

# COOPERATIVE EXTENSION



**EXTENDING KNOWLEDGE**  
*Changing Lives*

***When you support Extension, women in recovery improve their diet quality and overall health while developing life skills useful for gaining employment.***

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*“Graduating from the nutrition education program gives the residents a sense of accomplishment. They are usually torn down and this gives them a boost.” - Jefferson County Expanded Food and Nutrition Education Program Assistant*

## **Extension Provides Nutrition Education to Residents in Recovery from Chronic Homelessness**

*Extension programs address nutrition choices, food resource management, food safety and food preparation skills that improve the lives of families.*



[extension.ca.uky.edu](http://extension.ca.uky.edu)

**“In addition, you don’t give much thought to good nutrition. This program is very useful to our residents.”**

*Program Coordinator of Hotel Louisville*

Since 2013, Extension has reached over 200 women in recovery in the Wayside Christian Mission program and 330 of their children. Wayside Christian Mission’s Hotel Louisville serves a unique purpose. The hotel provides typical hotel accommodations, including rooms for travelers with ballrooms for business and family events. As a part of Wayside Christian Mission, Hotel Louisville serves as a clean, transitional living shelter providing housing and education for homeless women and families. Graduates and current participants in the recovery and training programs primarily staff the hotel. Current program participants can reside in the hotel and participate in education and job training programs, while working in the hotel. Knowing that proper nutrition and managing food dollars could help their shelter population, Wayside Christian Mission partnered with Extension to deliver a Nutrition Education Program to the Sober Living Recovery Program participants. The Nutrition Education Program is a component of Wayside Christian Mission’s comprehensive approach to recovery.

Extension’s weekly Nutrition Education Program classes conducted at Hotel Louisville utilizes the Healthy Choices for Every Body curriculum. The program provides nutrition education and food preparation instruction, which empowers individuals to improve the quality of



*During nutrition education classes, participants discover a variety of new foods. The recipes are easy, economical and healthy.*

their family’s diet, overall health and wellness, and their household food security. The women who completed at least six lessons graduated from the program. In 2017, 97% of program graduates demonstrated a positive change in their food group choices and 60% demonstrated an improvement in their food resource management skills. The women can immediately take these new skills back to their family to prepare healthy, delicious meals. These skills are also useful in gaining employment within the hospitality industry.