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| County Emphasis |  |

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| [Concentration](https://extension.ca.uky.edu/2025-situation-statements)*(select up to 4 from list below or the linked website)* | Food Safety, Quality and Access |

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| [Situation](https://extension.ca.uky.edu/2025-situation-statements)*(situation statements can be found at the linked website)* | It is proven that people who have access to and consume their daily dietary requirements of fresh fruits and vegetables are less likely to suffer from chronic conditions such as obesity, diabetes and cardiovascular disease and have an increased quality of life. Having the knowledge and skills to prepare or preserve fresh fruits and vegetables presents an additional barrier beyond obtaining fresh food access.With the goal of increasing the consumption of fresh fruits and vegetables, the Kentucky Cooperative Extension Service (CES) aims to increase access to fresh food, as well as increase knowledge and awareness of how to select, store, safely prepare, process, and preserve these foods. CES prioritizes statewide partnership development that helps us meet our goals and objectives. We collaborate with statewide agencies including Kentucky Department of Agriculture, Community Farm Alliance, KY Farm to School Network, Kentucky Department of Fish & Wildlife and others to help build statewide systems that increase access and usage of fresh fruits and vegetables. These programs benefit Kentuckians because they support food access policy, systems and environmental changes in communities and across the state. They increase knowledge of how to grow, prepare, and preserve fresh fruits and vegetables.Youth FocusKentucky faces significant health and economic challenges, with five of the top ten causes of death being nutrition-related. According to the Obesity Action Coalition the cost of obesity reached $36.31 billion. The rapidly changing social and economic landscape underscores the need for a healthy, productive, and engaged young people to contribute to a prepared workforce and engaged community to tackle these challenges. The University of Kentucky Cooperative Extension System's 2023 Community Needs Assessment identifies critical priorities, including access to affordable nutritious food, reducing youth obesity through improved nutrition and exercise, and enhancing youth wellbeing through effective coping strategies. Kentucky 4-H plays a crucial role in addressing these needs by equipping young people with essential skills in nutrition, culinary arts, financial education, and entrepreneurship. 69% of youth reported that they learned about healthy food choices in 4-H. 4-H youth report an increase in preparing meals together as a family, increase in meals eaten as a family, and confidence in the kitchen. These programs not only foster healthier, more resilient individuals, but also contribute to the development of engaged citizens prepared to navigate and thrive in a rapidly evolving world. |

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| County Situation |  |

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| Long-term Outcomes | Adult* Individuals and families of all incomes levels have acces to affordable and nutritious foods
* Family farms become economically viable.
* Kentucky’s local food and agriculture industry are thriving.
* Decrease in the number of Kentuckians with chronic health conditions such as diabetes, obesity and cardiovascular disease.
* More Kentuckians routinely met the guidelines for the consumption of (locally-grown) fresh fruits and vegetables.

Youth* Youth report reduced risk for poor health, developmental delays, obesity, and malnutrition.
* Youth increase educational outcomes.
* Youth decrease poor overall health.
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| Medium-termOutcomes | Adult* Increase and/or strengthen statewide and regional partnership to address community food system issues.
* Increased production of Kentucky-grown food and increased market opportunities for those products.
* Increase in the number of farmers’ markets and local food retailers that accept one or more food benefits as payment.
* Improved dietary habits through: consumption of more fruits and vegetables, a variety of proteins and the number of meals prepared at home.
* Increased number of entrepreneurial food businesses.

Youth* Youth will practice making wise nutrition choices.
* Youth will practice food safety.
* Youth will access nutritious foods.
* Youth will prepare nutritious foods.
* Youth will eat a variety of healthy foods daily.
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| Short-term Outcomes | Adult* Increased awareness of and use of Food Connection Programs: Value Chain Coordinators, TFC Learning Kitchen, and Cultivate KY resources.
* Increased awareness of Extension resources and programs supporting food access.
* Improved skills related to safe food preparation and food preservation.
* Increased participation in Homebased Microprocessing workshops.
* Increased awareness and accessibility of community resources available to access fresh foods.
* Increase the number of partnerships and/or coalitions involved in promoting awareness of local food systems, healthy eating, and active living (e.g. Program councils, Health Advisory Boards, etc.).

