



## 2025 KAFCE EDUCATION PROGRAM GUIDE

**Accomplishment Report** may be submitted by a FCE Unit, County Council or Independent Member. The FCE Unit, County Council, or Independent Member may decide to be:

- A. **Judged** for an award of one 2025 current education lesson, as listed in this guide, completing page 1 and 2. One additional page, labeled (Name of FCE Unit/County/Area), as a short informational summary, 1 to 2 newspaper clippings, and/or 2 to 3 photos may be attached.
- B. **NOT Judged** for an award, *but submits the Tabulated Data, page 1.*

No FCE Unit's Accomplishment Reports may use the same education program lesson as the County Council Accomplishment Report nor the FCE Unit's Community Service Project.

**County Council Accomplishment Report:** All the FCE Units and Independent Members of a COUNTY develop an education program of one current education program lesson and record the goals, planning, actions, and volunteer hours in the County FCE Council Secretary's minutes. Lesson and tabulated data should not be duplicated on the Accomplishment Report of those FCE Units or Independent Members.

**Independent Accomplishment Report:** An Independent Member submits their tabulated data, volunteer hours and other data. They may or may not enter for an award.

### **Accomplishment Report's Tabulated Data:**

**Lesson Given as E, L, or A:** When planning and preparing a program presentation, is the goal to present the lesson material in the category of E=Education, L=Leadership or A=Action? Refer below for description of the categories. Mark in the column with the letters of E, L or A.

**Number of Presenters:** Please record the number of presenters for the education program lesson. Maybe program was team taught, or different leaders for different presentations.

**Volunteer hours** of education program lessons should be recorded in the FCE Unit's or County Council's secretary's minutes. Should include the time spent for training, preparing and researching lesson materials, and the presentations. Refer to Volunteer Handout for further clarification.

**Number of FCE Members Reached / Involved:** Those who attend the unit meetings and are listed as a paid member of National and State FCE.

**Number of Others Reached:** Please record the number of others (non-members) who may have heard, seen, attended an in-person, social media, etc. presentation or read lesson materials, handouts, brochures, newspaper articles, or viewed the county's fair and/or other informational booth displays.

**Money Spent or Donated:** Provide the monetary expense/value of the program, even when items were donated.

### **KAFCE Educational Program Awards Categories:**

**EDUCATION:** The presenting of researched information as instruction to further members' and non-members' learning in that topic. The informational topic will be the current year's program lessons.

**LEADERSHIP:** Guiding a current program year's lesson from initial presentation to the end, using training methods that empower learners to teach other groups in the project/lesson. The Accomplishment Report and Tabulated Data should include both the initial presentation and results of the other group's resulting presentation.

**ACTION:** Using current program year's lessons, this award is based on action/activities with members, non-members or other groups, taking education into the next step of DOING (work, read, cook, build, make, demonstrate, hands-on).

**100% PARTICIPATION AWARD:**

100% by County: When all FCE Units of a county submit a FCE Accomplishment Report that includes the Tabulated Data then selects to be judged or not to be judged. When there is just one FCE Unit in a county, the Accomplishment Report will still be submitted.

100% by Area: When all counties of that area earned 100%.

**COMMUNITY SERVICE PROJECT:**

Recognize Kansas FCE members who through community service projects are changing the lives of others for the better. *This service project is not under any education program awards nor can be duplicated on any Accomplishment Report, either FCE Unit/County Council/Independent Member.*

- Bonus Points (15 pts) **One** additional sheet (front and back). Labeled (Name /FCE /County/ Area).
  - 5 pts: 2 to 3 Photos showing the project &/or tell a story beginning to end of project.
  - 5 points: 1 to 2 Newspaper article summarizes the major heading as listed above.
  - 5 points: Neatness of additional page.

<<<<<<< **Please, SAVE a copy of ALL reports for your own records.** >>>>>>>

**REPORTING FORMS DUE DATES**

**Due by December 1:** FCE Unit sends Accomplishment Report & Community Service Project Report to County EPC. Independent Members send forms to State EPC Chair.

**Due by January 1:** County EPC will: Judge FCE reports in each category; Complete County Council Accomplishment Report and/or County Council Community Service Project Report, Summary of County Award Winners Form, 100% Reporting by County and send ALL (judged/non-judged) forms to AREA EPC Chair.

