques, deep breathing methods and basic standing and seated stretching exercises. This program is also designed to introduce physical activities and flexibility exercises and you will learn how to release stress and tension when needed.

Nourish Your Joints and Bones

The program provides basic information about bones and joints including information about nutrients and physical activities that are important for healthy bones and joints. Other program options include recipes and exercise demonstration.

Ovarian Cancer Awareness Project

The goals of this program are to (1) raise funds to support the University of Kentucky Ovarian Cancer Research and Screening Program; (2) increase awareness of ovarian cancer in Kentucky and; (3) increase the rate of screenings in women who have not been screened for ovarian cancer.

Plate It Up! Kentucky Proud

This program is designed as a series of resources to promote fruit and vegetable purchase, preparation and consumption within the context of Kentucky's local food system. Recipe cards, demonstration guides and media scripts are used to create point of purchase awareness through social marketing and face to face programs in multiple venues.

2S (Formerly 2nd Sunday)

2S is a platform to showcase community programs that are positively affecting the community's health, economy and environment. Collaborative alliances amongst businesses, organizations, and the community are an effective and efficient way to achieve growth objectives, stimulate the economy and create synergy. 2S can serve as the first step in improving the physical, environmental and economic health of all Kentuckians.

Small Steps to Health and Wealth

This program is designed to motivate consumers to implement behavior change strategies that simultaneously improve their health and personal finances. Workbook, facilitator guides, videos and other instructional tools are available to support this program.

Strong Women Healthy Heart

This is a Tufts University Program that involves 31 states. Kentucky is an implementation state. The Strong Women Healthy Hearts Program is designed to potentially help midlife and older women make lifestyle changes to reduce their risk of heart disease.

Super Star Chef

The mission of the Super Star Chef series is to provide a fun and educational environment for adults and youth to gain knowledge and learn skills which will lead to success in the kitchen. This hands-on cooking school is the first in the series and covers safety in the kitchen; reading a recipe; cooking techniques; nutrition facts; and dietary and physical activity information to assist the student in making good choices for a healthy lifestyle. Even adults with years of experience can learn something from Super Star Chef! Each lesson can be used alone or in sequence as a cooking school.

Super Star Chef Goes to Farmers Market

The mission of the Super Star Chef series is to provide a fun and educational environment for adults and youth to gain knowledge and learn skills which will lead to success in the kitchen. Super Star Chef Goes to Farmers Market provides the opportunity to explore the connections between farmers, the foods they grow and the foods we eat, specifically as they relate to fruits and vegetables from the local farmers market. Hands-on cooking activities include selection, storage and preparation of fruits and vegetables; nutritional value; incorporating fruits and vegetables into breakfast; food preservation; cooking with herbs and growing an herb garden; grilling; and demonstrating a recipe. Each lesson can be used alone or in sequence.

Super Star Chef Kneads a Little Dough

The mission of the Super Star Chef series is to provide a fun and educational environment for adults and youth to gain knowledge and learn skills which will lead to success in the kitchen. Super Star Chef Kneads a Little Dough builds on the skills learned in the earlier Super Star Chef programs. Hands-on cooking activities include the essential ingredients used in baking and their effects on the quality of the finished product; the art and science of baking yeast bread; techniques for making quick breads, cookies, cakes, and pies; and how to get the most from a bread machine. Each lesson can be used alone or in sequence.

Taking Ownership of Your Diabetes

This curriculum is based on the National Diabetes Education Publication (NDEP) "4 Steps to Control Your Diabetes. For Life." The curriculum contains four units (1) Understanding diabetes (2) The ABCs of Diabetes (3) Nutrition for Diabetes (4) Getting Routine Care. Several lessons address the American Association of Diabetes Educators 7 Self-care behaviors such as physical activity, healthy eating, monitoring of blood glucose and provide opportunities for participants to modify lifestyle risks.

