

**Sandra Bastin, PhD, RD, LD, CCE**

203A Funkhouser Building  
University of Kentucky

**Chair/Extension Professor**

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## **ACADEMIC WORK EXPERIENCE**

### **Chair, Department of Dietetics and Human Nutrition, University of Kentucky.**

Chair Appointment July 1, 2013; Interim Chair Appointment September 1, 2011  
My mission as chair is to provide leadership by empowering faculty to provide innovative student learning experiences, research and scholarly opportunities and Extension programming and outreach, while maximizing resources and collaborative capacity with internal and external stakeholders.

- ◆ Provide FIRST leadership (based on core values of Focus, Innovation, Respect, Success and Teamwork)
- ◆ Motivate faculty to enhance personal performance, teach effectively, increase scholarship and increase service
- ◆ Provide meaningful faculty evaluation and feedback
- ◆ Create a supportive communication climate, including positive collegiality
- ◆ Manage conflict
- ◆ Develop personal survival skills, including time and stress management
- ◆ Maintain ACEND accreditation while growing our DPD, DI and CP programs
- ◆ Enhance undergraduate and graduate academic coursework
- ◆ Support a student-centered environment
- ◆ Support fiscal responsibility within department, school, college and university framework
- ◆ Fundraise for scholarships, equipment and student travel
- ◆ Provide national expertise for grant panels, top-tier journal reviews, eXtension and NIFA Planning

### **Professor/Extension Food and Nutrition Specialist, Cooperative Extension Service, University of Kentucky.**

Full Professor Appointment July 2010; Associate 2002; Assistant 1995

- ◆ Leadership
- ◆ Technical expertise
- ◆ Program development
- ◆ Social science research
- ◆ Grant writing support
- ◆ Quantity food production
- ◆ Nutrition, diet and health
- ◆ Food systems
- ◆ Food safety and food preservation
- ◆ Value-added product development
- ◆ Farmers market entrepreneurship
- ◆ Active graduate faculty

**Part-time Instructor, University of Kentucky. 1992-93**

**Part-time Instructor, Transylvania University. 1992-93**

**Visiting Professor of Didactic Program in Dietetics, Eastern Kentucky University. 1990-92**

**Culinary Arts Instructor, Kentucky Tech at Central Campus. 1983-89**

- ◆ Designed programs of instruction, including curriculum development
  - ACF Certified Cook
  - Diet Technician
  - Caterer
  - Foodservice Manager
- ◆ Provided quality student education, experiential learning and evaluation
- ◆ Provided job placement with community partners
- ◆ Fundraised for scholarships, equipment and student travel
- ◆ Faculty advisor for Vocational Industrial Clubs of America (VICA)
- ◆ Managed food preparation and service for 400 faculty, staff and students

## **PROFESSIONAL WORK EXPERIENCE**

**Small Business Owner and Operator, Café on Main. 1989-92**

Oversaw day-to-day operations of a full-service restaurant with six employees.

- ◆ Strategic planning
- ◆ Budgeting
- ◆ Decision making
- ◆ Problem solving
- ◆ Cost controls, including procurement, inventory, food and labor
- ◆ Communication with employees and patrons
- ◆ Employee selection, training, supervision, scheduling, promotion and evaluation
- ◆ Marketing
- ◆ Organization
- ◆ Teamwork
- ◆ Delegation
- ◆ Accountability
- ◆ Law compliance
- ◆ Management

**Small Business Owner and Operator, Creative Catering. 1986-92**

Responsible for all aspects of operating a catering business of twelve employees, specializing in wedding cakes and receptions, buffets and sit-down meals

**Manager, Long John Silvers Seafood Shoppes. 1980-83**

Accountable for all aspects of management operations, including personnel, accounting, technology, customer service, quality control, food production and employee training

**Foodservice Supervisor, Tates Creek Personal and Intermediate Care Home. 1980-81**

Responsible for the preparation and service of regular and modified diets, supervision of foodservice employees and SOAP charting

## EDUCATION

**PhD in Food Science**, University of Kentucky

*Microbial Quality of Foods Produced by an Enhanced Cook-Chill System in a Hospital*

**Master of Nutritional Sciences**, University of Kentucky

*Biochemical Evaluation of Nutritional Status as Influenced by Dietary Protein Quality*

