

SANDRA S. BASTIN, PhD, RD, LD, CCE

Associate Extension Professor
Food & Nutrition Extension Specialist

DOE: 100% Extension
Academic Appointment:
November 1995

Food & Nutrition Extension Office
242 Scovell Hall
University of Kentucky
Lexington, Kentucky 40546-0064
Phone: 859-257-7791
E-mail: sbastin@uky.edu

PERSONAL INFORMATION

Sandra Sue Packett Bastin
Date of Birth: October 31, 1957
Married with two children

ACADEMIC WORK EXPERIENCE

June 1993 - present

Extension Food and Nutrition Specialist, Cooperative Extension Service, University of Kentucky. Associate Professor Appointment July 2002; Assistant Professor Appointment November 1995. Provide leadership, technical expertise, program development, research, and grant writing support in nutrition, diet and health; food safety; food preservation; and meal planning and food preparation, for Cooperative Extension Agents and fellow Kentuckians. Distribution of Effort is 100% Community Service.

August 1992 - May 1993

Part-time Instructor, University of Kentucky.
Courses: Food & Nutrition for Man and Therapeutic Nutrition.

August 1992 - May 1993

Part-time Instructor, Transylvania University.
Course: Food and Beverage Control.

August 1990 - May 1992

Visiting Professor, Eastern Kentucky University. Responsible for instruction, supervision of hands-on training, advising, and evaluation of students in Didactic Dietetic Program with emphasis on Nutrition and Institutional Administration Courses.

April 1983 - December 1989 **Culinary Arts Instructor, Kentucky Tech at Central Campus.** Designed programs of instruction (ACF Certified Cook, Diet Technician, Caterer, and Foodservice Manager) which enabled students to acquire skilled and technical knowledge of food principles and cooking techniques. On-the-job training provided through food preparation and service for 400. Responsible for curriculum development, student instruction, student evaluation, student job placement, management functions, and employee supervision. Faculty advisor for Vocational Industrial Clubs of America (VICA).

January 1979 - August 1980 **Teaching Assistant, University of Kentucky.** Courses: Meal Planning and Service, and Principles of Food Preparation.

PROFESSIONAL WORK EXPERIENCE

August 1989 - March 1992 **Small Business Owner and Operator, Café on Main.** Responsible for all aspects of operating a full-service restaurant. Employed and managed six employees.

May 1986 - March 1992 **Small Business Owner and Operator, Creative Catering.** Responsible for all aspect of operating a catering business specializing in wedding cakes and receptions, buffets, and sit-down meals. Employed and managed twelve employees.

January 1980 - April 1983 **Manager, Long John Silvers Seafood Shoppes.** Accountable for all aspects of management operations, including personnel, accounting, technology, customer service, quality control, food production, and employee training.

May 1980 - December 1980 **Foodservice Supervisor, Tates Creek Personal and Intermediate Care Home.** Responsible for the preparation and service of regular and modified diets, supervision of foodservice employees, and SOAP charting.

EDUCATION

- 1995 **PhD in Food Science**, University of Kentucky.
 Dissertation: *Microbial Quality of Foods Produced by an Enhanced Cook-Chill System in a Hospital*
- 1987 **Master of Nutritional Sciences**, University of Kentucky.
 Thesis: *Biochemical Evaluation of Nutritional Status as Influenced by Dietary Protein Quality*
- 1979 **Bachelor of Science in Dietetics**, University of Kentucky.
 Specialization: Foodservice Administration

OTHER CREDENTIALS

- 1993 **Licensed Dietitian (LD)**, State of Kentucky.
- 1991 **Registered Dietitian (RD)**, Commission on Dietetics.
- 1988 **Certified Culinary Educator (CCE)**, American Culinary Federation.
- 1987 **Master Cake Decorator Certification**, Wilton School.
- 1985 **Professional Cooks Certification**, Culinary Institute of America.
- 1983 **Teaching Certification**, Kentucky Vocational Home Economics.

RESEARCH

COMPETITIVE GRANT FUNDING HIGHLIGHTS

Proposal Leadership	Amount	Funding Agencies
Principal Investigator	\$580,810	Nat'l Institute for Environmental Health Sciences, Environmental Protection Agency SARE, Southern Region
Co-Director	367,995	UK New Crops Opportunity Center Nat'l Institute for Environmental Health Sciences USDA ~ Food Safety Initiative USDA ~ Food Stamp Nutrition Education
Collaboratively	259,500	USDA ~ Food Stamp Nutrition Education SARE, Southern Region University of Kentucky
Project Leader	10,450	University of Kentucky Research Activity University of Kentucky Program Enhancement

National Competitive Grant Funding

Bastin, S., Principal Investigator

Sustainable Agricultural Research and Education, Southern Region Grant: *The Value-Added Microprocessor Project* (ES04-072). 2003-2005: **\$94,228**

The SARE Value-Added Microprocessor Project has three main objectives: train Kentucky Cooperative Extension Agents, Health Inspectors, Area Food Manufacturing Inspectors, Department of Agriculture personnel, and Farm Mentors the technical knowledge and skills needed to provide Home-based Microprocessor Workshops to Kentucky farmers; establish a Better Process Control School at the University of Kentucky Food Systems Innovation Center; and establish specialized value-added courses to provide additional agricultural sustainability.

Bastin, S. Principal Investigator.

Environmental Protection Agency Environmental Justice Small Grants Program Competitive Grant: *Environmental Community Garden Project*. 2003-2004: **\$20,000**

This project supports Paducah community members of Active Citizens for Truth in their wish to reduce the risks for the low-income, undereducated population that lives closest to the Paducah Gaseous Diffusion Plant, by collecting data concerning the safety of garden produce grown in the area.

Gaetke, L., Bastin, S., & Ormsbee, L., Co-Principal Investigators.

National Institute for Environmental Sciences Superfund Basic Research Program Competitive Grant: *Core D Kentucky Outreach* (NIH ES-07380).

2000-2006: **\$466,582** Bastin, S. & Kipp, J.; *Core C Kentucky Outreach Principal Investigator*

2005-2007: **\$300,000**

This is a true land grant institution multi-disciplinary project, which emphasizes practical issues of basic research of polychlorinated biphenols (PCBs) and their effects on cancer and heart disease. Community-based food safety, nutrition education, and dietary intervention programs are being delivered to 13 areas of the state, affecting over 500,000 Kentuckians.

Kurzynske, J., Bastin, S. & Forester, D., Co-Directors.

United States Department of Agriculture Food and Nutrition Service University of Kentucky Food Stamp Nutrition Education Grant: *Shopping Smart the Food Guide Pyramid Way*. 1999-2000: **\$274,970**

Team generated materials (62 pages, including a 13-page recipe book, presentation script, and overheads) presented to 108 county participants via one-day workshop. 6,000 back-to-work adults and youth have benefited from the materials.

Nutrition Education Plan Team, Collaborator.

United States Department of Agriculture Food and Nutrition Service Food Stamp Nutrition Education Grant: *Break for Breakfast*. 2000-2001: **\$250,000**

O'Leary, J. & Bastin, S., Co-Directors, with the Food Safety and Quality Task Force.

United States Department of Agriculture Food Safety Grant: *HACCP Training for Meat Producers*. 1997-1998: **\$25,000**

Presented regionally (three states) and state-wide to 150 small businesses (meat producers) during a day workshop. Assistance in writing HACCP plans was provided.

O'Leary, J. & Bastin, S., Co-Directors, with the Food Safety and Quality Task Force.
United States Department of Agriculture Food Safety Grant: HACCP Training for Home-based Food Businesses. 1996-1997: **\$25,000**

Presented to 67 county agents and 35 small business owners during a day workshop.

O'Leary, J. & Bastin, S., Co-Directors, with the Food Safety and Quality Task Force.
United States Department of Agriculture Food Safety Grant: Food Safety for Foodservice Workers and Consumers. 1995-1996: **\$25,000**

Food safety posters, pocket cards, flyers, and paper bags for grocers were printed and distributed statewide to over 500 businesses.

Regional Competitive Funding

Stone, M., Producer. Bastin, S., Simon, M. & S. Weant, Collaborators.

Southern Region SERA Producer Grant: Pasture poultry production: Benefits for health conscious consumers and sustainable southern farmers. 2001: **\$7,000**

University of Kentucky Competitive Funding

Woods, T., Jones, T., & Bastin, S. Co-Directors.

University of Kentucky New Crop Center Research Activity Award. The Development of Organic Blueberry Production and Value Added Products.

2006 - 2008: \$18,025.

Bastin, S. Project Leader.

University of Kentucky College of Agriculture Research Activity Award. Travel to Mexico to investigate women production of value added product research activities.
2005: **\$800**

Bastin, S., Project Leader.

University of Kentucky Program Enhancement Grant: Kids in the Kitchen Nutrition Education Program. 1999: **\$4,950**

Presented to over 250 professionals nationally. Thirteen states have requested use of the program materials. Agents have presented to over 500 child care workers, school children, EFNEP programs, teachers and others.

