

2023 KAFCE EDUCATION PROGRAM GUIDE

Theme: "Support the Future with FCE"

Accomplishment Report: FCE / County Council / Independent

None of FCE's Accomplishment Reports may use the same lesson as the County Council Accomplishment Report or of the Community Service Award.

The FCE Unit, County Council, or Independent Member may decide to have their Accomplishment Report:

- A. **Judged** for an award of one current educational lesson, completing page 1 and 2.
- B. **NOT Judged** for an award, *but submits the Tabulated Data, page 1.*

County Council Accomplishment Report: All the FCE Units and Independent Members of a COUNTY develop an educational program of one current lesson and record the goals, planning, actions, and volunteer hours in the County FCE Council Secretary minutes.

Independent Accomplishment Report: An Independent Member submits their recorded educational program related volunteer hours and other data. They may or may not enter for an award.

Tabulated Data:

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.

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.

Volunteer hours of educational program lessons should be recorded in the FCE's or County Council's secretary's minutes. Should include the time of leadership training, preparing and researching lesson materials, presentations and attending on educational programs and actions. Refer to Volunteer Handout for further clarification.

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

KAFCE Educational Program Awards Categories:

EDUCATION: The sharing of information or instruction to members, non-members and other groups using the current program year's lessons to further a learning experience of a topic.

LEADERSHIP: Guiding a current program year's lesson from initial presentation to the end, using training methods that empower students 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.

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

COMMUNITY SERVICE PROJECT:

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

REPORTING FORMS DUE DATES

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

Due by January 1: **County EPC will:** Judge FCE reports in each category; Complete County Council Accomplishment Report and Community Service Project, Summary of Award Winners Form, Presentation Tabulated Data Report, 100% reporting by County and send ALL forms to AREA EPC: (term expires May 31, 2024)

NE: Cheryl Anne Reves, 22300 Spring Creek Rd, Frankfort 66427-8975; C (785)-562-7524

NW Diane Hrabe, 1004 SW 8th St, Plainville 67663-3104; (785)-737-3939

SC: Lory Fisher, PO Box 884, Moundridge, 67107-0884; (620)-794-6125

SE: Mary Dunn, 2320 Florida Rd, Humboldt, 66748-1091;H (620)473-3521

SW: Leanna Adams, 2113 N. C St., Garden City 67846-2901; (785)-443-0688

Due by February 1: **Area EPC will:** judge FCE & County Council winners in each category.

Complete Summary of Award Winners Form, Presentation Tabulated Data Report & 100% Reporting by Area. Forwards ALL forms to: State EPC Chair (term expires December 31, 2024)

State EPC Chair: Jennine Marrone, 602 Villa Dr Pittsburg, 66762-3581; (620) 231-8942

Due by March 1: **State EPC** chooses winners for FCE, County Council and Independent Member Accomplishment Report in each category and for Community Service Project submitted by FCE unit, County Council and Independent Members. Report winners to appropriate officers and submit reports to NAFCE.

KAFCE EDUCATIONAL PROGRAM LESSONS

“Blueberry” Written by Cindy Kiser, KAFCE State EPC. Be intrigued by the history, fun facts, health benefits and mouth-watering recipes of this powerful berry.

- **Educational Goals** Participants should be able to identify blueberries as member of the fruit food group. Access how one will benefit including blueberries in our diets. Understand where/how blueberries are grown. Appreciate the selection, storage and preparation of blueberries. Plan healthy meals and snacks that incorporate blueberries.
- **Community Activities:** Publish news articles. Make a display. Hold informative meetings in the community. Volunteer to talk with people such as classrooms, 4-H groups, church youth groups, or seniors groups. Develop radio or TV spots to inform

the public. Reach out through social media, such as Facebook, TikTok or Tweet your message. Post a YouTube video preparing a blueberry dish. Utilize blogs. Make a brochure. Network the message.

“Character Counts! - Caring” NAFCE Essay and Artwork Contest, and lesson. Leader Guides include the NAFCE booklet and a supplement written by Jennine Marrone, KAFCE State EPC.

- **Educational Goals:** Learn what Caring means. Learn caring activities.
- **Community Activities:** Present this lesson to fourth grade students at public, private or home school, public library, church or after school programs. Sponsor NAFCE Essay and Art contest. Present lesson to other youth or adult groups. Create a display about caring. Do some caring activities: take treats to a neighbor

“Container Gardening” written by Tina Bailey, KAFCE State EPC. Are you ready for fresh fruits and vegetables from the garden? As we get older the work of tilling, planting and hoeing is getting harder to do. There is an alternative solution, Container Gardening. This type of gardening puts your garden right at your fingertips and outside on your patio or porch.