Youth* Youth will learn how to make wise nutrition choices.
* Youth will learn the importance of food safety.
* Youth learn how to access nutritious foods.
* Youth will learn how to prepare nutritious foods.
* Youth will aspire to eat a variety of healthy foods daily.
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Learning Opportunities

**Adult**

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| Audience | Individuals & Farmers |
| Project or Activity | Value-Chain Coordinators & Cultivate KY at The Food Connection |
| Content or Curriculum | Value-Chain Coordinators; Cultivate KY Resources |
| Inputs | Programmatic materials, paid staff, volunteers, community partners, state agencies, farmers, students, etc.  |
| Date(s) | Ongoing |

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| Audience | Individuals & Farmers |
| Project or Activity | Nutrition Education |
| Content or Curriculum | Nutrition Education Program, SNAP-Ed toolkit, Publications, Faithful Families, Cook Together Eat Together, Savor the Flavor, Dining with Diabetes, Plate it up! Kentucky Proud, Food as Health Toolkit, Family Mealtime, maternal and child health program materials, [www.planeatmove.com](http://www.planeatmove.com), Super Star Chef, Farm to School, Hunger in Kentucky |
| Inputs | Programmatic materials, paid staff, community partners, volunteers, faith-based organizations, health coalitions, healthcare Providers and local clinics, health department, non-profits, schools, company health & wellness, 4-H, Homemakers, farmers’ markets, local farmers/growers/producers, commodity groups, community centers, etc.  |
| Date(s) | Ongoing |

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| Audience | Individuals & Farmers |
| Project or Activity | The Learning Kitchen at The Food Connection |
| Content or Curriculum | The Learning Kitchen |
| Inputs | Programmatic materials, paid staff, volunteers, community partners, state agencies, farmers, students, etc.  |
| Date(s) | Ongoing |

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| Audience | Individuals & Farmers |
| Project or Activity | Home Based Micro Processing |
| Content or Curriculum | HBMP Training materials |
| Inputs | Programmatic materials, paid staff, volunteers, community partners, facilities, health department, State of Kentucky, KDA, non-profits, schools, faith-based organizations, Homemakers, community centers, farmers, farmers’ markets, etc.  |
| Date(s) | Ongoing |

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| --- | --- |
| Audience | Individuals & Farmers |
| Project or Activity | Cook Wild |
| Content or Curriculum | Publications, trainings, recipes |
| Inputs | Programmatic materials, paid staff, volunteers, community partners, facilities, non-profits, 4-H, faith-based organizations, Homemakers, community centers, etc. |
| Date(s) | Ongoing |

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| --- | --- |
| Audience | Individuals & Farmers |
| Project or Activity | Champion Food Volunteer |
| Content or Curriculum | Champion Food Volunteer Curriculum, publications |
| Inputs | Programmatic materials, paid staff, volunteers, community partners, facilities, non-profits, 4-H, faith-based organizations, Homemakers, community centers, etc. |
| Date(s) | Ongoing |

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| --- | --- |
| Audience | Communities |
| Project or Activity | School, Community or Recovery Gardens |
| Content or Curriculum | NEP “Grow your own” publications, Hort. Dept. publications, youth gardening curriculum, Recovery Garden Toolkit |
| Inputs | Gardening materials, paid staff, community partners, 4-H, volunteers, grant funds, local organizations and community partners, schools, recovery centers, Nutrition Education Program |
| Date(s) | Ongoing |

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| --- | --- |
| Audience | Communities |
| Project or Activity | Farmers’ Market Toolkit |
| Content or Curriculum | Farmers’ Market Toolkit |
| Inputs | Programmatic materials, paid staff, volunteers, community partners, facilities, health department, non-profits, schools, faith-based organizations, Homemakers, community centers, farmers, farmers’ markets, etc. |
| Date(s) | Ongoing |