**Bachelor of Science in Dietetic Administration**, University of Kentucky

## OTHER CREDENTIALS

**Licensed Dietitian (LD)**, Kentucky Board of Licensure

**Registered Dietitian (RD)**, Commission on Dietetic Registration

**Certificate Training in Adult Weight Management, Commission on Dietetic Registration**

**FDA Certificate of Thermal Processing Systems, Better Process Control School, Purdue University, IN**

**Certified Culinary Educator (CCE)**, American Culinary Federation

**Master Cake Decorator Certification**, Wilton School

**Professional Cooks Certification**, Culinary Institute of America

## National Awards and Recognition

**2014 Home Food Safety Scholarship Selection Committee**, Academy of Nutrition and Dietetics Foundation

**2012-2013 LEAD 21**, Leadership for the 21<sup>st</sup> Century, intended to develop leaders in the land grant institutions for future effective leadership, Associations of Public and Land-grant Universities (APLU)

**2011-2013 Microwave Food Safety Expert Work Group for Evidence Based Library**, Academy of Nutrition and Dietetics (formerly American Dietetic Association)

**2010-2012 Nutrition and Health Committee for Planning and Guidance**, USDA National Institute for Food and Agriculture (NIFA)

**2010-2012 Nutrition and Health Committee for Planning and Guidance Curriculum Subcommittee**, USDA NIFA

**2009 – 2011 Healthy Aging Dietetic Practice Group Executive Committee Professional Development Chair**, American Dietetic Association

**2010 TSTAR (Tropical and Subtropical Agricultural Research) NIFA Special Research Grant Review Panel**, Cooperative State Research, Education, and Extension Service (CSREES)

**2010 National Integrated Food Safety Initiative Grant Review Panel**, CSREES

**2009 Sustainable Community Innovation Grant Program Review Panel**, USDA Southern Sustainable Agriculture, Research and Education (SARE)

**2009 National Integrated Food Safety Initiative Grant Review Panel**, CSREES

**2009 Food Safety Community of Practice Development Team**, eXtension Southern Regional Priority Application

- 2008 Sustainable Community Innovation Grant Program**, USDA Southern SARE
- 2008 Certified Culinary Educator Recertification**, American Culinary Federation (75 hours CPEUs every 5 years)
- 2007 Sustainable Community Innovation Grant Program Review Panel**, USDA North Central SARE
- 2006 Registered Dietitian Recertification**, American Dietetic Association Commission on Dietetic Registration (Professional Development Portfolio - 75 hours CPEUs/5 years)

## University of Kentucky Awards and Recognition

- 2014 The Italian Table Education Abroad**: a three-week study tour with 15 students to Florence, Rome and a Siena Sustainable Agriculture Estate, Italy
- 2014 Outstanding Program Award** in recognition of excellence in Extension programming for the Homebased Processor and Microprocessor Program, an entrepreneur program in existence since 2003, Kentucky Association of State Extension Professionals
- 2011 Senate Advisory Committee on Privilege and Tenure, University of Kentucky**
- 2010-2011 Committee on Privilege and Tenure**, College of Agriculture
- 2009 Teachers Who Made a Difference**, College of Education
- 2008 Circles of Power Leadership Program**, University of Kentucky President's Commission on Women
- 2007 Centennial Future 100 Award** for recognition as a leader for the next 100 years, School of Human Environmental Sciences
- 2006 Research/Extension Impact Award Nominee** for recognition of a research program that resulted in a fully developed Extension program, College of Agriculture
- 2005 Wethington Award** for recognition of success in contributing to the University's excellence by obtaining competitive and prestigious extramural funding, University of Kentucky
- 2004 Faculty Futures Award** for recognition of excellence as a university faculty member, University of Kentucky
- 2004 Wethington Award** for recognition of success in contributing to the University's excellence by obtaining competitive and prestigious extramural funding, University of Kentucky
- 2000 Outstanding Project Award** in recognition of excellence in Extension programming to Wildcat Way to Wellness™, a multidisciplinary project, Association of Kentucky Extension Specialists (AKES)
- 2000 Gamma Sigma Delta Membership** in recognition of high scholarship, outstanding achievement, and service, National Honor Society of Agriculture
- 1999 Outstanding New Specialist Award** in recognition of excellence in Extension programming; and for university, state, regional, and national leadership; and professional society contributions, AKES
- 1998 First Place Packaged Program Award** for *Food Safety First*, with Mammoth Cave Area Cooperative Extension Agents for Family and Consumer Sciences, National Extension Association of Family and Consumer Sciences

