



What's In Your Jar?

By Susan Gartrell, KAFCE EPC.

Educational Goals:

- * Gain ideas on planning and preparing nutritional meals in advance.
- * Learn which foods adapt well to jar salads.
- * Learn how to prepare ingredients and pack a jar salad.
- * Review food preparation, food safety, and food storage methods.

Community Action:

- * Have members bring their favorite salad recipes and talk about how it could be adapted to a jar salad.
- * Plan a fun workshop for working parents and others who frequently have to pack a lunch.
- * Have a scavenger hunt at the local supermarket for foods that are colorful, have soft or crunchy textures and are interesting.
- * Have a display at a health fair or local fair promoting nutritious, economical and convenient jar salads.

Laughter is Good Medicine

By Faye Spencer, KAFCE Member

Educational Goals:

- * Recognize the physical and holistic benefits of laughter yoga. Learn to laugh as a form of exercise. Practice laughter yoga by self, with partner or in groups.

Community Awareness:

- * Start a laughter club and invite others. Encourage particular populations, seniors or children, to incorporate laughter yoga into their daily activities.

2017 KAFCE EDUCATIONAL PROGRAM GUIDE

FCE-Better Living Through Wise Choices

Your Financial Goals – Are They Healthy and Manageable?

Written by Rebecca Wondra, KAFCE EPC.

Educational Goals:

- * Help create, share and outline steps to prepare for Financial Success.
- Community Service:
 - * Share information about needed documents at County Health Fairs and County Fairs.
 - * Have displays at Library, Senior Centers, and other places.

Safety First.....Be Prepared!

Written by Edith McClain, KAFCE Vice President

Educational Goals:

- * Learn how to protect yourself
- * Learn how to identify warning signs
- * Know when to get out of harms way.

Community Action:

- * Host a self-defense workshop with Police or someone with self-defense background.
- * Share safety tips with family and others
- * Prepare a fair booth/display sharing personal safety tips
- * Write news articles about personal safety
- * Make brochures or flyers to circulate

Character Counts! “Caring”

Leaders guide written by Susan Gartrell, KAFCE EPC

Educational Goals:

- * Learn what caring means, and words and actions that show caring.
- * Learn to recognize opportunities where we can be more caring to others.

Community Action:

- * Present and encourage 4th graders to participate in the Art and Essay contest.
- * Encourage other students and organizations to incorporate caring-character building activities.
- * Present lesson to your group, and as a group get involved helping others in need.

2017 FCE Lessons

Is It Safe? Information On Genetically Engineered Foods for Consumers - *Londa Nwadike, Extension Specialist, Food Safety*

Consumers are increasingly interested in where their food comes from, and may be concerned about the health implications of various food production methods. With many different terms, such as “organic”, “natural”, “GMO-free”, “local”, and “sustainable” being used today in food marketing, it is very confusing for consumers to know how they should spend their money when purchasing foods. This lesson will provide an introductory overview to some of the benefits of genetically engineered (GMO), organic and conventionally produced foods, as well as consumer concerns with these products. In addition, the lesson will provide information on some of the nutritional content and food safety differences and similarities between organic and conventional food products.

Educational Goals

- Participants will gain a general understanding of Genetically Engineered (GE) foods
- Participants will understand the general safety record of GE foods
- Participants will gain an understanding of the issues related to labeling of GE foods
- Participants will gain information to make informed decisions when purchasing food

Community Activities

- Holding information sessions with groups that may be interested in this topic
- Providing information at a health fair or similar event on the topic of GE foods, utilizing the fact sheet

Aging Alone – By Chance or Circumstance, We All Need Someone – *Nancy Honig, Extension Agent, Stevens County; Carol Ann Crouch, Extension Agent, Scott County*

As we grow older, our needs change. As much as we like to be independent, we can't do everything by ourselves. This lesson explores the reason why aging alone is difficult and what we can do to help ourselves and others through these confusing and difficult times.

Educational Goals

- Informing people in our community that we need to be neighborly
- To encourage people to become helpful and active with our senior citizens
- To have people befriend others who are not in their daily social circle
- To bring awareness on how people with differently life choices might be lonely
- To be more caring to our community members.

Community Activities

- Visit with the local VIP – older active senior center
- Various civic clubs (Lions, etc...)
- Knowledge at Noon
- Folk in assisted and independent living
- Local religious groups

Fixing Funky Foods- *Robin Eubank, Extension Agent, Barber County*

Each year over 20,000 new foods are introduced on grocery store shelves. In addition to new foods, a larger variety of fruits, vegetables and grains are being added to even small town grocery stores. This lesson will cover a variety of foods that date as far back in history as Babylon in 3000 B.C. Included for each food are the nutritional benefits, a way to prepare, and history or interesting facts. The goal of the lesson is for participants to add variety to their diet by adding nutrient dense foods that they were not familiar with before the lesson. Recipes will be provided for a majority of the foods that could be used to enrich the lesson. (Recipes will be provided through a website and not included in the 4 page fact sheet due to length of document.)

Educational Goals

- Exposure to foods that might be new to participants
- Learn ways to incorporate new fruits, vegetables and whole grains into meal plan through learning preparation methods
- Increased knowledge of health benefits of selected fruits, vegetables, and whole grains

Community Activities

- Provide a sample of a selection of foods a community event such as a health fair
- After the lesson, select a fruit or vegetable of the month or a person to bring one
- Host a Guess-the-Food Contest
- Write a newspaper article
- Grocery store scavenger hunt
- Develop an educational poster showing the types of grains available at local grocery stores
- Develop an educational poster showing the food origin for a small selection of foods and the match to the food item
- Grow your own funky foods