Truth and Consequences: The Choice is Yours

This program is a substance abuse prevention activity designed to show students and other youth the impact of being involved with both illicit and legal substances. Based upon the format of the 4-H Reality Store, students role-play scenarios including: possession of prescription drugs; driving under the influence; sniffing; possession of alcohol, drug paraphernalia, or illegal drugs; trafficking; and stealing drugs; etc. The program allows for students to visit appropriate officials and/or agencies to experience the consequences of their behavior.

Weight- the Reality Series: Becoming Weight Wise

This curriculum includes a recruitment session and ten classes. Participants complete this part of the series first to learn basic skills and to learn about their relationship with food, activity and weight.

Weight- the Reality Series: Becoming Body Wise

This is a set of sessions for recruitment and learning to live in the body you have, with an emphasis on self-respect and greater self-awareness.

Wellness in Kentucky (WIN Kentucky)

This program incorporates a series of ten lessons concentrating on nutrition and physical activity, targeting fourth and fifth grade students. There is an overall evaluation for curriculum and pre and post tests for each lesson. The curriculum is an adaptation of Wellness in the Rockies.

Nurturing Families

Adults and Children Together Against Violence Program/Parents Raising Safe Kids (ACT/RSK)

ACT/RSK, also called Parents Raising Safe Kids, is an early violence prevention curriculum, developed by the American Psychological Association (APA). The evidence-based program has shown that parents and caregivers have exhibited improved knowledge, behaviors and beliefs regarding violence prevention, anger management skills, use of positive discipline practices, improved communication skills, less argument and discontinued physical punishment. The program requires trained, certified facilitators to present it to parent or caregiver audiences.

Blue to You

Blue to You is a depression awareness series designed to give faces about depression, symptoms, co-existing illnesses, causes, treatments, and how different people experience depression. The program has six lessons that include instructional tools to aid the trainer in sharing this information with a wide variety of groups.

Child Care Provider Trainings

Agents who have received their Early Care and Education Trainers Credential can provide trainings for local child care providers related to social, emotional, mental and physical growth of children such as best practices for behavior management, health and nutrition, environment and parent engagement.

Communities Support Military Families

The goal of this program is to encourage community members to be good neighbors in support of military families in their midst. Caring actions sometimes help restore mental health of those who have been exposed to a war zone or family members of badly stressed individuals. Healthy communities with caring people are the foundation for a

vibrant nation. This program teaches the structure and culture of the U. S. Armed Forces, the seven stages of the emotional cycle of deployment and specific suggestions for reaching out in friendly ways to military families.

Families on the Move

Families on the Move is an Internet or mail-out program to get families out and moving. Families get a weekly walking log and weekly newsletter to keep them physically active together.

Family Mealtime

This program helps families find ways to make family mealtime possible by showing them how they could cook once and eat twice, cook meals with five or less ingredients, use make ahead meals and plan meals in advance. Ideas and fun activities for mealtime conversations are provided.

Fathers Reading Every Day (FRED)

This program is designed to encourage fathers, grandfathers and other positive male role models to read to children on a daily basis to stimulate cognitive development, promote literacy, and strengthen father-child relationships.

Feed Hungry Young Minds through Storybook Adventures

This program provides resources and activities designed to assist community leaders in promoting parent-child storybook reading. Recent research shows that shared reading of storybooks, singing, and conversation from birth onward are highly effective ways to ensure optimal brain development and readiness for school. The program includes three variations on a basic lesson plan, so the leader can easily decide which components make the best fit for a specific teaching-learning situation.

Grandparents and Grandchildren Together

Program objectives are to describe the various roles that grandparents play within their families, identify the varying levels of responsibility that grandparents carry in the community, list playful learning activities that grandparents and children can do together, and to consider ways in which the group or individual members could be supportive to grandparents and other relatives raising children full-time.

Home is Where the Health Is

This activity-based program integrates basic parenting concepts and skills with nutrition principles, child feeding practices, and suggestions for active family play. It also suggests certain family lifestyle changes that research shows may help prevent children from becoming overweight and developing into obese adults. It promotes “family glue,” the warmth and love that bond family members together. Strengthening that “glue” helps families make the feeding and physical activity changes that promote each member’s healthy weight.