**Youth**

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| Audience | Youth   |
| Project or Activity | Nutrition and Food Preparation  |
| Content or Curriculum | Teen Cuisine, Culinary Challenge  |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities.
* Accredited and certified volunteers in 4-H FCS projects.
* Kentucky Extension Homemakers Association
* Four residential camping facilities.
* Cooperative Extension Educational facilities.
* Utilization of approved research-based curriculum.
* Outreach of the Cooperative Extension Land-Grant System.
* Funding from the Kentucky 4-H Foundation, Inc.
* Funding from local, state, and federal sources.
* Engagement of youth and volunteers in program delivery.
* Engaging communities in identifying and implementing programming based on local needs.
 |
| Date(s) | September 1 – August 30  |

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| --- | --- |
| Audience | Youth   |
| Project or Activity | Nutrition and Food Preparation  |
| Content or Curriculum | 4-H Cooking: 101, 201, 301, 401  |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities.
* Accredited and certified volunteers in 4-H FCS projects.
* Kentucky Extension Homemakers Association
* Four residential camping facilities.
* Cooperative Extension Educational facilities.
* Utilization of approved research-based curriculum.
* Outreach of the Cooperative Extension Land-Grant System.
* Funding from the Kentucky 4-H Foundation, Inc.
* Funding from local, state, and federal sources.
* Engagement of youth and volunteers in program delivery.
* Engaging communities in identifying and implementing programming based on local needs
 |
| Date(s) | September 1 – August 30  |

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| --- | --- |
| Audience | Youth   |
| Project or Activity | Nutrition and Food Preparation |
| Content or Curriculum | Put It Up: Food Preservation |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities.
* Accredited and certified volunteers in 4-H FCS projects.
* Kentucky Extension Homemakers Association
* Four residential camping facilities.
* Cooperative Extension Educational facilities.
* Utilization of approved research-based curriculum.
* Outreach of the Cooperative Extension Land-Grant System.
* Funding from the Kentucky 4-H Foundation, Inc.
* Funding from local, state, and federal sources.
* Engagement of youth and volunteers in program delivery.
* Engaging communities in identifying and implementing programming based on local needs
 |
| Date(s) | September 1 – August 30  |

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| --- | --- |
| Audience | Youth   |
| Project or Activity | Nutrition and Food Preparation |
| Content or Curriculum | International Foods, Passport Kitchen, Global Table |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities.
* Accredited and certified volunteers in 4-H FCS projects.
* Kentucky Extension Homemakers Association
* Four residential camping facilities.
* Cooperative Extension Educational facilities.
* Utilization of approved research-based curriculum.
* Outreach of the Cooperative Extension Land-Grant System.
* Funding from the Kentucky 4-H Foundation, Inc.
* Funding from local, state, and federal sources.
* Engagement of youth and volunteers in program delivery.
* Engaging communities in identifying and implementing programming based on local needs
 |
| Date(s) | September 1 – August 30  |

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| --- | --- |
| Audience | Youth   |
| Project or Activity | Nutrition and Food Preparation |
| Content or Curriculum | Exploring My Plate   |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities.
* Accredited and certified volunteers in 4-H FCS projects.
* Kentucky Extension Homemakers Association
* Four residential camping facilities.
* Cooperative Extension Educational facilities.
* Utilization of approved research-based curriculum.
* Outreach of the Cooperative Extension Land-Grant System.
* Funding from the Kentucky 4-H Foundation, Inc.
* Funding from local, state, and federal sources.
* Engagement of youth and volunteers in program delivery.
* Engaging communities in identifying and implementing programming based on local needs
 |
| Date(s) | September 1 – August 30  |

|  |  |
| --- | --- |
| Audience | Youth   |
| Project or Activity | Nutrition and Food Preparation |
| Content or Curriculum | Literacy, Eating, and Activity for Primary Youth ( LEAP) |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities.
* Accredited and certified volunteers in 4-H FCS projects.
* Kentucky Extension Homemakers Association
* Four residential camping facilities.
* Cooperative Extension Educational facilities.
* Utilization of approved research-based curriculum.
* Outreach of the Cooperative Extension Land-Grant System.
* Funding from the Kentucky 4-H Foundation, Inc.
* Funding from local, state, and federal sources.
* Engagement of youth and volunteers in program delivery.
* Engaging communities in identifying and implementing programming based on local needs
 |
| Date(s) | September 1 – August 30  |