Bastin, S., Proffitt-Darnell, S., Herron, N., Johnson, J. & Jump, K., Project Leader.
University of Kentucky Program Enhancement Grant: Food Safety Certification Program. 1995-1996: **\$3,000**

Modules for business to use in food handling certification as required by the Kentucky State

Food Branch. Used by 35 small businesses in the Mammoth Cave Area. **The National Extension Association of Family and Consumer Sciences awarded the packaged program a first place in 1998.**

Food Safety and Quality Task Force, Collaborator.

University of Kentucky Program Enhancement Grant: *Food Safety for Foodservice Workers.* 1995-1996: **\$2,500**

Competitive Proposals Approved But Not Funded

These proposals received favorable reviews, but money was not available to fund all proposals approved by the grant funding agencies involved.

Bastin, S. & Roseman, M., Co-Principal Investigators. Community Food Project Competitive Grants Program: *5-A-Day the Farmers Market Way, 2004-2007:* \$181,600.

Clayton, R., Principal Investigator, Bastin, S., Boosalis, M., & Bruckner, G., Co-Principal Investigators. *RFA Overweight and Obesity Control at Worksites: Overweight and Obesity Control: Police and Firefighters. 2004-2008:* \$3,066,125

Bastin, S. Project Leader. *Southern Rural Development Center: Food Assistance Small Grants Research Program 2004-2005:* \$50,000.

Bullock, D., Bastin, S. & Mikel, B., Co-Directors. *USDA Competitive Initiative for Future Agriculture & Food Systems: Pasture to Plate Practices to Insure High Quality, Wholesome and Safe Beef 2001-2004:* \$992,924.

Johnson, M. & Bastin, S., Co-Directors. *USDA Competitive Food Safety Grant: Food Safety and Pesticides 1999-2000:* \$33,750.

Bastin, S., King, B. & Tietyen, J., Co-Directors. *Community Food Projects Competitive Grants Program: Kentucky Commonwealth Food Connections 1999-2002:* \$249,480.

Bastin, S. & Pescatore, A., Co-Directors, with Food Safety and Quality Task Force. *USDA Competitive Food Safety Grant 1998-1999:* \$50,000.

PUBLICATIONS

Refereed Journal Articles

Bastin, S. (January-February 2004, pp.48-49) "The Implications of Dietary Fiber." *Agro FOOD Industry Hi-Tech.*

Bastin, S. (November-December 2002, pp 341-42) "Kentucky State Fair Cooking School: Connecting Farm to Table." *Journal of Nutrition Education and Behavior.*

Bastin, S. (Fall 2002, pp 32-33) "Kentucky State Fair Cooking School." *National Extension Association of Family & Consumer Sciences The Reporter.*

Taylor, M., Hesseldenz, M., Bastin, S. & Flashman, R. (Vol. 4, No.3, Winter, 1999) "An Expanding Role for Extension Agents in the New Millennium: Helping Clients Evaluate

Non-Extension Information.” *The Forum for Family & Consumer Issues*.
Langlois, B., Bastin, S., Akers, K. and O’Leary, J. (Vol. 60, No. 6, 1997, pages 655-666)
“Microbial Quality of Foods Produced by an Enhanced Cook-Chill System in a Hospital.”
Journal of Food Protection.

Nutrition Education Research Abstracts and Presentations

Bastin, S. & Ford, T. (2006) “Homebased Processing Program Links Farmers Markets with Community,” *American Farm Bureau Annual Conference Proceedings*.

Bastin, S. (2005) “Fad Diets, Fact or Fiction?” *Cabinet for Health & Family Services, Aging Network Conference Proceedings*.

Gaetke, L., Bastin, S. & Gilliam, S. (2004) “Quality Control Superfund Community Action through Nutrition Programming,” *NIEHS Superfund Basic Research Program Annual Research Briefs*.

Bastin, S. Gaetke, L. & Baumgardner, B. (2003) “A Science Seminar was an Effective Educational Tool to Inform Community Members about Nutrition,” *NIEHS Superfund Basic Research Program Annual Research Briefs*.

Bastin, S. & Baumgardner, B. (2002) “Kentucky State Fair Environmental Interactive Exhibits ” *NIEHS Superfund Basic Research Program Annual Research Briefs*.

Bastin, S. (2002) “Eating to Live, Not Living to Eat” *Society for Nutrition Education Annual Conference Proceedings*.

Bastin, S. & Baumgardner, B. (2001) “The Winning Team....Partnering for a Healthier Community” *NIEHS Superfund Basic Research Program Annual Research Briefs*.

Volk, B., Bastin, S., & Ress, S. (2001) “Newspaper Tabloids as an Effective Way to Educate and Communicate Water Science” *American Water Resources Association Conference Proceedings*.

Bastin, S., Baumgardner, B. & Glauert, H. (2001, p A51) “Outreach as an Integral Part of Basic Research” *Journal of American Dietetic Association Supplement*.

Baumgardner, B. & Bastin, S. (2001, p 70) “Supporting the Health of Individuals Through Agriculture” *Society for Nutrition Education Annual Conference Proceedings*.

Bastin, S., King, B. & Tietyen, J. (2000, p 48) “Commonwealth Food Connections: Strengthening Kentucky’s Local Food Systems.” *Society for Nutrition Education Annual Conference Proceedings*.

Bastin, S. & Volk, B. (2000, p 55) “Kentucky Superfund Outreach Project: The Role of Outreach Within the Scientific Community.” *International PCB Conference Proceedings*.

- Bastin, S. & Daly-Koziel, K. (1999, p 51) "Food Preservation Training for Limited Resource Audiences." *Society for Nutrition Education Annual Conference Proceedings*.
- Bastin, S., Forester, D. & Tietyen, J. (1996, p 56) "Assessing the Value of Kentucky Extension Food and Nutrition Programs." *Society for Nutrition Education Annual Conference Proceedings*.
- Tietyen, J., Forester, D. & Bastin, S. (1999, p 38) "A Guide to Planning, Evaluation and Reporting of Kentucky Extension Food and Nutrition Programs." *Society for Nutrition Education Annual Conference Proceedings*.
- Bastin, S. (1998, p 41) "Agriculture and Nutrition Together Can Meet the Nutritional Needs of Kentuckians" *Journal of American Dietetic Association Supplement*.
- Bastin, S. (1998) "Herbal Remedies: Therapeutic or Fraudulent?" *International Herb Association Conference Proceedings*.
- Bastin, S. (1997, p 3) "Meeting the Dietary Trends of Kentuckians Through Agriculture" *International Conference on Agricultural Production and Nutrition Proceedings*.
- Bastin, S. (1996, pp 158-167) "Microbiological Evaluation of Hospital Meat Products Processed Utilizing the Vacuumized Cook-Chill System" *International Refrigeration Science and Technology Proceedings*.
- Zhuang, H., Lewis, L., Michelangeli C., Hildebrand, D., Payne, F., Bastin, S. & Barth, M. (1996, pp 267-276) "Ozone Water Treatments for Preserving Quality of Packaged, Fresh-Cut Broccoli Under Refrigeration" *International Refrigeration Science and Technology Proceedings*.
- Bastin, S. (1996, p 68) "Validating HACCP Through the Microbial Evaluation of Food Prepared by the Vacuumized Cook-Chill System" *Journal of American Dietetic Association Supplement*.

Expert Reviews

- 2006 **Drying Foods** by Deanna Delong for Price Stern Publishing.
- 2006 "WIN Kentucky KIDS" Heel Package Program.
- 2005 "WIN Kids" Research article submitted to the *Journal of Nutrition Education and Behavior*.
- 2004 "Relevant and Practical Nutrition Education Newsletters for the Food Stamp Eligible Audience: 'I Know Why, Now Tell Me How.'" Research

- 2003 article submitted to the *Journal of Nutrition Education and Behavior*.
 “Evaluation of the Effectiveness of a Salad Bar School Lunch Menu Option to Increase Fruit and Vegetable Consumption among Children Living in Low-Income Households.” Research article submitted to the *Journal of Nutrition Education and Behavior*.
- 2003 National Dairy Council Nutrition Program for Grade 4
- 2003 “Teaching 5-A-Day in Finland.” Research article submitted to the *Journal of Nutrition Education and Behavior*.

Published Videos

- 2006 *Super Star Chef in Action*. 66 minutes on file at Agriculture Communications. For sale.
- 1995 *The Enhanced Cook-Chill system and the Application of Hazard Analysis Critical Control Points (HACCP)*. 29 minutes on file at the National Agriculture Library. For Sale.

Peer-Reviewed Cooperative Extension Service (CES) Publications

As part of my 100% Extension DOE, I have written over 120 peer-reviewed and University of Kentucky published publications (90% as senior author). Areas of emphasis as influenced by expertise, national trends, and state need include: Super Star Chef, Homebased Microprocessing, Kids in the Kitchen; Food Safety From A-Z; Food Preservation At Its Best; and Nutrition, Diet and Health.

