

**Food, Nutrition and Health Program of Work Report**  
**From July 1, 2019 to June 30, 2020**

**Number of counties reporting: 80**  
**Number of clubs reporting: 338**

**(All 14 areas represented)**

**1. Number of members who:**

- a. Had an annual physical / check-up 3,610
- b. Had a Mammogram 2,533
- c. Had an Ovarian Cancer Screening 837
- d. Had first time Ovarian Cancer Screening 79
- e. Had a Diabetes Screening 1,891

**2. Number of members who participated in:**

- a. One or more local blood drives 455
- b. One or more local health fairs 741

**3. Food security:**

- a. Number of members who donated to a local food bank or food pantry 2,369
- b. Number of members who volunteered time at a local food bank or food pantry 617
- c. Number of children served by a local "backpack for hunger" program 15,062

**4. Did your club/county host an Ovarian Cancer Awareness Tea Party for ovarian cancer awareness and fundraising? 5 YES 72 NO**

If yes, how many attended: 212. How much money was raised? \$3,765

Did you participate in other activities to raise awareness of ovarian cancer?

- Planned Tea but cancelled
- 13 reported NO
- We were planning to this spring but COVID prevented it
- Took county trip to Lexington Ovarian Cancer screening.
- Yes, part of club dues go to fight ovarian cancer.
- Yes, club makes donations yearly.
- Donated a basket to the Area Annual Meeting which was used to provide funds for the ovarian cancer screening program.
- One Club / Each members donates \$5 to Ovarian Cancer Research with totals \$70
- 5 clubs donated baskets for silent auction
- County Homemakers donated a quilt to raise money
- Yes, leaflets were distributed and \$1/ per member donated to state
- Raised money within clubs
- We also hosted an ovarian cancer awareness luncheon with guest speaker Cheri Hauber ovarian cancer survivor & oak board member.
- Bean soup fundraiser luncheon
- Annual Homemade Soup luncheon
- Yes - yard Sales, Silent Auction, Raffles, donations
- All members donated \$1 towards Ovarian Cancer
- Yes, Bean Supper was held to raise awareness for Ovarian Cancer Research
- Host a Soup Bean Dinner fundraiser annually- all money goes toward Ovarian Cancer center at UK Markey Cancer Center

## **5. Physical Activity:**

- a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly) 1,889
- b. Number of members who have helped implement environmental changes to support physical activity (i.e. install a walking path, bike trail, etc.) 134
- c. Number of members that reported an improvement in overall health due to increased activity 1,838

## **6. Nutrition:**

- a. Number of members who gained knowledge and made healthy food choices 3,407
- b. Number of members who purchased fresh foods at a local farmers market 2,339
- c. Number of members who supplemented their diets with healthy foods they produced/preserved 1,981

## **7. Please list 1 or 2 exciting food, nutrition and health programs you would like to see implemented. Please also list up to 2 extra (not listed above) food, nutrition and health programs you are implementing now.**

- Held a Recipe for Life for every 5th grader in Bourbon County - 289 students
- Held Peter Rabbit for all kindergarten students in Bourbon County - 311
- How to use Gluten-free products.
- How to use sugar-free or "natural" foods.
- We did lunch and learn with receipts from the UK calendar.
- Our largest meeting we had 23.
- Other meeting had an average of 12
- We had 7 lunch and learn meetings.
- Like to see implemented: Gluten Effects in Diet and Making Healthy Choices in Fast Food
- Programs being implemented now: Actively adjusting meal planning due to diabetes diagnosis and Growing vegetable gardens that produce for family, friends, neighbors, and cann
- A class on many varieties of vegetables and maybe new ways to prepare them.
- Crock pot meals, instant pot meals, healthy air fryer meals
- Would like to see implemented: Gardening for Beginners - best time to plant vegetables, fertilizer to use, & pest/bug control on plants and Meal in a Box.
- On going project making no sew blankets for cancer center
- Prepping for meals for 1 or and for families
- Cooking through the calendar, food preservation, planning recordings to share virtually
- Easy Healthy Recipes for 2
- Gluten Free Recipes
- Sugar Free Recipes
- Exciting new food recipes
- Preparing tasty low calorie foods
- Quick and easy recipes
- Eliminating diet sodas
- How to implement walking 30-40 minutes and day and maintain it.
- Blending recipes for smoothies, dips, drinks, making nutritious meals with a blender or food processor
- More food preservation.
- carbs on nutrition analysis of UK recipes, a class on whole foods, another class on herbs and spices, tracking carbs, yoga and eating healthier, eating out less.
- Collecting food for Blessing Boxes around the county. These are small boxes on stands where people leave food and take food as needed.

- Drying and preserving herbs for teas, Increasing your fiber intake, Health Up your beverages, ideas for saving money, decreasing calories fro beverages and increasing hydration.
- Victory Gardens.
- Currently implementing Sizzling Summer Series, Plated Up, Nutrtrion Education
- Make A Mask Give A Mask. Participants would learn basic sewing skills and would have a mask for personal use and one mask would be donated.
- How to use a mask properly.
- We do Lunch and learn, Cooking the Calendar and International Luncheon
- More programs like the NKY Area mystery dinner program
- We used a bingo game using lesson learned from FNH lessons. Its a great way to keep interest!
- interested in hydro gardens in home
- implemented new on line video food preservation programs
- The "Recipes for Life" program is an educational experience, which provides a hands-on learning experience for an average of 165 fifth grade students in Owen County annually, where they learn food preparations skills, kitchen and food safety, mealtime eti
- International Foods
- Zumba class
- Yoga class
- More about Nutrition
- How to preserve food safely
- Sourdough bread
- Pressure canning class
- KETO meal planning
- Making healthy snacks
- new gadgets, different cultural foods, preserving, seasonal cooking, bourbon tasting
- Continue with Healthy Cooking Classes and Exercise Classes
- Dining with Diabetes
- Plate It Up! Kentucky Proud recipes
- members have assisted with Cook Together/Eat Together programs
- Small kitchen appliance recipes would be helpful.
- Plate It Up, Exercise for Life

***Additional Comments:***

- One club donated \$586.25 to the local food shelter and backpack for hunger program.
- Children served by a local "backpack for hunger" program should be 200 children!
- Two of the clubs participated in SNAP nutrition programs with the SNAP coordinator from the Extension Office.
- Matter of Balance, Healthy at Home, and Multicooker class
- Community Club gave donation of money to the local food pantry.