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| Audience | Youth   |
| Project or Activity | Nutrition and Food Preparation  |
| Content or Curriculum | Poultry Barbecue Camps, Chicken and Turkey Barbecue Contests, Egg Cooking Workshops, State 4-H Egg Chef Challenge  |
| Inputs | * 4-H Poultry programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities.
* Martin-Gatton College of Agriculture, Food and Environment Animal Food Sciences Department
* Accredited and certified volunteers.
* Four residential camping facilities.
* Cooperative Extension Educational facilities.
* Utilization of approved research-based curriculum.
* Outreach of the Cooperative Extension Land-Grant System.
* Funding from the Kentucky 4-H Foundation, Inc.
* Funding from local, state, and federal sources.
* Engagement of youth and volunteers in program delivery.
* Engaging communities in identifying and implementing programming based on local needs.
 |
| Date(s) | September 1 – August 30  |

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| --- | --- |
| Audience | Youth   |
| Project or Activity | Nutrition and Food Preparation |
| Content or Curriculum | What’s On Your Plate  |
| Inputs | * 4-H Family and Consumer Sciences programs in which youth experience a sense of belonging, and developmental relationships, explore their spark, and actively engage in meaningful opportunities.
* Accredited and certified volunteers in 4-H FCS projects.
* Kentucky Extension Homemakers Association
* Four residential camping facilities.
* Cooperative Extension Educational facilities.
* Utilization of approved research-based curriculum.
* Outreach of the Cooperative Extension Land-Grant System.
* Funding from the Kentucky 4-H Foundation, Inc.
* Funding from local, state, and federal sources.
* Engagement of youth and volunteers in program delivery.
* Engaging communities in identifying and implementing programming based on local needs.
 |
| Date(s) | September 1 – August 30  |

Evaluation

**Adult**

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| Outcome | Increased awareness of and use of Food Connection Programs: Value Chain Coordinators, TFC Learning Kitchen, and Cultivate KY resources. (initial) |
| Indicator | * Number of farms or food businesses who retained or expanded market opportunities and/or sales including locally produced foods.
* Number of individuals who attended certificate-based training on food safety, food preservation, food processing, liability, and/or marketing. (This includes: PBPT, Produce Safety Alliance Training, Good Agricultural Practices (GAP) training, Value Chain Coordination Services Training, Farmers Market Sampling, Home-based Microprocessing….).
* Number of people who used Extension and/or Food Connection resources and/or services for pricing and/or marketing local foods (examples of services include: Kentucky Nutrition Education Program/KYNEP, PlateEatMove.com, Plate It Up Kentucky Proud!, Cook Wild Kentucky, Kentucky Value Chain Coordinators, Cultivate Kentucky Partnership, etc.).
* Number of individuals reporting an increased awareness of how to find and prepare local food including responsible hunting/fishing/foraging.
 |
| Method | Agent Tool level from The Food Connection (being developed);  |
| Timeline | Annual: Food System Impact Survey (federal fiscal year); The Food Connection (calendar year); HBMP (annual calendar year) |

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| Outcome | Increased awareness and accessibility of Extension resources and programs supporting food access. (initial) |
| Indicator | * Number of individuals reporting an increased awareness of how to find and prepare local food including responsible hunting/fishing/foraging.
* Number of policy, systems, and/or environmental changes implemented within communities and organizations to promote active living, and healthy eating, including local food production and/or hunting/foraging and consumption (e.g. local food pantry can accept fresh foods or local game; starting/revitalizing a school or community garden; starting a walking club, etc.).
* Number of individuals who reported increasing their knowledge, skills, or intentions regarding nutrition and accessing healthy foods through Extension programs and resources.
* Number of individuals who were introduced to healthy food access points (e.g. farmers’ markets, CSAs, WIC, food pantries) through Extension programs or resources.
 |
| Method | Pre/post participant evaluations from: NEP agent-led curricula, Food Preservation, Champion Food Volunter Leader Training; the Learning Kitchen Participant follow-up eval. TBD; # of certified Champion Food Volunteers in each county; |
| Timeline | Post-program/curricula survey administration; annual fiscal year (food system impact survey) |

