

# KENTUCKY KITCHENS

## SHARING YOUR SKILLS

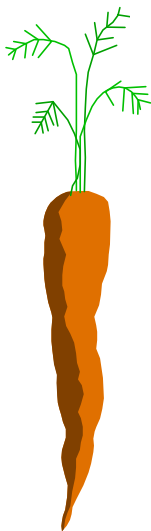
### A KEHA MENTORING PROJECT

- \*Would you like to help someone in your family or community?
- \*Do you enjoy food and cooking?
- \*Can you serve a good meal without spending too much money?
- \*Do you know how to plan healthy meals?

If your answer to any of these questions is "yes", you should consider sharing your food and nutrition skills through mentoring. As part of the Family Life Committee, the Kentucky Extension Homemaker Association (KEHA) offers members the opportunity to share their skills with others.

Eating is a social activity and people enjoy sharing a love of food. Everyone needs to eat, of course, but some people may not realize the profound effect diet can have on health. And eating right actually costs less than fast food. KEHA members have experience with Food & Nutrition programs and can share their skills with others. Mentoring through the kitchen is a good way to help someone help themselves and their family.

You can make a difference in someone's life through Kentucky Kitchens. Help someone really get cooking!



### KEHA Kitchens

A 1999 survey of KEHA lesson leaders in the Green River Area revealed that KEHA members eat a healthier diet than the average Kentuckian. The seven county survey included 80 club leaders representing over 1300 members and 75 clubs.

Of the 80 surveyed, 64 consumed 5-A-Day or more servings of fruits and vegetables. Thus, 80% of the KEHA members surveyed achieved the 5-A-Day goal, compared to only 17% of the adults in the Green River Area (Ky. Dept. for Public Health, 1997). Thirty-six percent of fruits and vegetables eaten by KEHA members were raw and 14% were fried, in casseroles, or in desserts. Fifty-four percent consumed a good source of Vitamin A or C, compared to only 10% of Americans (USDA, 1994). Ninety-four percent had modified recipes to decrease fat or calories.

The UK Cooperative Extension Service was cited as the leading source of information on how to reduce fat and calories by 73% of those surveyed.

## Skills You Can Share

KEHA members have a lot to share with others when it comes to Food & Nutrition skills. Consider helping someone learn about planning healthy meals, shopping for groceries, and cooking foods.

Some people just need some ideas and recipes to get them started. KEHA members have a reputation for being good cooks and have helped produce many cookbooks. So, brush off your recipe file and get ready to share. Encourage others



to serve plenty of fruits and vegetables, to include dairy and whole grains, and to use lean meats and beans in meals.

Learning to get the most for your food dollar takes some planning, as KEHA members know. You can help a less experienced homemaker see the advantages of shopping with a grocery list and looking for sale items.



Many people today have less time to prepare meals and fewer cooking skills. They often eat meals away from home and spend more money than they should on foods that are not nutritious. When meals are cooked at home, you have more control over your nutrition and food budget.

## Sharing Your Skills

Helping someone change behaviors takes time. Here are some suggestions to help you help someone:

- 1) Establish a convenient time when your student can call to ask questions.
- 2) Plan to go grocery shopping together.
- 3) Share recipes and meal ideas.
- 4) Cook together to teach basic cooking skills:
  - cooking vegetables
  - making salads
  - baking desserts with fruit
  - preparing rice, pasta, & beans
  - practices for safe food.
- 5) Enjoy the benefit of volunteering for a good cause. One of the greatest joys of being an accomplished homemaker is being able to share those skills with someone else.

## References

\*Kentucky Department for Public Health. Behavioral Risk Factor Surveillance System, Kentucky Lifestyles 1994-1996, 1997.

\*Tietyen, J.L. and Lee, M. An alternative approach to accountability. American Dietetic Association abstract, 1999.

\*USDA. Continuing Survey of Food Intake by Individuals, 1994.

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