Keys to Great Parenting: Fun and Learning with Your Baby or Toddler

Keys to Great Parenting was originally developed to support the vision of Kentucky’s Early Childhood Initiative: “All young children in Kentucky are healthy and safe, possess the foundation that will enable school and personal success, and live in strong families that are supported and strengthened within their communities.” Keys to Great Parenting is planned as a risk-prevention program, beneficial for all parents to advance their child-rearing skills. Primary materials are seven concise booklets that cover the major areas of children’s development and parental self-care.

Nurturing Parenting

An evidence-based program that includes programming geared toward the six protective factors in the prevention of child abuse and neglect: Nurturing and attachment, knowledge of age appropriate development, resiliency skills, social connections, parental support services, and children’s social and emotional competence.

Traveling Light: Family Language Fun to Go

The purpose of the program is to provide fun oral language resources that adults can quickly pick up and use while on the go with children. There are over 70 age-graded songs, fingerplays, counting games, riddles, chants, conversation starters and round robin stories that will make the miles go by quickly or the wait for something to happen much shorter. The broader goals are to advance the attachment bond between caring adults and children, and to develop children’s oral literacy potential to its fullest extent.

UK Extension’s Universe of Possibilities: Skills for Creating Happiness and Blessing Others

The program teaches a set of core skills that have application in nearly every area of life. Mastering these skills enables you to be calmer, happier, more energetic, and more effective. You become a better citizen, parent, spouse, partner, friend, co-worker—better at just about anything. The program enhances creativity and productivity; and it fosters healthy relationships while opening up new worlds of possibility, both individually and collectively.

Embracing Life as You Age

Raising Awareness About Disability (RAAD) -- A Simulation Activity

This simulation exercise is an empathic activity created to promote disability awareness and provide insight into typical age-related sensory and mobility decline. Adaptive equipment is incorporated in this activity to help participants better understand ways in which the environment and various technologies can contribute to independence, safety and life quality.

Bedrooms, Bathrooms and Beyond: Home Accessibility

This program helps people of all ages and abilities evaluate and adapt their home to optimize safety and independence. It is important because the inaccessible features of many homes contribute to the challenges for people living with disabilities, including temporary disability, to meet daily needs, including bathing, using stairs and entering/exiting easily. Such barriers can eliminate housing options or trigger an unwanted or premature move to senior housing or institutionalized care, which can limit independence, create emotional upset and cause financial burden.

Keys to Embracing Aging

The way in which you take care of yourself through the years both physically and mentally will impact the way in which you age throughout the lifespan. Because lifestyle behaviors and choices are integrated, there is a strong association between healthy lifestyles, prevention and longevity. This interactive program highlights 12 keys aimed at helping individuals age gracefully, successfully, and with increased longevity. The keys include: attitude, nutrition, physical activity, brain health, social activity, technology, safety, medical literacy, financial security, sleep, and taking time for you. The lesson is designed to teach participants that healthy behaviors and choices across the lifespan affect future health, well-being and optimal aging.

Life Story: How Your History Can Help You

This program serves as a one-time introductory program to life story. It can be used to motivate people to write a life story, understand the importance and benefits of life story, in addition to encouraging people to participate in Memory Banking, a longer more comprehensive FCS Life Story program.

Living with Loss

This program assists individuals and families in preparing for and adjusting to loss, death and grief.

Matter of Balance

This program acknowledges the risks of falling but emphasizes practical coping strategies to reduce this concern. During the sessions, participants learn to view falls and fear of falling as controllable and set realistic goals for physical activity. Participants are also encouraged to find ways to change the environment to reduce fall risk factors and learn simple exercises to increase strength and balance.

Memory Banking

Memory Banking is a three-week program that encourages the documentation of life story and health history as a way to promote an active brain, quality relationships, mental healthiness and legacy building. Life story is an account of the series of events that make up your life and define who you are. The story of your life is important because it helps explain who you are, where you've been, how you got there, where you are now, and even where and what you will be doing in the future.