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| Outcome | Improved skills related to safe food preparation and food preservation. (initial) |
| Indicator | * Number of individuals who reported increasing their knowledge, skills, or intentions regarding the safe storage, handling, preparation and/or preservation of food through Extension programs and resources.
* Number of individuals who reported supplementing their diets with healthy foods that they grew, harvested, or preserved (e.g. community or backyard gardens, fishing, hunting).
 |
| Method | Pre/post participant evaluations from: NEP agent-led curricula, Champion Food Volunteer, Food Preservation; |
| Timeline | Post-program/curricula survey administration; annual fiscal year (food system impact survey) |

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| --- | --- |
| Outcome | Increased participation in Homebased Microprocessing workshops. (initial) |
| Indicator | * Number of farms or food businesses who retained or expanded market opportunities and/or sales including locally produced foods.
* Number of individuals who attended certificate-based training on food safety, food preservation, food processing, liability, and/or marketing. (This includes: PBPT, Produce Safety Alliance Training, Good Agricultural Practices (GAP) training, Value Chain Coordination Services Training, Farmers Market Sampling, Home-based Microprocessing….).
 |
| Method | HBM Post-Workshop Evaluation |
| Timeline | Annual (calendar year) |

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| Outcome | Increase the number of partnerships and/or coalitions involved in promoting awareness of local food systems, health eating, and active living (e.g. Program councils, Health Advisory Boards, etc.). (initial) |
| Indicator | * Number of policy, systems, and/or environmental changes implemented within communities and organizations to promote active living, and healthy eating, including local food production and/or hunting/foraging and consumption (e.g. local food pantry can accept fresh foods or local game; starting/revitalizing a school or community garden; starting a walking club, etc.).
* Number of individuals who were introduced to health food access points (e.g. farmers markets, CSAs, WIC, food pantries) through Extension programs or resources.
 |
| Method | Food Systems Impact Survey, planeatmove.com website data, NEP resources distributed;  |
| Timeline | Annual, fiscal year (Food Systems Impact Survey); |

**Youth**

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| Outcome | Short Term   |
| Indicator | * Number of youth who reported that they learned the difference between healthy and unhealthy snacks.
* Number of youth who reported that they learned about safe food handling and preparation.
* Number of youth who reported that they learned about kitchen safety.
* Number of youth who reported that they have identified an interest in Family Consumer Sciences.
* Number of youth who reported an increased knowledge of egg and/or poultry food safety practices.
* Number of youth who demonstrated/reported improved egg and/or poultry cooking skills.
 |
| Method | Evaluation Provided by Animal Food Sciences Department |
| Timeline | Immediate Post Program |

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| Outcome | Medium Term   |
| Indicator | * Number of youth who reported that they applied skills and/or knowledge to prepare healthy snacks for self or family.
* Number of youth who reported that they practiced safe food handling and preparation.
* Number of youth who reported that they practiced kitchen safety.
* Number of youth who reported that they have used the skills and/or knowledge gained to complete a Family Consumer Sciences Project.
 |
| Method | Standard Evaluation Tool for Family Consumer Sciences: Survey |
| Timeline | End of the program year |

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| Outcome | Long Term |
| Indicator | Long-term evaluation will be conducted using the National 4-H Index Study.  |
| Method | Standard Evaluation Tool for Family Consumer Sciences: Survey  |
| Timeline | 1 or more years   |

Data Sources (select any/all that apply)

 Extension Community Needs Assessment – Data Dashboard

 Extension Community Needs Assessment – Respondent Comment Summaries

 Kentucky by the Numbers – Secondary Data for the Community Needs Assessment

 Kentucky by the Numbers Data Profiles

 CEDIK County Data Profiles

**Concentrations (select up to 4 – copy and paste your selection in the concentration section above)**

Animal Production and Management

Plant Production and Management

Sustainability, Natural Resources and Wildlife Management, and Environment

Financial Security and Economic Well-Being

Food Safety, Quality, and Access

Connected & Resilient Communities

Building Leadership Capacity

Work and Life Skill Development

Health and Wellbeing

Family and Youth Development

Small Farm Development

Substance Use Prevention and Recovery

Mental Health and Well-Being