**Due by February 1:** Area EPC will: judge FCE & County Council winners in each category. Complete Summary of Area Award Winners Form, Tabulated Data Report & 100% Reporting by Area. Forwards ALL forms to State EPC Chair.

**Due by March 1:** State EPC chooses state award winners for FCE, County Council and Independent Member Accomplishment Report and the Community Service Project. Report winners to appropriate officers and submit reports to National FCE.

(26) **NE:** Margaret Barnes, 727 E 1650 Rd, Baldwin City, 66006; H: 785-594-6408; [mbarnes1830@gmail.com](mailto:mbarnes1830@gmail.com)

(26) **NW:** Susan Gartrell, 415 6 Road, Stockton, 67669; H:785-689-4820; [gartrell@ruraltel.net](mailto:gartrell@ruraltel.net)

(26) **SC:** Mary Hammond, 815 Pentwood Dr, Salina, 67401; C: 785-829-7798; [mcawichita@yahoo.com](mailto:mcawichita@yahoo.com)

(26) **SE:** Linda Dunekack, 1107 Twin Lakes Dr, Pittsburg, 66762; H: 620-232-0543; [lindadunekack@gmail.com](mailto:lindadunekack@gmail.com)

(26) **SW:** Ann Adams, 2960 Ave. M, Bison, 67520; H: 785-650-3261; [adamsann014@gmail.com](mailto:adamsann014@gmail.com)

(26) **State EPC Chair:** Susan Gartrell, 415 6 Road, Stockton 67669; H: 785-689-4820; [gartrell@ruraltel.net](mailto:gartrell@ruraltel.net)

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## **KANSAS FCE 2025 EDUCATIONAL PROGRAM LESSONS:**

**“Air Fryer”** written by Ruth Shafer, Kansas FCE State EPC. Materials include a Leader’s Guide, Member Handout and Member Handout Recipes.

Why would you want an air fryer? One important reason is to reduce the oil in our diet, and the convenience of preparing small amounts of food. They are safer than deep fryers and produces crispy and flavorful food quickly. The air fryers appear to be more popular with younger people, but their convenience has begun to appeal to older single or couples. **Educational Goals:** Participants will learn the basic types, factors that influence the selection of, cleaning techniques and how to convert conventional oven temperature and time to an air fryer. **Community Awareness Activities:** Present to organizations and individuals; older youth to seniors who will benefit by using an air fryer to reduce their fat intake and desire for the convenience.

**“Appreciating Generational Differences”**, FCL lesson presented at the 2023 National Conference. Additional material: Hearth Fire #36: **“Person to Person: Guidelines for Developing a Dynamic Group”**. **Educational Goals** The purpose of this program is to educate families and communities about the various thoughts and behaviors we develop based on our experiences while growing up. These thought patterns and behaviors can often be misunderstood or misinterpreted by others of younger or older generations. This lesson is to provide the opportunity to learn about generational experiences, and discuss how to prevent problems and move forward. This knowledge could be applied to Developing a Dynamic Group, and increase membership.

**“Autism”** written by Jennine Marrone, Kansas FCE State EPC. Additional leader’s resource is the Hearth Fire #50: **“Woman To Woman...How Do We Talk about Autism?”** Autism Spectrum Disorder (ASD) is a neurological and development disorder that affects how a person interacts with others, communicates, learns and behaves. Although autism can be diagnosed at any age, it is described as a “developmental disorder” because symptoms generally appear in the first 2 years. **Educational Goals:** At the end of this session, the participants will be able to understand: What is Autism Spectrum Disorder. How is ASD screened and diagnosed. What services are available. **Community Awareness Activities:** Sponsor, volunteer and/or participate in the fundraiser, Autism Speaks Walk. Spread kindness. Have a craft event, making sensory toys to distribute. Watch a movie or television show on autism, such as the biographic film, *“Temple Grandin”*

**“Character Counts! – Trustworthiness”** National FCE Essay and Artwork Contest, and lesson. Leaders’ Guide written by Jennine Marrone, Kansas FCE State EPC. **Educational Goals:** Trust is the basis of all good relationships and a cornerstone of good character. We learn that trustworthy people keep their promises, are honest, reliable, principled, and never inappropriately betray a confidence. **Community Awareness Activities:** Present this lesson to fourth grade students of public, private or home school, or after school programs. Sponsor National FCE Essay and Artwork contest. Present lesson to other youth or adult groups. Create a display about trustworthiness.