Stand Up to Falling: Fall Prevention

Stand Up to Falling introduces the seriousness and consequences of falling, especially for adults age 65 and older. The program highlights four preventable risk factors: lack of exercise, unsafe home environments, vision problems, and medication usage. When these risk factors are properly addressed, the likelihood of falling can be lowered and even prevented. This program also provides a brief introduction into an Extension supported fall prevention program, *A Matter of Balance*, which prepares the mind and body for exercises designed to prevent falls and the fear of falling. Lastly, *Stand Up to Falling* calls attention to the appropriate actions that should take place if a fall occurs.

Securing Financial Stability

Basic Life Skills – Real Skills for Everyday Life Series

Program includes detailed teaching resources to teach participants to Get More Bang for Your Buck including skill-building activities in making a spending plan, budgeting, paying bills, organizing papers and managing money in acrisis situation.

Building a Healthy Wealthy Future

This curriculum package is designed as the youth component to the Small Steps to Health and Wealth program. The focus areas are personal finance, health education, leadership development, and life skills. The program has two separate components. 1. School Based Student Activity – series of learning lessons offering a variety of activities, which can be tailored to reflect intended learning objectives, time requirements, and available materials.

2. Parent/Child Activity – series of Extension publications designed to encourage parent/child communications about positive financial and health behaviors.

Collaborators for the Advancement of Family Financial Education (CAFFE)

The purpose of the CAFFE blog <http://allowanceless.blogspot.com/> and Facebook page is to assist county Extension agents, credit union educators, high school teachers, and parents who home school their teenagers so that they may improve the economic well-being of our young people.

Kentucky Saves

Part of the national America Saves campaign, which encourages Kentuckians to build wealth, not debt. Kentuckians can enroll online as savers allowing them to set and track savings goals and receive a quarterly newsletter focused specifically on savings.

Managing In Tough Times Bits and Tips

A series of prepackaged programs developed for use by Extension agents, covering 15 topics. The program package includes newspaper articles, radio scripts, a series of Facebook posts, and mini-PowerPoint presentations for each topic. The resources are designed to assist agents in integrating financial education into other extension programs.

Managing in Tough Times Disaster Recovery Resources

To be responsive to the needs of county extension agents and clientele a series of disaster related materials have been assembled and localized to the state of Kentucky following the tornado outbreak in March 2012. Examples of materials included as part of the disaster recovery resources are newspaper articles, social media posts, radio scripts and The Family Financial Toolkit (North Dakota/Minnesota Cooperative Extension Service). Unit 9 (Disaster Recovery Resources for Families) was localized for the state of Kentucky.

Money Power: Wise Decisions about Your Money and Your Life for College Students

Program covers: College as a new experience; communication with family and others about financial matters; understanding financial aid; how to make a spending plan; keeping money safe from loss or theft; bank accounts; credit cards; protecting personal information and identity theft. Teaching resources accompany the lesson brochure.

Small Steps to Health and Wealth On-line Challenge

An online database developed by Rutgers University and licensed to the University of Kentucky in 2011. A six-week program that allows participants to daily track the choices they make related to nutrition, physical activity, and personal finances. The challenge is part of the national Cooperative Extension's Small Steps to Health and Wealth program which is aimed at motivating Americans to take actions to simultaneously improve their health and wealth. Individual participants can be tracked and results provided to local county extension offices.

Stretching Your Holiday Dollar

Program provides tips on: preparing a holiday budget; saving money while shopping and food shopping; saving on greeting cards, decorations, entertainment and travel; tips for gift-giving; and saving money while consuming less and going green.

Where Does Your Money Go? Curriculum

Current spending patterns, financial strategies for tracking expenses, financial goals, and developing spending-savings plans are the topics discussed in this financial curriculum. Curriculum can be presented in either two 1 ½-hour lessons or one 2-hour lesson.

Promoting Healthy Homes and Communities

Bedrooms, Bathrooms and Beyond: Home Accessibility

Approximately 30% of Kentuckians age five years and older have trouble with mobility, routine daily activities, and self-care due to disabilities (American Community Survey, 2009). The inaccessible features of many homes contribute to the challenges for people to meet daily needs, including bathing, using stairs, and entering/exiting easily. Such barriers can eliminate housing options or trigger an unwanted or premature move to senior housing or institutionalized care, which can limit independence, create emotional upset, and cause financial burden (HousingPolicy.org, 2010).