## Outside Awards and Recognition

- 2010 – present Kentucky Board of Licensure for Registered Dietitians and Certified Nutritionists**, State of Kentucky (two terms)
- 2011 Kentucky Outstanding Dietetic Educator, DPD Program**, Kentucky Dietetic Association
- 2011 Outstanding Dietetic Educator, DPD Program**, Bluegrass District Dietetic Association
- 1999 Rotary International Foundation Educational Award** to promote vocational study, leadership development, and international understanding through personal and professional exchange. Participation selective and limited, Rotary International and Kentucky District #6740
- 1993 Kentucky Restaurant Association Scholarship** for recognition of leadership in the field of food science
- 1991 Young Women of America** for women under 35 who has made significant contributions in their field
- 1988 Chef of the Year** for the chef in the state of Kentucky who exemplifies the culinary code of excellence, American Culinary Federation Bluegrass Chapter
- 1986 Teacher of the Year** for excellence in teaching, Kentucky Department of Vocational Education, Region 15
- 1985 Methods of Instruction State Teacher of the Year** for incorporating innovative teaching techniques in the traditional classroom, Kentucky Department of Vocational Education
- 1982 Sparkplug Award** to a manager who used creative management skills to improve sales and customer relations, Long John Silver's Seafood Shoppe, Bluegrass District

## EXTENSION

### Extension Research National Competitive Grant Funding Highlights

**Competitive and Non-Competitive Total \$3,394,643**

Proposal Leadership	Amount	Date	Funding Agency	Topic	
Co-Director	\$1.8 mil	2014-2017	CDC	Reducing Obesity	
	\$29,888	2008-2010	USDA Special Grant	Value-Added	
	18,025	2006-2008	USDA Special Grant	Value-Added	
	300,000	2005-2007	NIEHS	Superfund Outreach Core	
	7,000	2001-2002	SARE, Southern Region	Pasture Poultry	
	250,000	2000-2001	USDA Food Stamp	Breakfast	
	274,970	1999-2000	USDA Food Stamp	Shopping	
	25,000	1997-1998	USDA Food Safety	HACCP-Commercial	
	25,000	1996-1997	USDA Food Safety	HACCP-Home	
	25,000	1995-1996	USDA Food Safety	Foodservice Workers	
	Principal Investigator	466,582	2000-2006	NIEHS	Superfund Outreach Core
		94,228	2003-2005	SARE, Southern Region	HBM
		20,000	2003-2004	EPA	Community Garden Project

## National Competitive Grant Funded Project Summaries

2014-2017: **\$1.8 million**

**Centers for Disease Control National Center for Chronic Disease Prevention and Health Promotion** *Reducing Obesity in Kentucky* (CDC-DP14-1416)

Ann Vail (PI)

Community outreach programming and evaluation for six high risk for obesity counties.

2006-2007: **\$300,000**

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

Lisa Gaetke (PI), Sandra Bastin, Lindell Ormsbee

Expanded original community service to include Hazard area with specific Superfund dietary needs.

2000-2005: **\$466,582**

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

Sandra Bastin and James Kipp

A true land grant multidisciplinary project that emphasized practical issues of basic research of Polychlorinated biphenyls (PCBs) and effects on cancer and heart disease. Community-based food safety, nutrition education, and dietary intervention programs were delivered to the Paducah Gaseous Diffusion Plant community; 13 Superfund sites, and as a large Interactive Exhibit at the Kentucky State Fair (included in the School Educational Packet).

2003-2005: **\$94,228**

**Sustainable Agricultural Research and Education, Southern Region Grant**

*The Value-Added Microprocessor Project* (ES04-072)

Sandra Bastin (PI)

Supported development of the Homebased Microprocessor Certification training materials. Ky CES Agents, Health Inspectors, Area Food Manufacturing Inspectors, Department of Agriculture Personnel, and Farmers received training in technical knowledge and skills to develop and sell value-added fruit and vegetable products. From Kitchen to Table Workshop also developed and implemented. Fee-based sustainable.

2003-2004: **\$20,000**

**Environmental Protection Agency Environmental Justice Small Grants Program Competitive Grant** *Environmental Community Garden Project*

Sandra Bastin (PI)

Supported Paducah Active Citizens for Truth by collecting data concerning the safety of garden produce grown in the area of the Paducah Gaseous Diffusion Superfund site. Data was proprietary.