- **Educational Goals:** Ideas for an easier way to grow a garden. Learn how to prepare containers for planting. Ideas on how to plant the containers.
- **Community Activities:** This could be a community project, especially if you live in an apartment living complex. You can make a display for the fair or local farmers market. Plan a trip with friends to your local greenhouse to choose the plants or start your own little greenhouse to grow the plants.

“Grandparents Raising Grandchildren” written by Jennine Marrone, with NAFCE’S Hearth Fire # 63 of same name. Although it is never the ideal situation, some grandparents find they need to raise their grandchildren. Sometimes it is short term until the parents will be in the position to care for them again. Sometimes it is due to financial circumstances, sometimes unsafe conditions, whatever the reason more grandparents than ever are stepping up to the plate.

- **Educational Goals:** Identify and understand the problems of Grandparents Raising Grandchildren. Look at the numbers and reasons for Grandparents Raising Grandchildren. Know how to find numbers and resources for Kansas.
- **Community Activities:** Check with your area Foster Care organization to see where they need help. Look for private groups who help Foster Care to see what you can do. Check with children’s Service League for volunteer possibilities.

“What is on Your Device” written by Faye Spencer, KAFCE Vice President. We have come a long way from smoke signals, carrier pigeons, yodeling, and flag signals to sleek smartphones or other electronic devices. Feel like the younger generation is speaking a different language? Want to catch up?

- **Educational Goals:** Participants will become informed about social media and decide which platform to use. Participants will become familiar with smartphone or electronic device terminology, time lines, news feed, status updates, privacy settings.
- **Community Awareness:** Invite non-members to a discussion of social media. Conduct informative classes to learn how to use smartphones.

K-STATE FAMILY CONSUMER SCIENCE LESSONS:

“Healthy Body, Healthy Brain” Sharolyn Jackson, Reg. Extension Specialist / Lori Wuellner, Extension Agent;

Fact Sheet MF3602 <https://www.bookstore.ksre.ksu.edu/pubs/MF3602.pdf>

Leader Guide MF3603 <https://www.bookstore.ksre.ksu.edu/pubs/MF3603.pdf>

- This lesson will explore how healthful lifestyle habits benefit the body AND your brain.
- **Educational Goals** As a result of participating in this educational program, the learner will be able to:
 - Describe risk factors that can contribute to reduced brain and body function.
 - Identify steps to take to support a healthy digestive system and improve gut bacteria.
 - Recognize the health benefits related to the MIND Diet and regular physical activity.Understand health improvements possible from small changes in lifestyle behaviors such as getting more sleep and managing stress.

“Men’s Health, Arthritis: Four Common Conditions” Holly Miner, Extension Agent / Londa Nwadike, Food Safety Specialist / Bradley Dirks, Associate Director for Physician’s Assistant Program / Tandy Rundus, Extension Nutrition Program Specialist.

Fact Sheet MF 3604. <https://www.bookstore.ksre.ksu.edu/pubs/MF3604.pdf>

Leader Guide MF 3605. <https://www.bookstore.ksre.ksu.edu/pubs/MF3605.pdf>

- This lesson will provide practical information to help men understand and defend against various types of arthritis.
- **Educational Goals:** By the end of this program, participants should be able to:
 1. Describe health conditions that commonly affect men.
 2. Make food choices that will help men resist specific diseases and live a healthier lifestyle.
 3. Discuss behaviors besides eating habits that men can adopt to improve their health and quality of life while helping to reduce symptoms of arthritis.
 4. Understand and participate in early detection testing and various healthcare checkups.

“Men’s Health, Cancer: Early Detection and Screening” Holly Miner, Extension Agent / Londa Nwadike, Food Safety Specialist / Bradley Dirks, Associate Director for Physician’s Assistant Program / Tandy Rundus, Extension Nutrition Program Specialist.

Fact Sheet MF3598 <https://www.bookstore.ksre.ksu.edu/pubs/MF3598.pdf>

Leader Guide MF3599 <https://www.bookstore.ksre.ksu.edu/pubs/MF3599.pdf>

- This lesson will provide practical advice to help men defend against three types of cancer: prostate, colorectal, and testicular. It will include a description of each cancer, risk factors and symptoms associated with each type of cancer, techniques to reduce risk, and tests for early cancer detection.
- **Educational Goals:** By the end of this program, participants should be able to:
 1. Describe health conditions that commonly affect men.
 2. Make food choices that will help men resist specific diseases and live a healthier lifestyle.
 3. Discuss behaviors besides eating habits that men can adopt to improve their health and quality of life.
 4. Understand and participate in early detection testing and various healthcare checkups.