**“Sifting Through the FLOUR Bouquet”** written by Susan Gartrell, Kansas FCE State EPC. The lesson is designed to give a brief overview of the different types of flour available in supermarkets, or to be ordered online; and tips on how to substitute alternative flour for all-purpose flour in our favorite recipes. **Educational Goals:** To gain knowledge about an assortment of flour products and their best uses. To review the health benefits whole grains and flour bring to our diets. To discuss ways to replace gluten in favorite baked products. To broaden our baking experiences with flour sources from other cultures. Have members compare a recipe made with all-purpose flour verses another flour. Have a speaker share about baking with non-gluten flours. Have members each bring a baked product using the flour of their choice. Take a field trip to a home-based or commercial flour mill.

**Other National FCE Lessons available** at [www.nafce.org/quick-links](http://www.nafce.org/quick-links). Click on “Members Page”, enter password: fce1936, click Go. Locate the materials desired.

### **K-STATE FAMILY CONSUMER SCIENCE LESSONS:**

**“Nourishing the Brain: Nutritional Recommendations for Combatting Neurodegenerative Diseases”** – *Priscilla Brenes, State Specialist*. In this lesson, participants will learn about the link between nutrition and neurodegenerative diseases such as Alzheimer’s and Parkinson’s. Participants will learn how specific nutrients can support brain and nerve health, reduce risks, promote overall well-being, and potentially slow disease progression. Leaders will teach evidence-based nutrition recommendations and practical insights to nourish the brain to promote quality of life.

**Educational Goals:** Participants will be able to: Understand brain anatomy and its main functions; Identify foods that aid in cognitive function; Identify mealtime strategies to help people with Alzheimer’s and Parkinson’s disease.

Fact Sheet                      MF3661                      <https://www.bookstore.ksre.ksu.edu/pubs/MF3661.pdf>

Leader Guide                    MF3662                      <https://www.bookstore.ksre.ksu.edu/pubs/MF3662.pdf>

**“Protect Your Skin from the Sun”** – *Ashley Svaty, Regional Specialist; Jessica Kootz, Extension Agent*

This lesson will share striking facts about skin cancer prevalence and give real life tips on how to protect yourself and loved ones from the sun’s harmful UV rays year-round. Leaders will empower audiences with ways to not only protect themselves from UV rays, but also how to screen for skin cancer.

**Educational Goals:** Learners will be able to: Understand the relevance of skin cancer and the causes of skin cancer; Understand how the sun damages skin; Identify ways to reduce their risk of skin cancer by utilizing everyday prevention tips; Confidently choose a protective sunscreen; Become motivated to incorporate sun safety into daily routines; Understand how to perform a skin cancer self-examination; and Become confident and motivated to schedule an annual skin cancer screening.

Fact Sheet                      MF3663                      <https://www.bookstore.ksre.ksu.edu/pubs/MF3663.pdf>

Leader Guide                    MF3664                      <https://www.bookstore.ksre.ksu.edu/pubs/MF3664.pdf>

**“Understanding Hospice”** – *Erin Martinez, State Specialist; Kathy Goul and Teresa Hatfield, Extension Agents*

Hospice care is a service provided to us through healthcare systems that is often misunderstood or misinterpreted. This lesson will help participants better understand hospice care vs. palliative care, the benefits of seeking hospice care, what to expect as a patient and how to overcome the barriers that prevent people from choosing hospice when it would be appropriate.

**Educational Goals:** Participants will: Increase understanding of hospice, the benefits to the patient and family; how individuals qualify for hospice; and where to find a hospice provider; Raise awareness of myths surrounding hospice; and Know how to start a conversation with their loved ones about hospice and end-of-life wishes.

Fact Sheet                      MF3656                      <https://www.bookstore.ksre.ksu.edu/pubs/MF3656.pdf>

Leader Guide                    MF3657                      <https://www.bookstore.ksre.ksu.edu/pubs/MF3657.pdf>