2001-2002: **\$7,000**

**Sustainable Agricultural Research and Education, Southern Region Producer Grant**

*Pasture Poultry Production*

Mac Stone, Sandra Bastin, Sue Weant

## Competitive and Non-Competitive Grant Funding

2014: **\$4,000**

**UK Dean's International Incentive Fund**

*The Italian Table*

Scholarship to support international study abroad travel expenses in conjunction with Bob Perry

2014: **\$10,000**

**UK Teaching Innovation and Incentive Fund**

*Teaching Innovation of Flipped Classroom Hybrid* in conjunction with Amy Williams

2014: **\$\$8,000**

**UK Teaching Innovation and Incentive Fund**

*Student Travel to Universities Fighting World Hunger Summit* at Auburn University in conjunction with Tammy Stephenson

2014: **\$2,000**

**Alumni Fundraising**

*Meals of Hope Packaging Event* brought to the University of Kentucky in conjunction with Tammy Stephenson

2005-2011: **\$24,000**

**Martha White, Inc**

*Super Star Chef; Super Star Chef Goes to Farmers Market; and Super Star Chef Kneads a Little Dough* curriculum and CD/DVD support, in conjunction with 4-H and Youth Development

2010 – 2011: **\$1,500**

**UK and HES Alumni Association Grant**

*Food Demonstrations by Students for Extension Education*

2008 - 2010: **\$29,888**

**USDA Special Grant New Crop Opportunities for Kentucky Research Activity Award**

*Examining Market Demand for Raspberry and Blackberry Value- Added Products*

Hu (PI), Woods, Bastin

2006 - 2008: **\$18,025**

**USDA Special Grant New Crop Opportunities for Kentucky Research Activity Award**

*The Development of Organic Blueberry Production and Value-Added Products*

Hu (PI), Woods, Bastin

2007: **\$700**

**UK Agriculture Barnhart Fund for Excellence Award**

*Super Star Chef* curriculum development support

2005: **\$800**

**UK College of Agriculture Research Activity Award**

Travel funds to Mexico to investigate production of value-added research activities

2000-2001: **\$250,000**

**USDA Food and Nutrition Service Food Stamp Nutrition Education Grant *Break for Breakfast***

Kurzynske, Forrester, Bastin

1999-2000: **\$274,970**

**USDA Food and Nutrition Service Food Stamp Nutrition Education Grant *Shopping Smart the Food Guide Pyramid Way***

Kurzynske, Bastin, Forrester

1999: **\$4,950**

**UK Program College of Agriculture Enhancement Grant**

*Kids in the Kitchen Nutrition Education Program*

Bastin

1997-1998: **\$25,000**

**USDA Food Safety Grant**

*HACCP Training for Meat Producers*

O'Leary, Bastin

1996-1997: **\$25,000**

**USDA Food Safety Grant *HACCP Training for Home-based Food Businesses***

O'Leary and Bastin

1995-1996: **\$25,000**

**USDA Food Safety Grant *Food Safety for Foodservice Workers and Consumers***

O'Leary, Bastin

1995-1996: **\$3,000**

**UK College of Agriculture Enhancement Grant *Food Safety Certification Program***

Bastin (Project Leader), Proffitt-Darnell, Herron, Johnson and Jump

***First Place Program Package by NEAFCS 1998***

## **Competitive Proposals Submitted**

2011 – 2014: **\$599,002**

**USDA NIFA National Integrated Food Safety Initiative**

Billboard Top Ten: Food Safety Concerns for Older Adults

Bastin (PI), Jacobs-Lawson, Hosier, Adams

2012 - 2013: **\$251,500** (Resubmission at USDA NIFA's request)

2010 - 2011: **\$262,000**

**USDA NIFA Rural Health and Safety Education Competitive Grant**

*Healthy Eating for Rural Older Americans (HERO)*

Bastin (PI), Jacobs-Lawson, Hosier, Thomas



2010 - 2012: **\$95,478** (Favorable Review ~ Lack of Funds)  
**USDA SARE Professional Development Program Competitive Grant**  
*Sustainable Entrepreneur and Education Development (SEED)* Bastin (PI)

2010 - 2011: **\$350,000** (Favorable Review ~ Lack of USDA Funds)  
**USDA NIFA Rural Health and Safety Education Competitive Grant**  
*Healthy Eating for Rural Older Americans (HERO)*  
Bastin (PI), Jacobs-Lawson, Hosier, Thomas

