



# KENTUCKY KITCHENS ~ HOLIDAY HELP FOR THE HUNGRY

## TEACHING GUIDE

### Objectives

- to acquaint participants with food insecurity in Kentucky
- to raise awareness about the USDA Community Food Security Initiative
- to prompt community action to reduce hunger
- to promote locally-grown and produced foods
- to strengthen Kentucky's local food systems

### Resources

- *Kentucky Kitchens ~ Holiday Help for the Hungry* (FN-JLT.143) fact sheet and Corel presentation. Available online at <http://www.ca.uky.edu/agcollege/fcs/factshts/>
- *Food & Agriculture: Consumer Trends and Opportunities - An Overview*, provides an overview of local food systems. Available online at <http://www.uky.edu/Agriculture/AgriculturalEconomics/extpubs.html>
- USDA Food Security Initiative online at [http://www.reeusda.gov/food\\_security/foodshp.htm](http://www.reeusda.gov/food_security/foodshp.htm)
- Kentucky Community Food Security Contact List, January 2000, available from Pam Sigler, University of Kentucky Cooperative Extension Service. 859-257-3888, [psigler@ca.uky.edu](mailto:psigler@ca.uky.edu)
- Other fact sheets in the *Kentucky Kitchens* series:
  - ▶ *Kentucky Kitchens: Sharing Your Skills*, FN-JLT.133
  - ▶ *Kentucky Kitchen Kits*, FN-JLT.134
  - ▶ *Kentucky Kitchens: Tea Time*, FN-JLT.148

### Programming Ideas

- Use this program as part of your holiday programming.
- Work with Agriculture and Youth agents to organize community food drives and gleaning activities.
- Work with other agencies interested in community food security.

### Background Information

In an effort to cut hunger in half by the year 2015, the **USDA Community Food Security Initiative** is creating and expanding grass-roots partnerships that build local food systems and reduce hunger. A 1998 **USDA** study indicated that about 36 million Americans - including 14 million children - live in households that suffer from either hunger or food insecurity.

A 1998 **Second Harvest Food Bank Network** study indicated that over 21 million Americans obtain supplemental food from food pantries and hot-meal programs. While hunger and food insecurity occur throughout America, they particularly affect the working poor, senior citizens, children in poverty, residents of low-income inner cities and isolated rural areas, the homeless, and single-parent households.

### Evaluation and Reporting

Use the evaluation form included with this teaching guide. Document progress toward community food security by recording activities related to World Food Day, holiday food drives, gleaning activities, Kentucky Kitchen Kits distributed, etc. Report programming under PAC 410 and the priority indicator for 'Food Access and Affordability'.



## ***Evaluation: Kentucky Kitchens ~ Holiday Help for the Hungry***

***Please let us know what you think about this program ~***

- |   |     |    |
|---|-----|----|
| 1) I learned something new about food insecurity.                                     | Yes | No |
| 2) I learned something new about my community food system.                            | Yes | No |
| 3) I plan to take action against hunger in my community.                              | Yes | No |
| 4) Your comments about <b><i>Kentucky Kitchens ~ Holiday Help for the Hungry?</i></b> |     |    |
| 5) And, the last thing I want to say is...  |     |    |

*Thanks for your feedback!*