Homebased Microprocessor

One of Kentucky’s long-term goals for sustainable agriculture growth is to assist farmers in adding value to fruits and vegetables. Kentucky legislature passed a farmer-driven bill that allows farmers to process value-added products from the home kitchen. In order to sell low acid and acidified food products, farmers must attend a Homebased Microprocessor training workshop. As a result of this training, farmers produce safe value-added products that increase economic returns, strengthen the community farm-to-table link, and save valuable natural resources. **Sponsored in part by SARE grant ES04-072 (2004-2006).**

Bastin, S. (2004) Homebased Microprocessor PowerPoint, exams, evaluations, and supplement materials for complete program package.

Bastin, S. (2003) *Kentucky Farmers Market Overview: House Bill 391*. 3 pages

Bastin, S. (2003) *Farmers Market Food Safety Guidelines for Homebased Microprocessors*. 3 pages

Bastin, S. (2003) *Principles of Home Canning for Homebased Microprocessors*. 5 pages

Bastin, S. (2003) *Microbiology of Home-Canned Foods for Homebased Microprocessors*. 8 pages

Bastin, S. (2003) *Acidified Foods*. 2 pages

Burrier, S. & Bastin, S. (2000) *Principles of Home Canning*. FCS3-325. 16 pages

- Burrier, S. & Bastin, S. (2000) *Selecting, Preparing, and Canning Fruit and Fruit Products*. FCS3-326. 16 pages
- Burrier, S. & Bastin, S. (2000) *Selecting, Preparing, and Canning Tomatoes and Tomato Products*. FCS3-327. 10 pages
- Maruyama, F., Burrier, S. & Bastin, S. (2000) *Canning Tomatoes and Tomato Juice*. FCS3-121. 6 pages
- Maruyama, F. & Bastin, S. (2000) *Selecting, Preparing, and Canning Vegetables and Vegetable Products*. FCS3-328. 12 pages
- Burrier, S. & Bastin, S. (2000) *Preparing and Canning Fermented Foods and Pickled Vegetables*. FCS3-330. 20 pages
- Maruyama, F. & Bastin, S. (2000) *Preparing and Canning Jams and Jellies*. FCS3-331. 12 pages
- Addo, K., Maruyama, F., & Bastin, S. (1995) *Home-Based Business: Making and Selling Food Products in Kentucky*. FCS9-100. 4 pages

Super Star Chef

Super Star Chef is a joint effort between FCS and 4-H. Super Star Chef is a cooking school designed to train youth, young adults, and volunteer how to be successful in the kitchen using fun methods and activities. The lessons can be used independently or as a 9-week session. Proper knife techniques, reading a recipe, food safety and incorporating math into taste testing; it's all here to entice individuals into the kitchen and give them the skills to want to cook. The program is being implemented state-wide within FCS, 4-H, EFNEP, and FSNEP as part of effort to promote foods programs. **Sponsored in part by Martha White, Inc. (2005-2006).**

- Bastin, S. (2006) Super Star Chef DVD & CD featuring 7 video demos for 66 minutes
- Bastin, S. & Ford, T. (2006) Leader Guide, Recipes & Evaluations for complete program package.
- Bastin, S. & Ford, T. (2005) *It's All in a Recipe*. 5 pages
- Bastin, S. & Ford, T. (2005) *A Feast for Your Eyes*. 9 pages
- Bastin, S. & Ford, T. (2005) *It's a Wash*. 3 pages
- Bastin, S. & Ford, T. (2005) *Portion Distortion*. 5 pages
- Bastin, S. & Ford, T. (2005) *Counting on You*. 17 pages
- Bastin, S. & Ford, T. (2005) *Measuring Savvy*. 6 pages
- Bastin, S. & Ford, T. (2005) *Spoiled Rotten*. 11 pages
- Bastin, S. & Ford, T. (2005) *What's Behind a Label?* 6 pages
- Bastin, S. & Ford, T. (2005) *Flavor Calculations*. 6 pages

Kids in the Kitchen

Kids in the Kitchen is a nutrition education program appropriate for a variety of ages. The program uses USDA's Food Guide Pyramid to teach the basics of nutrition featuring five separate components: *Story Time, A Nutrition Snapshot, What's Cooking?, Kitchen Chemistry and Fun with Food*. The components can be taught separately or as a series. The components are designed to provide a collection of literature, math, art, music, and science-based experiences that support food and nutrition concepts. **Sponsored in part by University of Kentucky College of Agriculture Enhancement Grant (1999).**

The materials have been used with special interest groups, childcare workers, school

children, EFNEP programs, 4-H campers, teachers and others. Various components of the program have been delivered to over 1,500 Kentuckians. This is a \$90,000* savings in healthcare and medication costs. *Savings calculated using data compiled by the Centers for Disease Control, 1999.

Bastin, S. (2001) *Feeding Your Baby the First Year*. 2 pages.

Bastin, S. (2001) *The Perils of Childhood Obesity*. FN-SSB.052; 4 pages; PowerPoint, script, activities, and evaluation.

Bastin, S. (1999) *Mysteries of the Kitchen Revealed*. FN-SSB.019; 25 pages; including 14 adapted kitchen chemistry activities.

Bastin, S. (1999) *Family Meal Time*. FN-SSB.132; 2 pages

Bastin, S. (1999) *Nourishing a Sick Child*. FN-SSB.131; 2 pages (also placed on CYFAR home page 2006)

Bastin, S. (1999) *Playing It Safe in the Kitchen*. FN-SSB.129; 2 pages

Bastin, S. (1999) *What Children Really Need*. FCS-3-524; 4 pages

Bastin, S. (1998) *Kids & Fiber*. FN-SSB.118; 1 page

Bastin, S. (1998) *The Skinny on Fat*. FN-SSB.117; 2 pages

Bastin, S. (1998) *Shakedown on Sodium*. FN-SSB.116; 2 pages

Bastin, S. (1998) *How Sweet It Is*. FN-SSB.115; 2 pages

Bastin, S. (1996) *Food Safety for the Pre-Schooler*. FN-SSB.088; 2 pages

Bastin, S. (1995) *Healthy Snacks for Pre-Schoolers*. FN-SSB.033; 3 pages including recipes

Food Safety from A-Z

Following safe food handling practices allows guests to take home good memories instead of foodborne illness and may also save the reputation of organizations by preventing lawsuits. The program package contains materials needed to train volunteers who prepare, serve, or handle food for large crowds. The publications *The Business of Catering*, *Safe Food to Go*, *Occasional Cooking for a Crowd* and *Who's Minding the Food Supply?* are supported by a Leader's Guide on *Food Safety and Sanitation*, complete with script, overheads, and video produced by the Food Safety and Quality Task Force.

Sponsored in part by University of Kentucky Enhancement Grant (1995-1996).

Over 10,000 Kentuckians have received training in food handling practices, resulting in \$10,00,000* savings in foodborne illness costs. Other publications in this series, bring in health issues as well as food safety, such as *Getting More From Dietary Supplements*, *Eating Disorders*, *Fad Diets*, and *Chemical Cuisine ~ Commonly Used Food Additives*. *Savings calculated using Virginia Extension Service, *Applying Cost Benefit Analysis to Nutrition Education Programs*, 1999.

Bastin, S. (2001) *More Mushrooms Please!* 4 pages including recipes.

Bastin, S. (2000) *Getting More from Dietary Supplements*. FCS 3-525. Part of the Wildcat Way to Wellness Series; 8 pages plus presentation script with overheads and evaluation.

Bastin, S. (2000) *The Business of Catering*. FN-SSB.146; 2 pages

Bastin, S. (2000) *Chemical Cuisine ~ Commonly Used Food Additives from A-Z*. FN-SSB.144; 7 pages with activities; (2001) PowerPoint presentation.

Bastin, S. (2000) *Eating Disorders*. FN-SSB.145; 3 pages plus presentation script with

overheads, activities, and evaluation

- Bastin, S. (1999) *Emergency Food Supplies The Food Guide Pyramid Way*. FN-SB.130; 2 pages
- Bastin, S. (1999) *Functional Foods*. FN-SSB.126; 4 pages, including recipes, plus presentation script with overheads, activities, evaluation, and food labels; (2001) PowerPoint presentation.
- Bastin, S. (1998) *Who's Minding the Food Supply?* FN-SSB.112; 2 pages including activity
- Bastin, S. (1998) *Fad Diets*. FN-SSB.119; 4 pages
- Bastin, S. (1998) *Safe Food to Go*. FN-SSB.105; 2 pages
- Bastin, S. (1997) *Occasional Cooking for a Crowd*. FN-SSS.101; 2 pages
- Bastin, S. (1997) *Herbal Supplements: Therapeutic or Fraudulent?* FN-SSB.084; 3 pages, revised 1999.
- Bastin, S. (1997) *Herbal Supplements Leader's Guide*. FN-SSB.084LG; 4 pages plus presentation script with overheads, activities, and evaluation
- Bastin, S. (1997) *Ten Ways to Fight Food Spoilers*. ENP211A; 2 pages
- Bastin, S. (1997) *Meaty Tips*. ENP211C; 2 pages
- Bastin, S. (1995) *A Guide to Microorganisms*. FN-SSB.011; 8 pages

Food Preservation at Its Best

These materials are designed to give agents a better understanding of food preservation, and supplement the Home Canning publications based on USDA-recommendations and the food drying information already in use that I edit annually. Exhibits are also available. This program has saved Kentuckians \$1,000,000 in foodborne illness costs and \$93,800* annually through canning, freezing, and drying their own food safely. *Savings calculated using non-published data compiled and reported by Kentucky EFNEP, 1998-1999.

