

THE
CAMPUS KITCHEN SM
at the **UNIVERSITY**
of **KENTUCKY**



An affiliate of The Campus Kitchens Project®

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student-powered hunger relief



Mission of CKUK

- **Strengthen Bodies** by using existing resources to meet hunger and nutritional needs in our community;
- **Empower Minds** by providing leadership and service learning opportunities to students, and educational benefits to adults, seniors, children and families in need; and
- **Build Communities** by fostering a new generation of community-minded adults through resourceful and mutually beneficial partnerships among students, social service agencies, businesses and schools.

Together, We Recover!



“It is incredible to see how much food would have been thrown in the trash.”
– CKUK Volunteer

Together, We Cook!



“It is fun to turn random ingredients into a wonderful meal that serves the Lexington community!”

– CKUK Volunteer

Together, We Deliver!



“There is no greater gift,
than the gift of a hot meal.”
– CKUK Meal Recipient

2014-2015 Statistics

- 355 volunteers dedicated 1685 hours
- Recovered 2190 lbs of prepared food from UK Dining
- Received 867 lbs of donated food
- Gleaned 200 lbs of fresh produce (just now starting for this summer)
- Served 2555 meals
 - On average, CKUK served 100 individual meals a week
- Reached over 1,500 children, adults, and older adults that are experiencing food insecurity, isolation, hunger, and/or homelessness through

Collaboration with UK Horticulture Farm



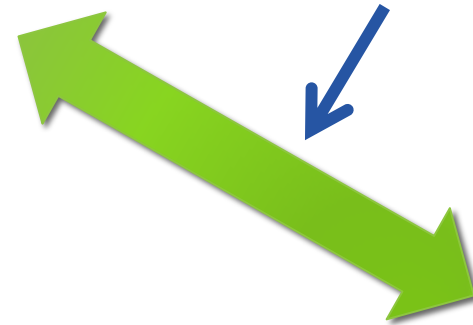
Gleaning

- Gathering (harvesting/pickup up what has already been harvested) produce that cannot be sold but is otherwise edible



FARM

CKUK



AGENCY



Pumpkin Apple Muffins

1¼ cups all-purpose flour
 1¼ cups whole-wheat flour
 1¼ teaspoons baking soda
 ½ teaspoon salt
 1½ teaspoons ground cinnamon

½ teaspoon ground ginger
 ½ teaspoon ground nutmeg
 1¼ cups honey
 2 large eggs

1½ cups fresh pureed pumpkin
 ½ cup canola oil
 2 cups Granny Smith apples, finely chopped

Preheat oven to 325 degrees F. In a large bowl, **combine** flours, baking soda, salt and spices. In a small bowl, **combine** honey, eggs, pumpkin and oil; **stir** into dry ingredients just until moistened. **Fold** in apples. **Fill** greased or paper lined muffin cups, two-thirds full. **Bake** for 25 to 30 minutes or until muffins test done. **Cool** for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by ¼ teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrate, 2 g fiber, 20 g sugar, 3 g protein



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



Feedback from volunteers

- “Being involved in CKUK means teaching everyone involved about food waste, nutrition, and cooking creatively. My goals at the end of each cooking shift are that our clients receive full, nutritious meals that fully utilize the food that we recover and that our volunteers have learned something new.” – Connor VanMeter (Ag Biotech)
- "Campus Kitchens has not only given me the opportunity to serve others, but also has shaped an invaluable skill of effectively leading others in service." – Ash Thenappan (Biology/Pre-Med)

Feedback from those we serve

- “I am now able to eat more fresh fruits and vegetables. This program changed my life.”
- "I really appreciate the time spent with the students and most all times the food gave me ideas for my meals”
- “This is very educational in many ways and showed me how to eat healthy in different ways.”
- “I now eat better and made new friends.”
- “This helped me when I didn’t have enough.”

Together, We Can!



Food Waste & Hunger Summit



Please contact for more information

- The Campus Kitchens Project
 - www.campuskitchens.org
- The Campus Kitchen at the University of Kentucky
 - Tammy Stephenson, PhD
 - CKUK Faculty Advisor (how to get started, administrative questions, legal questions, funding-grants available)
 - Tammy.Stephenson@uky.edu
 - 859-257-2353
 - Amanda Hege, RD, LD
 - CKUK Staff Support (AMAZING! Runs the show!)
 - Amanda.Hege@uky.edu
 - 859-218-4912