Focus on the Home: Disaster Preparedness

The Focus on the Home: Preparedness Program will help families alleviate fear and mitigate loss in the event of disaster. As a result of this program, participants will be able to:

1. Make a family disaster kit.
2. Develop a family disaster plan.
3. Understand warnings and typical disasters in their areas.
4. Get involved in local disaster preparedness.

Going Green: Living an Environmentally Responsible Life

This program provides information on ways to be more environmentally sustainable or “green” by saving energy, conserving water, reducing waste, eating responsibly and acting locally. As a result of this program participants will:

1. Understand what “green” means.
2. Learn ways to be more “green” or environmentally sustainable in day-to-day life.
3. Evaluate and make changes in their day-to-day life to be more environmentally sustainable and green.

Home Energy Use

The objectives of this program are to (1) Increase participants’ knowledge and skills in making their home more energy efficient, and (2) explore options for identifying products and recommended energy management practices that will use energy efficiently.

Household Waste Management: Reduce, Reuse, Recycle

Today the average American creates about 5 pounds of waste per day, half of which is recycled in some manner, leaving roughly 2.5 pounds of waste per day. This program focuses on ways in which participants can reduce the amount of waste that is produced and sent to landfills, and addresses the 3 R’s of waste management: reduce, reuse, and recycle.

Living Better through Home Energy Management

Living Better through Home Energy Management will inform families of the benefits of home energy management and how to access a free online home energy assessment tool.

Accessing Nutritious Food

Champion Food Volunteer

The Champion Food Volunteer program is intended to inspire and empower volunteers to share their food and nutrition knowledge with their fellow Kentuckians, to impact their communities both socially and economically. Through 40 hours of training and activities, it provides a foundation of knowledge, skills and competencies in basic nutrition; food safety, handling, and preparation; cooking methods and techniques; food science; and physical activity. Upon completion of the training, volunteers will work with County Extension agents to promote healthy lifestyle choices and help combat chronic disease and obesity in their communities. Each volunteer will commit to 40 hours of community service to share their enhanced expertise with others.

Farm to Institution Program

Extension agents work with local producers, schools, parks and other organizations to promote partnerships and collaborations to support the purchase and preparation of farm foods in local institutions.

Food Preservation Program

Safe, correct procedures for preserving foods are taught through a variety of programs, including pickling, canning, drying and freezing.

Food for Thought: Extension Food Programs

Extension agents use food programs (cooking schools, demonstrations, etc.) to teach healthy lifestyle choices, promote local food systems, and foster budgeting and organization. Recipes and menus increase the participants' culinary skills and nutritional knowledge. Family programs are designed to meet the multiple life cycle needs of family members and promote family communication.

Home-based Processing and Microprocessing Training

This program is an on-line workshop to certify home-based microprocessors to sell their approved items. House Bill 391 and Farmers Market Legislation allow Kentucky farmers who grow and harvest produce to process value-added products and sell them from designated farmers markets, certified roadside stands and the processor's farm. There are two processing categories in HB 391, Home-based Processor and Home-based Microprocessor. To qualify under either program, the final product must contain a primary or predominant ingredient which is a fruit, vegetable, nut or herb that is grown by the farmer in Kentucky.

Literacy, Eating and Activity for Primary (LEAP)

The program is a series of 22 lessons using storybooks to teach children about staying healthy, being physically active and eating more fruits and vegetables, low-fat dairy products and whole grains.

Kentucky Nutrition Education Program Curriculum (SNAP-ED and EFNEP)

The Kentucky Nutrition Education Programs (KYNEP) encompass two separate USDA programs: The Expanded Food and Nutrition Education Program (EFNEP), and the Supplemental Nutrition Assistance Program (SNAP-Ed). Both

programs are administered by the University of Kentucky Cooperative Extension Service, and target low income families and individuals with nutrition education. The goals of both are to educate limited resource families with young children and Food Stamp clientele to plan nutritious meals on a limited budget, acquire safe food handling practices, improve food preparation skills and change behavior necessary to have a healthy lifestyle.