- Bastin, S. (2005) *Home Canning at It's Best PowerPoint*.
- Bastin, S. & Badenhop, S. (2001) *Home Canning Equipment*. 2 pages
- Bastin, S. (2000) *Preserving Nutrients in Food*. FN-SSB.006; 1 page
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Cucumbers*. FSHE-11; 2 pages
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Green Beans*. FSHE-5; 2 pages
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Peppers*. FSHE-14; 2 pages
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Peas*. FSHE-6; 2 pages
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Greens*. FSHE-18; 2 pages
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Asparagus*. FSHE-17; 2 pages
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Corn*. FSHE-4; 2 pages
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Broccoli*. FSHE-7; 2 pages
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Cabbage*. FSHE-9; 2 pages
- Bastin, S. (2001) *Kentucky Vegetables for Wellness: Tomatoes*. FSHE-10; 2 pages
- Bastin, S. & Strang, J. (2000) *Vegetable Garden of Fruitful Nutrients*. FN-SSB.150; 5 pages
- Bastin, S. & Cotterill, D. (2000) *Kentucky Favorites...The Low-fat Way Leader's Guide*. FN-SSB.142LG; 11 pages plus presentation script with overheads, activities, evaluation, and food labels; PowerPoint presentation (2001)

- Bastin, S. (1999) *Jerky Safety*. FN-SSB.136; 1 page
- Bastin, S. (1998) *Canning Basics Leader's Guide*. FN-SSB.107LG; 9 pages
- Bastin, S. (1998) *The Science of Jams and Jellies*. FN-SSB.110; 2 pages
- Bastin, S. (1998) *Home Canning Cost/Benefits Analysis*. FN-SSB.109; 2 pages
- Bastin, S. (1998) *Judging Preserved Foods*. FN-SSB.108; 4 pages
- Bastin, S. (1998) *Recommended Food Storage Times*. FN-SSB.085; 8 pages
- Bastin, S. (1998) *Nutritional Value of Meat*. FN-SSB.113; 2 pages
- Bastin, S. (1998) *Your Daily Bread*. FN-SSB.106; 7 pages, including recipes
- Bastin, S. (1998) *Your Daily Bread Leader's Guide*. FN-SSB.106LG; 5 pages
- Bastin, S. (1997) *Home Freezing Basics*. FCS 3-334; 4 pages
- Bastin, S. (1997) *Freezing Fresh Fruits*. FCS 3-336; 8 pages
- Bastin, S. (1997) *Freezing Vegetables*. FCS 3-335; 4 pages
- Bastin, S. (1997) *Canning for Food Preservation*. ENP211D; 2 pages
- Bastin, S. (1997) *The Healthful Soybean*. FN-SSB.104; 9 pages, including recipes, plus presentation script with overheads, activities, evaluation, food labels, and exhibit
- Bastin, S. (1997) *The Thrill of the Grill*. FN-SSB.086; 5 pages plus overheads
- Bastin, S. (1997) *Purchasing the Grill to Fill the Bill*. FN-SSB.087; 1 page
- Bastin, S. (1997) *Nuts: Flavorful & Good for You*. FN-SSB.078; 3 pages
- Bastin, S. & Henken, K. (1997) *Water Content of Fruits & Vegetables*; 1 page
- Bastin, S., Brown, G. & Strang, J. (1997) *Kentucky Grown Apple Poster*. IP-55;
- Bastin, S. (1996) *Great Grains*. FN-SSB.064; 3 pages, including recipes
- Bastin, S. (1996) *Perfect Pasta Every Time*. FN-SSB.055; 3 pages, including recipes
- Bastin, S. (1996) *Wild Game: From Field to Table*. FN-SSB.044; 5 pages, including recipes
- Bastin, S. (1995) *Harvesting, Preserving and Storing Herbs*. FN-SSB.039; 3 pages
- Bastin, S. (1995) *Herbs Leader's Guide*. FN-SSB.039LG; 6 pages, including recipes

Nutrition, Diet and Health

- Bastin, S. (2006) *Living Wheat Free*. FN-SSB.207. 4 pages
- Bastin, S. (2005) *Cooking With Wine*. PowerPoint presentation; including recipes.
- Bastin, S. & Stephens, L. (2002) *Eating to Live, Not Living to Eat*. 6 pages; PowerPoint presentation; evaluation; and activities.
- Bastin, S. (2002) *Cooking with Less*. 2 pages; PowerPoint presentation, evaluation, and activities.
- Bastin, S. (2001) *Demystifying Asian Cookery*. 4 pages plus recipes; PowerPoint presentation.
- Bastin, S. (2000) *Thickeners for Sauces & Soups*. FN-SSB.151; 2 pages
- Tietyen, J., Bastin, S. & Forester, D. (1998) *The Value of Kentucky Food & Nutrition Programs*. FN-JLT.120; 5 pages
- Bastin, S. (1998) *Consumer Food Trends*. FN-SSB.114; 2 pages
- Bastin, S. (1998) *Consumer Food Trends Leader's Guide*. FN-SSB.114LG; 4 pages
- Bastin, S. (1997) *Quick and Easy Meals to Lower Cancer Risk*. FN-SSB.097; 4 pages including recipes
- Bastin, S. (1997) *Quick and Easy Meals Leader's Guide*. FN-SSB.097LG; 5 pages
- Bastin, S. (1997) *Make Ahead Meals*. FN-SSB.095; 7 pages including recipes
- Bastin, S. (1997) *Make Ahead Meals Leader's Guide*. FN-SSB.095LG; 8 pages

Bastin, S. & Flashman, R. (1997) *Health Quackery*. FN-SSB.094; 6 pages

Bastin, S. (1997) *Food & Nutrition Resources Compilation*; 14 pages.

Bastin, S. (1997) *Cajun/Creole Cooking*. FN-SSB.079; 2 pages

Bastin, S. (1997) *Cultural Diversity in Food*. FN-SSB.076; 2 pages

Bastin, S. (1997) *Cheese Basics*. FN-SSB.030rev; 4 pages

Bastin, S. (1997) *Microwave Cooking*. FN-SSB.072; 2 pages

Bastin, S. (1997) *Nutrition & Your Busy Lifestyle*. FN-SSB.071; 2 pages; PowerPoint presentation (2001)

Bastin, S. (1997) *Cooking for a Low-fat Lifestyle Leader's Guide*. FN-SSB.040LG; 6 pages, including recipes

Bastin, S. (1997) *Health Lines: Normal Blood Pressure*. ENP212A; 2 pages

Bastin, S. (1997) *A Guide to Better Meal Planning*. ENP208; 6 pages

Bastin, S. & Moore, L. (1996) *Soups of All Sorts*. FN-SSB.070; 2 pages, including a start with section

Bastin, S. & Moore, L. (1996) *Soups of All Sorts Leader's Guide*. FN-SSB.070LG; 7 pages, including recipes

Bastin, S. & Moore, L. (1996) *Soup and Salad*. FN-SSB.069; 4 pages

Bastin, S. & Moore, L. (1996) *Soup and Salad Leader's Guide*. FN-SSB.069LG; 7 pages, including recipes

Bastin, S. (1996) *Holiday Entertaining and Healthful Holiday Recipes*. FN-SSB.065; 5 pages, including recipes

Bastin, S. (1996) *Deciphering a CBC Report for Heart Disease Risk*. FN-SSB.059;

Bastin, S. (1996) *Portion Control*. FN-SSB.058; 2 pages, including activity

Bastin, S. (1996) *Time Management*. FN-SSB.057; 2 pages

Bastin, S. (1996) *Work Simplification*. FN-SSB.056; 1 page

Bastin, S. & Kurzynske, J. (1996) *High Protein Alternatives*. FN-SSB.053; 2 pages

Bastin, S. (1996) *Phytochemicals*. FN-SSB.052; 1 page

Bastin, S. (1996) *The Diet & Cancer Connection*. FN-SSB.051; 2 pages

Bastin, S. (1996) *Getting the Most from Your Bread Machine*. FN-SSB.050; 4 pages, including recipes

Bastin, S. (1996) *Adverse Reactions to Food*. FN-SSB.049; 3 pages

Bastin, S. (1996) *Holiday Ideas for Bread Machines*. FN-SSB.048; 6 pages, including recipes

Bastin, S. (1996) *Decorating the Legendary Egg*. FN-SSB.047; 2 pages

Bastin, S. (1996) *Minerals in the Diet*. FN-SSB.028; 4 pages

Bastin, S. (1996) *Minerals in the Diet Leader's Guide*. FN-SSB.028LG; 4 pages, including 4 activities and evaluation

Bastin, S. (1996) *Understanding Fat-Like Substances*. FN-SSB.046; 1 page

Bastin, S. (1996) *Understanding Carbohydrates*. FN-SSB.045; 2 pages

Bastin, S. (1996) *Food Habits*. FN-SSB.043; 1 page

Bastin, S. (1996) *Understanding Proteins*. FN-SSB.042; 1 page

Bastin, S. (1996) *Understanding Fats*. FN-SSB.041; 1 page

Bastin, S. (1995) *Cooking for a Low-fat Lifestyle*. FN-SSB.040; 4 pages

Exhibits

The following exhibits have been used over 150 times serving an estimated 25,000.