2009 - 2011: **\$295,478** (Resubmission at NRI request)  
2008 – 2010 **\$295,478** (Favorable Review ~ Lack of NRI Funds)  
**Resubmitted June 2009 (High Priority for June 2008 submission)**  
**National Research Institute Competitive Grant**  
*Enhancing Producer and State Welfare through Improved Interactions between Market Research and Production*  
Hu (PI), Woods, Bastin

2007: **\$10,000** (Favorable Review ~ Not Funded)  
**Southern Region SARE/SRDC/ARC Sustainable Community Innovation Grant**  
*Super Star Chef Goes to Farmers Market*

2004 - 2007: **\$181,600** (Favorable Review ~ Lack of USDA Funds)  
**USDA Community Food Project Competitive Grants**  
*5-A-Day the Farmers Market Way*  
Roseman (PI) and Bastin

2004 - 2008: **\$3,066,125** (Favorable Review ~ Not Funded)  
**NIH**  
*Overweight and Obesity Control at Worksites: Overweight and Obesity Control: Police and Firefighters*  
Clayton (PI), Bastin, Boosalis, Bruckner

## Refereed Journal Articles

- Hu, W, Woods, T, Bastin, S, Cox, L, & Wen, Y. (2011) "Assessing Consumer Willingness to Pay for Value-Added Blueberry Products Using a Payment Card Survey." *Journal of Agricultural and Applied Economics* 43(2):243-258.
- Hu, W, Woods, T, & Bastin, S. (2011) "Analyzing the Demand for new Value Added Products: Case of Pure Blueberry Sweetener." *Journal of International Agribusiness Marketing* 23(1):56-71.
- Bastin, S. (2010) "Nutrition in Institutions Book Review." *Journal of Nutrition Education and Behavior* 42(1):69.
- Hu, W, Woods, T, & Bastin, S. (2009) "Consumer Acceptance and Willingness to Pay for Blueberry Products with Non-Conventional Attributes." *Journal of Agricultural and Applied Economics* 41(1):1-14.
- Hu, W, Woods, T, & Bastin, S. (2009) "Consumer Cluster Analysis and Demand for

- Blueberry Jam Attributes.” *Journal of Food Products Marketing* 15(4):420-435.
- Bastin, S. (2007) “Options for the Economic Health of Farmers, Farmers Market and Communities: Homebased Fruits and Vegetable Processing.” *Journal of Community Development Society* 38(3):91-99.
- Bastin, S. (2002) “Kentucky State Fair Cooking School: Connecting Farm to Table.” *Journal of Nutrition Education and Behavior* 34(6):341-342.
- Bastin, S. (2002) “Kentucky State Fair Cooking School.” *Journal of National Extension Association of Family and Consumer Sciences Fall*:32-33.
- Bastin, S. (1998) “Reducing Food Insecurity and Hunger: A Personal Responsibility for All” **Food and Agriculture Organization (FAO) of the United Nations, US Agency for International Development (AID), and the US Information Agency (USIA); Food for All: Right or Goal International Study Action Packet.**
- Bastin, S., Friend, J., Nelson-Angell, C., and Oleske, M. (1998) “Ways to Promote Community-wide Involvement in Hunger Action” **Food and Agriculture Organization (FAO) of the United Nations, US Agency for International Development (AID), and the US Information Agency (USIA); Food for All: Right or Goal International Study Action Packet.**
- Langlois, B., Bastin, S., Akers, K. and O’Leary, J. (1997) “Microbial Quality of Foods Produced by an Enhanced Cook-Chill System in a Hospital.” *Journal of Food Protection* 60(6):655-666.

## **Extension Research Abstracts and Presentations**

- Hu, W, Woods, T and Bastin, S. (2011) “Consumer Willingness to Pay for Value-added Fruit Products,” AAEA & NAREA Joint Annual Meeting, Abstract #13085.
- Hu, W, Woods, T and Bastin, S. (2008) “Consumer Acceptance and Willingness to Pay for Blueberry Products with Non-Conventional Attributes,” *Consumer Interests Annual*, Volume 54.
- Bastin, S. & Thomas, W. (2007) “Creative Options for Pleasing the Elder’s Palate,” *American Dietetic Association Conference Proceedings*. Sponsored by Healthy Aging Dietetic Practice Group.
- Bastin, S. & Ford, T. (2006) “Homebased Processing Program Links Farmers Markets with Community,” *American Farm Bureau Annual Conference Proceedings*.
- Gaetke, L., Bowen, C., Bastin, S. and Hennig, B. (2006) “Challenges to Outreach in Kentucky Superfund Communities,” *NIEHS Superfund Basic Research Program Annual Research Briefs*.
- Bowen, C., Gaetke, L. and Bastin, S. (2006) “Interactive Nutrition superfund Presentations are an Effective community Outreach Program for Cooperative Extension Service Agents,” *NIEHS Superfund Basic Research Program Annual Research Briefs*.
- Bastin, S. (2005) “Fad Diets, Fact or Fiction?” *Cabinet for Health & Family Services, Aging Network Conference Proceedings*.
- Gaetke, L. and Bastin, S. (2005) “A Nutrition Outreach Program Provides Interchange Between University Researchers and Superfund Communities to Provide Safe, Effective and Responsive Information,” *Journal of American College Nutrition* 24:422.
- Gaetke, L. and Bastin, S. (2005) “SCAN,” *NIEHS Superfund Basic Research Program Annual Research Briefs*.