Plate it Up! Kentucky Proud

Plate it Up! Kentucky Proud is a series of resources to promote fruit and vegetable purchase, preparation, and consumption within the context of Kentucky's local food system. Recipe cards, demonstration guides and media scripts are used to create point of purchase awareness through social marketing and face-to-face programs.

Super Star Chef

The mission of the Super Star Chef series is to provide a fun and educational environment for adults and youth to gain knowledge and learn skills which will lead to success in the kitchen. This hands-on cooking school is the first in the series and covers safety in the kitchen; reading a recipe; cooking techniques; nutrition facts; and dietary and physical activity information to assist the student in making good choices for a healthy lifestyle. Even adults with years of experience can learn something from Super Star Chef!

Super Star Chef Goes to Farmers Market

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Super Star Chef Kneads a Little Dough

The mission of the Super Star Chef series is to provide a fun and educational environment for adults and youth to gain knowledge and learn skills which will lead to success in the kitchen. Super Star Chef Kneads a Little Dough builds on the skills learned in the earlier Super Star Chef programs. Hands-on cooking activities include the essential ingredients used in baking and their effects on the quality of the finished product; the art and science of baking yeast bread; techniques for making quick breads, cookies, cakes, and pies; and how to get the most from a bread machine.

Weight- the Reality Series: Becoming Weight Wise

This curriculum includes a recruitment session and ten classes. Participants complete this part of the series first to learn basic skills and to learn about their relationship with food, activity and weight.

Empowering Community Leaders

Champion Food Volunteer

The Champion Food Volunteer program is intended to inspire and empower volunteers to share their food and nutrition knowledge with their fellow Kentuckians, to impact their communities both socially and economically. Through 40 hours of training and activities, it provides a foundation of knowledge, skills and competencies in basic

nutrition; food safety, handling and preparation; cooking methods and techniques; food science; and physical activity. Upon completion of the training, volunteers will work with County Extension agents to promote healthy lifestyle choices and help combat chronic disease and obesity in their communities. Each volunteer will commit to 40 hours of community service to share their enhanced expertise with others.

Kentucky Extension Homemakers Leader Training

FCS Extension provides 6 to 10 leader training programs each year to local KEHA members on topics of interest and importance to the community related to nutrition, financial management, child development, family communication, home safety, and/or health issues. KEHA leaders are trained to be peer teachers to share the skills and information in their clubs and community settings.

Kentucky Extension Leadership Development - Section 1: Developing Core Leadership Skills

Series of 10 lessons designed to develop individual core leadership skills. Content includes power of motivation, learning with a purpose, communication skills, influencing others, understanding basics of team work, characteristics of leaders, dealing with conflict, generational differences, internal and external influences and speaking for success.

Kentucky Extension Leadership Development - Section 2: Developing Core Leadership Skills

Series of eleven lessons designed to build the organizational capacity of leaders. Topics include understanding organizational culture, developing a vision, building membership, using SWOT analysis, developing and implementing action plans, educating, mobilizing and sustaining members, evaluation for impact and financial oversight of non-profits.

Kentucky Extension Leadership Development - Section 3: Developing Core Leadership Skills

Series of eight lessons designed to use leadership skills to strengthen local communities. Lessons include marketing your organization, planning productive promotions, building a marketing toolkit, building coalitions, bringing the right people to the table, facilitating community forums and communicating with policymakers.

Master Clothing Volunteer

The "Master Volunteer Concept" is an outgrowth of the Cooperative Extension Service's tradition of utilizing volunteers. The "master" idea expands on the traditional volunteer role. Interested, dedicated individuals with some prior experience and knowledge in clothing construction are selected and provided with intense, in-depth training. Upon the completion of the training there is a commitment by the volunteer to spend a specified amount of time sharing their enhanced expertise with others.

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Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Disabilities accommodated with prior notification.