They are primarily used during field days, health fairs, and school activities. All exhibits have supporting publications.

Bastin, S. & Ford, T. (2006) *Homebased Processing & Microprocessing*

Bastin, S. & Volk, B. (2000) *Dietary Effects of PCBs*

Bastin, S. & Brandl-Ball, S. (1998) *Home Canning Safety*

Bastin, S. (1998) *Home Freezing Basics*

Bastin, S. (1998) *Drying Food at Home*

Bastin, S. (1997) *Shake Down on Sodium*

Bastin, S. (1997) *Dietary Supplements - Boosters or Busters*

Bastin, S. (1997) *The Skinny on Fat*

Bastin, S. & Kurzynske, J. (1996) *The New Dietary Guidelines*

Bastin, S. & Ball, S. (1996) *Wild Game: From Field to Table*

Bastin, S. (1995) *Health Quackery*

Exclusives, News Service Stories, Radio, Newspapers and Television

*Circulation data taken from **Burrelle's Media Directory**

Let's Do Lunch Noon Show. What's Most Nutritious? Canned, Frozen, Dried or Fresh (2006); Motivation and Weight Control (2004); The Value Added Advantage (2003); Reconstituting Kentucky's Bounty (2002); Kentucky Berries (2002); Preserving Kentucky's Bounty (2001);

Extension Today on the Air. **Gifts from the Kitchen** (2006) **Super Star Chef in Action** (2005); **Spanish Radio Highlight** ~ Interviews and talk show with Radio Vida, 1440 AM (2003)

Kentuckiana Regional Planning and Development Agency—Savvy Seniors Radio Show: Home Canning Questions (2003)

Over 227 *Exclusives* and 86 *News Service Stories* were written with the UK College of Agriculture Office of Agricultural Communications. Exclusives are written information about specific topics. They are sent to Cooperative Extension Agents via the web for use in their local newspaper columns or media shows. News Service stories are sent to newspapers in Kentucky via the wire for use in their papers.

Over 233 *55-second radio spots* written and recorded. Specific topic radio tips are taped and sent monthly to over 200 radio stations in Kentucky.

UK First Monday Feature Stories with staff writers. These articles are written by staff writers and sent to 152 newspapers across the state.

USDA Office of Communications Radio Features with staff writers. These radio spots are sponsored by the United States Department of Agriculture and sent to 735* radio stations.

Lexington Herald Leader Cover Stories with staff writers. The Lexington Herald Leader newspaper has a daily circulation of 157,262*.

State-wide live radio, television, and video interviews are granted as requested.

OTHER PROGRAMS & IMPACTS

Herbal Supplements: Therapeutic or Fraudulent?

Even though this program package is a part of Food Safety from A-Z, it has been one of the programs most used by representatives of the Cooperative Extension Service.

Complete with leader's guide, fact sheet, overheads, exhibit, and activities, the program was designed to give agents a better understanding of current food safety issues concerning natural herbal remedies, which include essential vitamins and minerals. Over 8,500 Kentucky individuals have learned how to receive optimum results from their supplements of choice, saving Kentuckians \$51,000*. Over 2,000 medical professionals have attended seminars presented by me on this topic. *Savings calculated using non-published data compiled by the Kentucky Dietetic Association, *Nutrition Cost Efficiency*, 1993.

EFNEP World Wide Web Electronic Curriculum

In addition to helping revise Kentucky's Expanded Food Nutrition Education Program (EFNEP) curriculum in the areas of food safety and food preparation, I co-wrote two food safety lessons, The Food Safe Consumer and Understanding Bacteria That Cause Foodborne Illness, which were included as part of an electronic curriculum. The seven multi-state collaborated curriculum, which is posted on an electronic site (www.lsuag.lsu.edu) sponsored by Louisiana State University, is designed to provide a research-based certification process for EFNEP Para-professionals. These paraprofessionals provide limited resource youth and families with nutrition education. The lessons include objectives, background information, Internet activities, and test questions. The cutting edge pilot project may be adopted by other states, saving training costs of \$1,360* per paraprofessional (Calculated by Kentucky EFNEP, 1999). To date, Louisiana has trained over 500 paraprofessionals using the curriculum.

Agricultural Value-Added Product Consultations

I have provided food processing, food safety, recipe formulation, nutritional analysis, and technical assistance to over 25 Kentucky and several international businesses. Foods include frozen diabetic meals, dried apple snacks, pureed fruits for ice cream, cream candy, salad dressings, trail mix, powdered juice drink, apple cider, blueberries, sweet potato butter, syrup, Gouda cheese, pound cake, buckwheat flour, sorghum flour, marmalade, goat, herbs, and sugar-free breads. World Wide Canneries, a non-profit organization that sets-up canneries in third world countries is my latest consult.

Kentucky Commodities Support: Kentucky State Fair Cooking School

In 1996, the Kentucky Commodity Groups approached me about organizing and presenting a cooking school using Kentucky-grown foods at the Kentucky State Fair. The following is a result of that request.

Bastin, S., Weckman, R., Millercox, L. & Patton, S. (1997) *Kentucky Connections Media Package* highlighting Kentucky grown foods as a festive menu. Complete with time management and meal preparation tips, recipes, food safety issues and nutritional analysis. Thirteen newspapers across the state picked up the story and pictures.

Bastin, S. & Best, L. (1997) *From Farm to Table...Cooking with Kentucky Grown Foods Commodities Consumer Information B* revised 1999 booklet, Kentucky Commodities Printing. Cooperative Extension Agents presented commodity informative food demonstrations twice daily at the Kentucky State Fair for one week to over 2,000 participants.

Bastin, S. & Best, L. (1996) *Cooking with Kentucky Commodities Consumer Information*

Booklet, Kentucky Commodities Publishing. Cooperative Extension Agents presented commodity informative food demonstrations twice daily at the Kentucky State Fair for one week to over 1,000 participants.

INTERNATIONAL SATELLITE SUPPORT

Bastin, S. Reducing Food Insecurity & Hunger: A Personal Responsibility for All, Food for All: Right or Goal, Study Action Packet. United States National Commission for World Food Day, 1998. **The packet is part of the annual World Food Day teleconference supported by the Food & Agriculture Organization (FAO) of the United Nations, the US Agency for International Development (AID), and the US Information Agency (USIA).**

Bastin, S., Friend, J., Nelson-Angell, C., & Oleske, M. A Ways to Promote Community-wide Involvement in Hunger Action. *Food for All: Right or Goal, Study Action Packet*. United States National Commission for World Food Day, 1998. **The packet is part of the annual World Food Day teleconference supported by the Food and Agriculture Organization (FAO) of the United Nations , the US Agency for International Development (AID), and the US Information Agency (USIA).**

REGIONAL INTERNET RESOURCES

Bastin, S. & Daly-Koziel, K. (1999) *Understanding Bacteria That Cause Foodborne Illness*. A seven state collaborative project with Louisiana State University for EFNEP Assistant Certification on the Internet. <http://www.agctr.lsu.edu/eatsmart/contents.htm>

Bastin, S. & Daly-Koziel, K. (1999) *The Food Safe Consumer*. A seven state collaborative project with Louisiana State University for EFNEP Assistant Certification on the Internet. <http://www.agctr.lsu.edu/eatsmart/content.htm>

Bastin, S. & Fitzpatrick, B. (2000) Food Safety from A-Z. Food safety links and seasonal information. <http://www.ca.uky.edu/fcs/areas/food/foodsafe/Foodsafe.htm>

PRESENTATIONS & CONSULTATIONS

As part of the trip to the Netherlands I was invited to discuss the nutritional status of Kentuckians at six Rotarian dinner meetings and the regional meeting. I was also invited to present food safety issues to a group of scientists at the National Institute of Public Health and the Environment (RIVM) and the TNO Nutrition and Research Institute, both governmental agencies. As a result of these professional visits I was invited to visit Lyon, France to explain the Cooperative Extension Service model.

International Invited Lectures

Bastin, S. (2005) *Nutrition for Women*, United Methodist Church South American Summer Program, **Asuncion, Paraguay.**

Bastin, S. (1999) *The Role of Community Outreach in Scientific Research*, EPIC (European Prospective Investigation into Cancer & Nutrition) Work Group, **Lyon, France.**

Bastin, S. (1999) *The Nutritional Status of Kentuckians*, Rotary Conference, **Huizen,**

Netherlands.