- Gaetke, L., Bastin, S. and Gilliam, S. (2004) "Quality Control Superfund Community Action through Nutrition Programming," *NIEHS Superfund Basic Research Program Annual Research Briefs*.
- Bastin, S. Gaetke, L. and 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. and 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. and Baumgardner, B. (2001) "The Winning Team....Partnering for a Healthier Community" *NIEHS Superfund Basic Research Program Annual Research Briefs*.
- Volk, B., Bastin, S., and 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. and Glauert, H. (2001) "Outreach as an Integral Part of Basic Research" *Journal of American Dietetic Association Supplement*.
- Baumgardner, B. and Bastin, S. (2001) "Supporting the Health of Individuals Through Agriculture" *Society for Nutrition Education Annual Conference Proceedings*.
- Bastin, S., King, B. and Tietyen, J. (2000) "Commonwealth Food Connections: Strengthening Kentucky's Local Food Systems." *Society for Nutrition Education Annual Conference Proceedings*.
- Bastin, S. and Volk, B. (2000) "Kentucky Superfund Outreach Project: The Role of Outreach Within the Scientific Community." *International PCB Conference Proceedings*
- Bastin, S. and Daly-Kozziel, K. (1999) "Food Preservation Training for Limited Resource Audiences." *Society for Nutrition Education Annual Conference Proceedings*.
- Bastin, S., Forester, D. and Tietyen, J. (1996) "Assessing the Value of Kentucky Extension Food and Nutrition Programs." *Society for Nutrition Education Annual Conference Proceedings*.
- Tietyen, J., Forester, D. and Bastin, S. (1999) "A Guide to Planning, Evaluation and Reporting of Kentucky Extension Food and Nutrition Programs." *Society for Nutrition Education Annual Conference Proceedings*.
- Bastin, S. (1998) "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) "Meeting the Dietary Trends of Kentuckians Through Agriculture" *International Conference on Agricultural Production and Nutrition Proceedings*.
- Bastin, S. (1996) "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) "Ozone Water Treatments for Preserving Quality of Packaged, Fresh-Cut Broccoli Under Refrigeration" *International Refrigeration Science and Technology Proceedings*.
- Bastin, S. (1996) "Validating HACCP Through the Microbial Evaluation of Food Prepared by the Vacuumized Cook-Chill System" *Journal of American Dietetic Association Supp.*

## International★ and National Invited Presentations

(Attendance based on Registration or Participation Records)

- 2014 *In a Pickle: Food Safety for the Commercial Entrepreneur* (223) Kentucky Cabinet for Health and Family Services for tristate area, Louisville, KY
- ★ 2013 *Enhancing Curricular Engagement and Student Learning* (112) Priester National Health Extension Conference, Corvallis, Oregon
  - ★ 2010 *Food Safety for Older Adults* (75), Southeastern Association of Area Agencies on Aging Conference, Louisville, KY
  - ★ 2008 *Super Star Chef Turns Silver: Wooing the Aging Palette* Bastin, S. (75), Pennsylvania Division of Aging Conference, Harrisburg, PA
  - ★ 2008 *Super Star Chef Turns Silver: Wooing the Aging Palette* (65), Connecticut Division of Aging Conference, Hartford, CT
  - ★ 2007 *Super Star Chef Turns Silver: Wooing the Aging Palette* (550) American Dietetic Association Food & Nutrition Conference & Expo, Philadelphia PA
  - ★ 2007 *Canning and Drying Food without Electricity* (12) Kenyan Outreach Assembly, Lexington, KY
  - ★ 2006 *Kentucky Profits from Homebased Microprocessing* (77), USDA SARE National Conference, