

# Sustainable Service Learning: Lessons learned from five years of successful partnership

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"Tell me and I forget. Teach me and I remember. Involve me and I learn."

*Benjamin Franklin*

# Service Learning (SL)

- Well-recognized form of experiential learning in higher education that emphasizes relating a community service activity to course or program learning outcomes through a **mutually-beneficial activity** and **student reflection opportunities** (*Anderson, 2011*).

## Benefits of SL (*Ross, 2012*):

- Promotes student engagement.
- Improves critical thinking skills.
- Fosters communication and teamwork.
- Enhances academic curriculum.



Sounds great, BUT.....

# DHN 304: Experimental Foods

- 550+ dietetics/human nutrition students and 11 faculty
- Required course for Dietetics & Human Nutrition students
  - 48-60 student per semester (all in one lecture with two or three lab sections)
- Chemical and physical properties of food and the changes resulting from processing and preparation. *Experimental study of variations in ingredients and preparation methods on food quality.* Design, execute and report on an independent research project.



# *Plate It Up! Kentucky Proud*

## GOALS:

- Increase consumer purchase and preparation of Kentucky grown produce.
- Improve health of Kentuckians by increasing consumption of fruits & veggies in healthy recipes.
- Copyrighted recipes for Cooperative Extension agents.



# PIUKP Recipe Cards



## Watermelon Tomato Salad

**5 cups** seeded watermelon cubes (¾ inch)  
**3 cups** of cubed tomatoes (¾ inch)  
**¼ teaspoon** salt  
**1** small red onion, quartered and thinly sliced

**¼ cup** red wine vinegar  
**2 tablespoons** extra virgin olive oil  
**1 teaspoon** black pepper  
**6** lettuce leaves

**Directions:** Combine watermelon and tomatoes in a large bowl. Sprinkle with salt; toss to coat. Let stand 15 minutes. Stir in onion, vinegar, and oil. Cover and chill 2 hours. Serve chilled on lettuce leaves, if desired.

Sprinkle with cracked black pepper to taste.  
**Yield:** Makes 6, 1½ cup servings  
**Nutritional Analysis:** 100 calories, 5 g fat, 2 g protein, 18 g carbohydrate, 0 mg cholesterol, 105 mg sodium.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## Kentucky Watermelon

**SEASON:** July to September.

**NUTRITION FACTS:** Watermelons are low in calories (92 calories for one two-thirds cup serving) and very nutritious. They are high in lycopene, a powerful antioxidant. They are also high in vitamin C, vitamin A, and potassium.

**SELECTION:** Choose melons with a well-rounded shape and smooth surface. The underside should be creamy yellow. The flesh should be deep red with mature, dark seeds. Also look for yellow-fleshed and seedless melons.

**STORAGE:** Cut melon should be stored in the

refrigerator and covered with plastic for two to three days. Uncut melon will keep in a cool place for up to two weeks.

**PREPARATION:** Melons should be washed with soap and water before cutting. The flavor of a watermelon is best when served cold and raw.

### WATERMELON

Kentucky Proud Project  
County Extension Agents for Family and Consumer Science  
University of Kentucky, Nutrition and Food Science students, fall 2009  
May 2010

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/ucs](http://www.ca.uky.edu/ucs).



*Professionally designed by internal graphic artist and printed locally.*



# Project Partners



- DHN 304 students and faculty
- DHN graduate research assistant (funded through grant)
- FCS Extension agents and administrators
- Kentucky Department of Agriculture



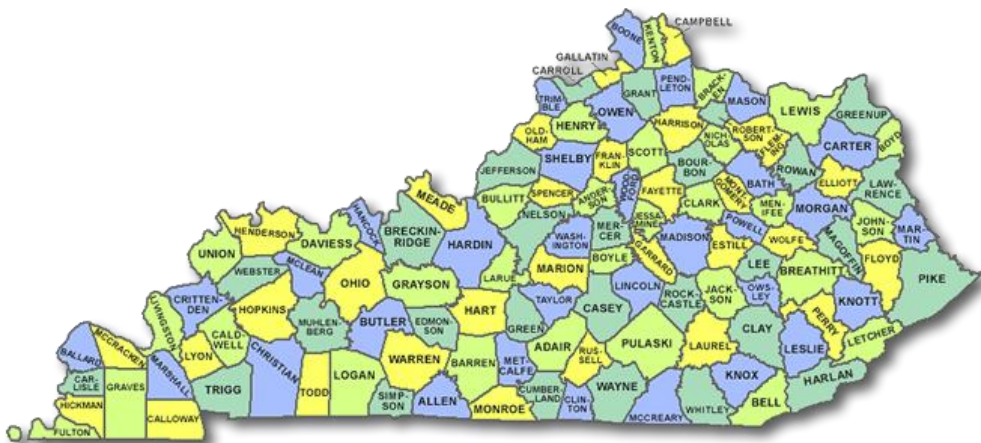
# Students

- Work with lab partner
- Each group modifies one recipe selected from list provided by agents
- Test original and modified recipes over the course of four weeks
- Taste testing panel coordinated by UK Food Innovation Center
- Multiple assignments related to the project



# FCS Extension Agents

- FCS Extension agents located in each of the 120 counties in the state.
- Agents provide recipes to modify, participate in the recipe testing, re-test recipes, develop media scripts, present PIUKP programming, and support project research efforts.