- Bastin, S. (1999) *Food Safety in the United States*, National Institute of Public Health and the Environment, **Bilthoven, Netherlands.**
- Bastin, S. (1999) *The Nutritional Status of Kentuckians*, Rotary Conference, **Soest, Netherlands.**
- Bastin, S. (1999) *Food Safety in the United States*, TNO Nutrition & Food Research Institute, **De Bilt, Netherlands.**
- Bastin, S. (1999) *The Nutritional Status of Kentuckians*, Rotary Conference, **Zeist, Netherlands.**
- Bastin, S. (1999) *The Nutritional Status of Kentuckians*, Rotary Conference, **Baarn, Netherlands.**
- Bastin, S. (1999) *The Nutritional Status of Kentuckians*, Rotary Conference, **Vianen, Netherlands.**
- Bastin, S. (1999) *The Nutritional Status of Kentuckians*, Rotary Conference, **Haarzuylens, Netherlands.**
- Bastin, S., Tribby, R. & Pelfrey, R. (1999) *Comparisons of Kentuckians and the Dutch*, Rotary International Foundation Regional Rotary Conference, **Hilversum, Netherlands.**
- Bastin, S. (1996) *Microbiological Evaluation of Hospital Meat Products Processed Using the Vacuumized Cook-Chill System*, International Conference on New Developments in Refrigeration for Food Safety and Quality, Lexington, KY, U.S.A.

National Invited Lectures

- Bastin, S. (2006) *Homebased Microprocessing Adds Value to Farmers Markets and Community*, SARE National Conference, Oconomowoc, Wisconsin
- Bastin, S. (2006) *Homebased Processing Program Links Farmers Markets with Community*, American Farm Bureau Annual Conference, Nashville, TN.
- Gaetke, L. & Bastin, S. (2005) *SCAN*, Outreach NIEHS Superfund Annual Conference, New York, NY
- Bastin, S. & Gilliam, S. (2004) *Working with Communities in Outreach*, Outreach NIEHS Superfund Annual Conference, Seattle, WA
- Bastin, S. (2004) *Fad Diets and Eating Disorders*. 30th Annual Advances in Clinical Psychiatry and Psychopharmacology Conference, Louisville, KY.
- Bastin, S. (2002) *Kentucky State Fair Environmental Interactive Exhibits*, NIEHS Superfund Basic Research Program Annual Research Conference, Sedona, AZ.
- Bastin, S. (2002) *Eating to Live, Not Living to Eat*, Society for Nutrition Education Annual Conference, St. Paul, MN.
- Bastin, S. (2001) *Outreach as an Integral Part of Basic Research*, Outreach NIEHS Superfund Annual Research Conference, Chapel Hill, NC.
- Tietyen, J., Forester, D. & Bastin, S. (1999) *A Guide to Planning, Evaluation and Reporting of Kentucky Extension Food and Nutrition Programs*, Society for Nutrition Education Annual Conference, Baltimore, MD.
- Bastin, S. & Volk, B. (1999) *Superfund Outreach Program for Kentucky* National Institute for Environmental Sciences Superfund Hazardous Substances Basic Research Advisory Committee, Lexington, KY.
- Bastin, S. (1998) *Kids in the Kitchen*, National Association of Extension 4-H Agents

Annual Conference, Louisville, KY.

Bastin, S. (1998) *Herbal Remedies: Therapeutic or Fraudulent?*, Annual Conference of The International Herb Association, Lexington, KY.

Bastin, S. (1996) *Microbiological Evaluation of Hospital Meat Products Processed Utilizing the Vacuumized Cook-Chill System*, Annual Conference of International Institute of Refrigeration, Lexington, KY.

In-State Extension-Related Presentations

2006

Homebased Microprocessing Workshop in 3 locations, Lexington, Maysville, and Elizabethtown

Kitchen to Market Workshop for Entrepreneurs

Kitchen to Market Workshop for Trainers

Super Star Chef Workshop in 3 locations, Lexington, Princeton, and Elizabethtown

Nutrition in the Fast Lane for 75 sixth graders

2005

Cooking With Wine for 2005 Kentucky Fruit and Vegetable Conference and Trade Show

FCS Agent In-Service on Nutrition in 3 locations Lexington, Princeton, and Elizabethtown

Humor, Diet & Exercise for Week of Wellness Cruise participants

A Few of My Favorite Things for WOW Cruise participants

Walk Your Way to Wellness for WOW Cruise participants

Eat Your Way to Wellness for WOW Cruise participants

Homebased Microprocessing Workshop in 4 locations, Clay County, Princeton, Floyd County, and Owingsville

Take a Closer Look at Nutrition for 75 fifth graders

2004

Wooing the Aging Palette for Kentucky Division of Aging Annual Conference

The Best of Home-Based Microprocessing ~ A Taste Treat for Farm Bureau Roundup Evening Tour

Eating to Live, Not Living to Eat for University of Kentucky College of Nursing-Communication/ Motivation/ Weight Control Workshop

Food Safety, Certified Kitchens, and On-Farm Microprocessing and Value-Added and Labeling for the Kentucky Fruit and Vegetable Conference and Trade Show

Food Processing for the Direct Market for the Ohio River Valley Farm Marketing Conference

Home-Based Microprocessing and Beyond for the Opportunities in Agri-Tourism Conference for Central and Northern Kentucky

Home-Based Microprocessor Workshops in six locations: Brandenburg, Russellville, Blue Licks State Park, Madisonville, Louisville, and Erlanger.

Supervision in the Hospitality Industry for the American Culinary Federation ChefTrac Training Program

Update on UK Microprocessor Training for the House Committee on Agriculture and Small Business

2003

4-H Youth Development Inservices - -Lexington, Princeton, & Elizabethtown
Chemical Cuisine ~ Commonly Used Food Additives for the Sixth Annual Women's Wellness Forum, Jessamine County
Eating to Live, Not Living to Eat for Ephram McDowell Women's Cancer Program and for the 6th Annual UK Women's Health Conference
Expert Witness in Mock Trial for Dr. Debra Aaron's Animal Sciences 470 class
Food Service In-Service Training for Mercer County Board of Education employees
Food and Water Information for Laurel County CES "Emergencies: Are You Prepared?"
HB 391: Marketing of Home-Processed Foods for Kentucky Opportunity Marketplace/Agricultural Development Fund Annual Meeting
Home Based Microprocessor Workshops in five locations: Paris, Cave City, Lexington, Jackson, and Princeton.
Home-Based Microprocessor Workshop Overview for the Kentucky Farm Bureau Horticulture Advisory Committee
Home-Based Processing and Microprocessing Overview for the Kentucky State University Sustainable Agriculture Workshop
Humor, Diet, & Exercise- Everyday Remedies for Stress Relief for Chi Epsilon Sigma Annual Meeting
Nutritional Trends for NFS 408G students
Let's Get Moving for HEEL Inservice
Update on UK Microprocessor Training for CHS Food Manufacturing Spring Staff Meeting

2002

Outreach for Scientists for Superfund Basic Research Faculty, staff and students
Let's Get the Family Moving for Growing Healthy Kids in Kentucky
Food Safety for EFNEP Assistants
Lifestyle Changes for Better Health for What Women Need to Know About Cancer
HACCP Record Keeping for Kentucky cider producers
ACF 30-hour Sanitation Course for Kentucky chefs and cooks
Exotic Fruits & Vegetables for Fort Harrods Area Meeting
Cooking with Less for Diabetes for Kentucky Association of Family & Consumer Sciences Annual Conference
Eating to Live, Not Living to Eat for Jessamine County Women's Forum

2001

The Value of Kentucky Extension Programs for Bluegrass Area Homemaker Meeting
Nutrition for Kids for second and third graders at Lexington Christian Academy
Agriculture & Nutrition in the Netherlands for two associations: Lincoln Trail and Bluegrass Area Homemaker Meetings
Nutrition & Exercise for Area Scott County Banks
Chemical Cuisines for PDE workshop
Garnishing for Dietitians for NFS 204 students
Diet and Cancer Connection for Pennyrile Area Homemaker Meeting
Dietary Supplements for Pennyrile Area Homemaker Meeting

Herbal Supplements, The Good, the Bad and the Controversial for Fayette County Extension Workshop Food, Flowers & Fun
Food Safety Workshop for Kentucky State University Family Development & Management Associates
The Perils of Childhood Obesity for FAM 659 Early Childhood Educators
Nutrition in the Fast Lane for Jessamine County Women's Forum
Capitalizing on Fruit & Vegetable Nutrients for Kentucky State Horticultural Society and Kentucky Vegetable Growers Association Annual Meeting

2000

Where Quality Grows: Kentucky Dairy for Farm to Table Connection Conference participants
Where Quality Grows: Kentucky Fruits for Farm to Table Connection Conference participants
Food Preservation at Its Best for Kentucky State University Research Farm Third Thursday Farmers Group
Getting More from Dietary Supplements for agents during the Wildcat Way to Wellness Workshop.
Nutrition for Kids for first and second graders at Lexington Christian Academy
The Basics of Catering for Food Safety Workshop
Agriculture & Nutrition in the Netherlands for Annual Kentucky Regional Rotarians Conference
Agriculture & Nutrition in the Netherlands for Monticello, Kentucky Rotarians
Functional Foods for Fayette County Extension Workshop Food, Flowers & Fun.
Herbal Supplements: Therapeutic or Fraudulent for Bluegrass Area Kentucky Extension Homemaker Volunteers
Kentucky Favorites...The Low-fat Way for Kentucky Extension Homemakers Association Annual Meeting
Nutrition for Kids for kindergartners and first graders at Lexington Christian Academy.
Using Commodities Nutritiously and Cost Effectively for state food bank operators sponsored by God's Pantry
The Value of Kentucky Extension Programs for Louisville Area CEA

