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.
**Watermelon Tomato Salad**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watermelon cubes</td>
<td>5 cups</td>
</tr>
<tr>
<td>Tomato cubes</td>
<td>3 cups</td>
</tr>
<tr>
<td>Salt</td>
<td>¼ teaspoon</td>
</tr>
<tr>
<td>Red onion</td>
<td>1 small, quartered and thinly sliced</td>
</tr>
<tr>
<td>Red wine vinegar</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Olive oil</td>
<td>2 tablespoons</td>
</tr>
<tr>
<td>Black pepper</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>Lettuce</td>
<td>6 leaves</td>
</tr>
</tbody>
</table>

**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.

**Nutritional Analysis:**
- **Calories:** 100
- **Fat (g):** 5
- **Protein (g):** 2
- **Carbohydrate (g):** 18
- **Cholesterol (mg):** 0
- **Sodium (mg):** 105

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**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.

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

**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.

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

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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

- 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
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
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 kyprond.com/recipes or your local Cooperative Extension Service

QUESTIONS?
COMMENTS?
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