# Kentucky Department of Agriculture

- Grant support through KDA/USDA
- Marketing support – Incredible Food Show, Kentucky State Fair, Kentucky Proud Legislators Day
- Online marketing and distribution of recipes



# *PIUKP* Accomplishments

- 206 healthy recipes using locally grown fruits and vegetables have been developed
- 60 of these recipes have been fully developed as professional printed recipe cards
- Over one million recipe cards distributed throughout Kentucky
- Project has received multiple national awards



# Sustainable Service Learning

## Sustainable service learning projects...

1. Are student-driven
2. Engage a strong community partner with a shared vision, goals, and understanding of higher education
3. Are best supported by sustained grant funding
4. Incorporate a research component
5. Evolve based on faculty, student, and community partner feedback.

# Sustainable SL projects are **STUDENT DRIVEN**

- Project relates directly back to student learning outcomes.
- Decisions related to the future of the project must benefit the students.

## Why this can be hard!

- As project has evolved, expectations of students in recipe development are greater. But, these are always **NEW** students in the course.



# Sustainable SL projects **ENGAGE A STRONG COMMUNITY PARTNER WITH A SHARED VISION, GOALS, AND UNDERSTANDING OF HIGHER EDUCATION**

Land Grant Institutions have a shared mission of:

1. Teaching
2. Research
3. Outreach (**Cooperative Extension**)



# Partnering with Cooperative Extension



- FCS Extension agents have a unique understanding of the University.
- Agents interested in educating the public, so natural interest in educating students as well.





# Sustainable SL projects are **BEST SUPPORTED BY SUSTAINED GRANT FUNDING**

- Specialty Crop Block Grant Program – Kentucky Department of Agriculture/USDA
- Approximately \$250,000 in grant funding over past five years (~ \$50,000/year).
  - Majority of funding goes towards recipe card printing and graduate students support.

# Sustainable SL projects **INCORPORATE** **A RESEARCH COMPONENT**



- Grant funds a graduate RA.
  - Thesis project
  - Multiple published articles
- Undergraduate students earn course credit for assisting in research related to the project.

# Sustainable SL projects **EVOLVE BASED** **ON FACULTY, STUDENT, AND** **COMMUNITY PARTNER FEEDBACK**

- Student and agent surveys
  - **Stephenson TJ**, Stephenson L, and Mayes L. Engaging students in service learning through collaboration with Extension: A recipe for success with community partners. *2012 Journal of the North American Association of Colleges and Teachers of Agriculture* 56(4):78-84.
- PIUKP Administrative Committee
- PIUKP Steering Committee (FCS Extension agents, faculty involved with the project)
- Attending meetings such as District Director's Meeting for UK Extension.



# PIUKP and Social Media



The image shows a screenshot of a Facebook page for "Plate It Up Kentucky Proud". The page features a vibrant background of fresh produce including corn, bell peppers, tomatoes, and strawberries. In the top right corner, the text reads "COOPERATIVE EXTENSION SERVICE" and "UK UNIVERSITY OF KENTUCKY College of Agriculture, Food and Environment". The page name "Plate It Up Kentucky Proud" is prominently displayed in the center, with "Education" listed below it. On the left, there is a circular logo with the text "Plate it up!" and "Kentucky Proud". Below the page name, there are buttons for "Liked", "Following", and "Message". The navigation menu includes "Timeline", "About", "Photos", "Likes", and "Notes". At the bottom, there is a "PEOPLE" section showing "730 likes" and a "Post" section with the prompt "Write something on this Page..."

COOPERATIVE  
EXTENSION  
SERVICE

**UK**  
UNIVERSITY OF  
KENTUCKY<sup>®</sup>  
College of Agriculture,  
Food and Environment

**Plate it up!**  
Kentucky Proud

**Plate It Up Kentucky Proud**  
Education

Liked Following Message

Timeline About Photos Likes Notes

PEOPLE >

730 likes

Post

Write something on this Page...



# Agents Promoting *PIUKP*



**Russell County Farmers' Market**  
**Tuesdays, Fridays & Saturdays**  
**8:00 a.m.**

**Plate It Up! Kentucky Proud**  
Food Demos, Samples & Incentives  
Each Friday, Mid-June to September

**1.2 Miles Turn Right on Lakeway Drive - HWY 430**

A wooden trailer with the word 'FAIRWAY' written on its side is shown from a low angle, carrying a large crate of fresh produce. The crate is overflowing with various fruits and vegetables, including corn, tomatoes, leafy greens, and citrus. The background is a clear blue sky.

# Students Promoting *PIUKP*



# Students Promoting *PIUKP*



MarCat – On  
campus  
farmers  
market

# Students Promoting *PIUKP*



NCUR 2014



*Plate it up!*

Whether it's spring, summer, fall or winter, you can Plate It Up with delicious recipes that put a new twist on your favorite Kentucky Proud foods!

Visit  
[kyproud.com/recipes](http://kyproud.com/recipes)  
or your local Cooperative Extension Service

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KENTUCKY  
College of Agriculture

QUESTIONS?  
COMMENTS?



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