1999

Agriculture & Nutrition in the Netherlands for local Rotarians
Cooking for a Crowd for Lincoln Trail Area Field Day
Food Safety in the Home for Quicksand Area Field Day
Herbal Supplements: Therapeutic or Fraudulent program share for the Kentucky Cooperative Extension Service Annual Conference
Nutrition in the Fast Lane for Jessamine County Women's Health and Wellness Forum
Planning for Your Shopping Trip for contact agents involved with the Kentucky Food Stamp Program Nutrition Education Plan

1998

Cooking with Herbs for food service personnel of the Fayette County School Lunch Program

Food Safety and Sanitation Training for CEA for Home Economics. Presented in one area-wide meeting with informational packet complete with visuals
Nutrition for Pregnancy and Infants for Dr. Mercer's NFS 212 class
Food Safety for the Athlete for McAlpin's Runway Show
Herbal Supplements: Therapeutic or Fraudulent? for five separate conferences: the Central Baptist Hospital 55Plus Seminar; 41st Maternal & Child Health Conference; Healthy Living for Today's Woman Annual Conference; Jessamine County Women's Health & Wellness Forum; and Kentucky Nutrition Council Annual Meeting
Nutrition and Your Environment for Environmental Systems Seminar (ES 600)
Nutrition for Preschoolers for children, parents and child care workers enrolled in the Chrysalis House
Who's Minding the Food Supply? for two associations: the Rotary Club of Lexington, and the Bluegrass Retired Teachers Association

1997

Baking Safety for Lexington-Fayette Urban County Government Employee Olympics Baking Contest participants
Cooking with Kentucky Commodities: Merging Ag Project 2000 and Healthy People 2000 Through Education for CEA for Agriculture, 4-H and Home Economics at the State Extension Conference Share Session
Cooking with Kentucky Grown Foods for the Agriculture Advancement Council Summer Meeting as part of *Short Takes about Agriculture*
Current Recommendations for Home Canning, Drying and Freezing for the Kentucky State Horticulture Society and Kentucky Vegetable Growers Association Annual Meeting
Diversity in Foods Careers for middle school age children during Southern Middle School Career Day
Edible Flowers for the Kentucky State Horticulture Society and Kentucky Vegetable Growers Association Annual Meeting
Establishing a HACCP System for processors in six areas of the state
Food Safety and Sanitation Training for CEA for Home Economics; Presented in two area-wide meetings with informational packet complete with visuals for agents
Food Safety First Certification Program for CEA for Home Economics at Kentucky Extension Association Family & Consumer Sciences Annual Meeting
Food Safety Training for EFNEP Para-professionals using compressed video
HACCP Program with Dr. Benji Mikel for CEA for Home Economics at Kentucky Extension Association Family Consumer Sciences Annual Meeting
Nutrition Service Delivery Through Cooperative Extension for Dr. Hazel Forsythe's NFS 503 Community Nutrition class
Professional Development Through Kitchen Management for cooks, chefs and managers of the American Culinary Federation Bluegrass Chapter
Using Commodities Nutritiously and Cost Effectively for God's Pantry food bank operators

1996

Breckinridge County Food Safety and Sanitation Workshop for school, hospital and restaurant food service workers in Breckinridge County
Establishing a HACCP System in Hospital Facilities for registered and student dietitians of

the Bluegrass District Dietetic Association
Food Safety and Sanitation Training for CEA for Home Economics. Presented in three area-wide meetings with informational packet complete with visuals for agents to use in educating food service workers in their counties
Food Safety and Quality Task Force Accomplishments for State Extension Council members and administration
The Importance of Professional Development within Your Field for chefs and cooks of the Bluegrass Chapter of the American Culinary Federation
Lactation for Dr. Ching Chow's NFS 212 class
The Role of Food Safety in School Lunch for Fayette County school foodservice personnel

1995

Food Safety and Sanitation Training for CEA for Home Economics. Presented in six area-wide meetings with informational packet complete with visuals for agents to use in educating food service workers in their counties
Kitchen Chemistry for EFNEP Assistants with demonstrations and hands-on participation. A notebook was distributed for educating children and adults of how to use science and math skills in the kitchen

Annual Project & Workshop Responsibilities

Food and Nutrition Workshop (1995-2005) for CEA for Family & Consumer Sciences with other department members
New Agent Training in Food and Nutrition (1995-2004) for new CEA for Family & Consumer Sciences with other members of the department
Extension Notes: Kentucky Favorites the Low-fat Way with Diana Doggett (2000); *Functional Foods* with Diana Doggett (1999); *Healthy Snacks for Children* with Denise Rennekamp (1998); and *Adapting Recipes for Better Health* with Jean Baugh (1997). Wrote script and demonstration, as well as supporting materials with local agents.
Food Preservation Workshop: Canning (2005,) *Food Preservation* (2002); *Canning & Freezing* (2001); *Meat Preservation* with Dr. Benji Mikel (1999); *Canning & Freezing* with Alltrista (1997-1998); *Drying* with Deana DeLong (1996) and *Canning* (1995) for CEA for Family & Consumer Sciences.
Nutrition for Chefs and Cooks (1998, 2003), a 30-hour course developed, approved, and presented for the American Culinary Federation Bluegrass Chapter Chefs and Cooks. One of three required courses leading to chef's certification.
Sanitation for Chefs and Cooks (2002), a 30-hour course developed, approved, and presented for the American Culinary Federation Bluegrass Chapter Chefs and Cooks. One of three required courses leading to chef's certification.
The Faces of Agriculture (1997-1998), a life-size model and essay representing food scientists for the Commonwealth of Kentucky Department of Agriculture *State Annual Kentucky Nutrition Month Packet* (1996-1999) for CEA for Family & Consumer Sciences to use in their communities during National Nutrition Month. The packet consisted of articles, children's activities, posters, clip art, and book marks.
Quarterly Nutrition Newsletter (1995-1997) with other members of the department for CEA

for Family & Consumer Sciences. This 12-page newsletter consisted of articles to keep CEA up-to-date about nutrition and food safety issues.

Health & Safety Task Force Workshop: Women's Health Issues (1995); Cancer in the Community (1996); Community Safety for Kids (1997) with collaborating agencies for CEA for Family & Consumer Sciences and 4-H.

Food Safety & Quality Task Force Workshop (1995-1997) for with collaborating agencies.

SERVICE & RECOGNITION

Awards and Honors

2005 Wethington Award awarded in recognition of success in contributing to the University's excellence by obtaining competitive and prestigious extramural funding by the University of Kentucky.

2004 Faculty Futures Award presented by the University of Kentucky to recognize excellence as a university faculty member.

2004 Wethington Award awarded in recognition of success in contributing to the University's excellence by obtaining competitive and prestigious extramural funding by the University of Kentucky.

2000 Outstanding Project Award presented by the Association of Kentucky Extension Specialist in recognition of excellence in Extension programming. Wildcat Way to Wellness™ is a multidisciplinary project.

2000 Gamma Sigma Delta Membership. Nominated and inducted to The Honor Society of Agriculture in recognition of high scholarship, outstanding achievement, and service.

1999 Rotary International Foundation Educational Award presented by Rotary International and Kentucky District #6740. This group study exchange was the result of a lengthy nomination and interview process, with hefty competition. The five professionals on the team were led by a Rotarian. The expense paid trip to the Netherlands for five weeks was to promote vocational study, leadership development, and international understanding through personal and professional exchange. We stayed with host families, but toured the entire country, meeting with diverse groups of people. It was a life changing experience for me, both personally and professionally.

1999 Outstanding New Specialist Award presented by the Association of Kentucky Extension Specialists in recognition of excellence in Extension programming; and for university, state, regional, and national leadership; and professional society contributions. This is special because I was nominated and chosen by colleagues from across the state.

1998 First Place Packaged Program Award presented by the National Extension Association of Family and Consumer Sciences for *Food Safety First*, with Mammoth Cave Area Cooperative Extension Agents for Family and Consumer Sciences. This program has made a difference in the quality of food served in a seven county area.

1993 Kentucky Restaurant Association Scholarship presented in recognition of leadership in the field of food science.

1991 Young Women of America ~ peer nominated award for women under 35 who has made significant contributions in their field.

1988 Chef of the Year presented by the American Culinary Federation Bluegrass Chapter to a chef in the state of Kentucky who exemplifies the culinary code of excellence.

1986 Teacher of the Year presented by the Kentucky Department of Vocational Education, Region 15 for excellence in teaching.

1985 Methods of Instruction State Teacher of the Year presented by the Kentucky Department of Vocational Education for incorporating innovative teaching techniques in the traditional classroom.

1982 Sparkplug Award presented by Long John Silvers Seafood Shoppe, Bluegrass District to a manager who used creative management skills to improve sales and customer relations.

International, National & Local Outreach

These selected activities are just a few that show outreach beyond Extension's usual audience, reaching a more diverse group.

"Pyramid Scheme" with Don Kardong. *Runners World*, July 2002. (Circulation 700,000)

"How can I counter junk food marketing?" with Leah Ingram. ParentCenter.com <http://www.parentcenter.com/expert/p28831.html>. January 2001.

"Should the whole family eat the same thing for dinner?" with Leah Ingram. ParentCenter.com <http://www.parentcenter.com/expert/p28831.html>. January 2001.

"What should I do if my child wants to eat all time?" with Leah Ingram. ParentCenter.com <http://www.parentcenter.com/expert/p28831.html>. January 2001.

"Soybeans are Important to a Healthful Diet" with Ellen Brightwell. *The mAGazine*, Fall 1999. (Circulation 17,500)

"Energy Foods" with Jodie Gould. *Woman's Day*, June 1999. (Circulation >4,600,000)

"Vitamin Megadoses" with Liza Asher. *Fitness Magazine*, May 1999. (Circulation 700,000)

"How Sweet It Is" with Nancy Ross-Flanigan. OnHealth, <http://www.onhealth.com>, October 1998.

"What Makes Yeast Rise?" with Bob Hirshon. American Association for the Advancement of Science, <http://www2.scienceupdate.com>. August 24, 1998.

"Less Stress, More Joy...Simplifying the Holidays" with Anne Reeks. *Parenting*, December 1998, pp. 184-188. (Circulation >1,500,000)

"Worst Things to Put in Your Mouth" with Maureen SanGiorgio. *Men's Health*, December 1998. (Circulation > 1,200,000)

"Tall Tales From the Table" with Bill Gottlieb. *Health*, July/August 1998, pp 82-85. (Circulation >900,000)

"How to Protect Your Family Now" with Gurney Williams, III. *Parenting*, April 1998, pp 98-105. (Circulation >1,500,000)

"Smart Snacking" in *Kentucky Living*, May 1998, p 11. (Circulation 408,000)

Invited Committees, Elected Positions & Offices Held

National Committees

Society of Nutrition Education Abstract Reviewer for Food Safety & Children's Nutrition (2000-2006)
Advisor to University of Rochester Medical Center Veterinary Research Facility (2004)
U.S.D.A. Food Safety Mobile (2003)
Society of Nutrition Education Annual Pre-Conference Committee (2001)
Federal Trade Commission North American Healthcare Internet Surf Day (1997 - 1998)
United States National Commission for World Food Day, Study Action Packet Advisory Committee (1998)
Thought for Food Safety Newsletter, Phoenix, Arizona Reviewer (1998)

State Task Force & Committees

Food Manager Certification Sub Committee (2005)
Food Security and Safety Task Force (2005)
Kentucky Department of Health Farmers Market Training Committee (2002-2006)
Kentucky Association for Family & Consumer Sciences Research Proposal Reviewer (2001)
Kentucky Department of Agriculture Commissioner's Food Safety Task Force (1998-2001)
Kentucky Beef Council (1999-2006)
Regulation Development Team, Kentucky House Bill 391 (2003)
Spalding University PhD Advisory Committee for Dotty Heady's Dissertation: "HACCP as an Educational Tool for Commercial Food Service" (1998)

University Task Force & Committees

Department of Nutrition & Food Science Review Committee (2006)
Super Star Chef Program Logic Model (2006)
Farmers Market Program Logic Model Committee (2006)
FCS Publications Committee (2006)
FCS Newsletter Committee (2006)
4-H Foods Curriculum Committee (2005-2006)
Tava Buckner, Summer Extension Intern (2005)
Gamma Sigma Delta; Family & Consumer Sciences Rep (2005)
Food Engineering Search Committee (2004-2005)
FCS Assistant Director & HES Director Search Committee (2004-2005)
External IT Review Committee (2004)
Academic Scholarship Reviewer, Incoming Freshmen (2003-2004)
4-H Youth Development State Senior Scholarship Reviewer (2004)
Food Systems Innovation Center (2004)
Family and Consumer Sciences Assistant Director Search Committee (2004)
UK Beef IRM Consumer Focus Committee (2004)
Dairy Club's American Dairy Science Association Meeting Judge (2004)
Pui Fung Katrina Chim, Undergraduate Committee (2004)
Associate Member, Graduate Faculty for the Hospitality and Dietetics Administration Program (2003-2007)
Casey Harp, MS Nutritional Sciences Thesis Committee Co-Chair (2003-2004)

Barnhardt Fund for Excellence Committee (2003-2005)
 College of Human Environmental Sciences Program Development Committee (2003-2005)
 Wing Ya Yeung, Faculty Volunteer Supervisor (2003)
 Health and Safety Task Force (1995-1999) Co-Chair (1999-2000)
 EFNEP (1999-2000)
 CES Government Performance and Results Act (GPRA) Food Safety Indicators Chair
 (1998-2000)
 College of Human Environmental Sciences Department of Nutrition & Food Science Self
 Study (1999)
 CES Nutrition, Health and Disease Prevention (1999)
 Food Safety and Quality Task Force (1995-1998)
 Assistant Director for Home Economics Extension Search (1998)
 CES Family Issues Contact Specialist (1998)

Community Committees

Lexington Rotary Club Group Study Exchange Chair (2004-2007)
 Lexington Christian Academy Curriculum Committee (2001-2003)
 Lexington Christian Academy Intermediate Science Fair Judge (2004-2006)
Lexington Herald Leader Newspaper Food Safety & Nutrition Advisor (1995-2003)
 Lexington Christian Academy Pre-School Advisor (1996 - 1999)
 American Culinary Federation Bluegrass Chapter of Chefs & Cooks Certification Chair
 (1995 - 1998)
 His Majesty's Learning Center Food Safety Advisor (1995 - 1997)

PROFESSIONAL DEVELOPMENT

I am a member and participate in local, regional, and national meetings of the *American Dietetic Association; Society for Nutrition Education; American Culinary Federation; American Kentucky Association of Extension Specialists; & Gamma Sigma Delta*. Keeping up with current literature is also a priority. Presenting, networking, and attending educational workshops allow me professional growth within my field and offers continuing education units for Registered and Licensed Dietitian, and Certified Culinary Educator.

October 2005 – present	Personalized Spanish Classes
November 2005	Survival Spanish for Foodservice & Dietetics Professionals, CDR Distance Learning
June 2005	Healthy Immune Systems, Continuing Professional Education
April 2005	Leader of the Pack, Kentucky Dietetic Association, Louisville, KY
March 2005	Adult Weight Management Certification Program, Chicago, Illinois
November 2004	Processing Equipment Expo, Chicago Illinois
October 2004	Living Leadership: Delivering Results the Right Way, Lexington, KY
July 2004	Society for Nutrition Education Annual Conference – Salt Lake City UT
June 2004	Postharvest Technology Short Course, University of California,

Davis, CA

May 2004 Kentucky Food Workshop, Kentucky Dietetic Association, Lexington, KY

March 2004 Basic Training: A Guide to Starting Your Own Food Business, Oklahoma State University, Stillwater, OK

February 2004 Creating Chemistry for ADVANCEment: A Discussion Luncheon meeting of UK President's Commission on Women, Lexington, KY

January 2004 Kentucky State Horticultural Society Annual Meeting, Princeton, KY

May 2003 Certified Culinary Educator Recertification, American Culinary Federation

April 2003 Better Process Control School, Purdue University, IN

1993 - Present Bluegrass District Dietetic Association, Lexington, KY - monthly meetings occasionally

1986 - present American Culinary Federation Bluegrass Chapter of Chefs & Cooks, Lexington, KY - monthly meetings regularly

December 2002 NIEHS Superfund Basic Research Program Annual Meeting – Sedona, AZ

July 2002 Society for Nutrition Education Annual Meeting – Minneapolis, MN

December 2001 NIEHS Superfund Basic Research Program Annual Meeting – Gainesville, FL

October 2001 American Dietetic Association – St. Louis, MO

September 2000 Regional FDA Food Protection Summit - Louisville, KY

July 2000 Society for Nutrition Education Annual Meeting - Charleston, SC

April 2000 International PCB Conference - Lexington, KY

July 1999 Society for Nutrition Education Annual Meeting - Baltimore, MD

January 1999 Microsoft PowerPoint 97 Quick Start Training, Lexington, KY

October 1998 41st Annual Children's Health Conference - Louisville, KY

October 1998 American Dietetic Association Annual Meeting - Kansas City, MO

March 1998 National Cattleman's Association - Lexington, KY

October 1997 American Dietetic Association Annual Meeting - Boston, MA

July 1997 National Association Farmers Market Nutrition Program - New Orleans, LA

March 1997 International Conference on Agriculture Production and Nutrition - Boston, MA

October 1996 American Dietetic Association Annual Meeting - San Antonio, TX

October 1996 International Conference on New Development in Refrigeration for Food Safety and Quality - Lexington, KY

May 1996 Southeast Regional American Culinary Federation Conference- Nashville, TN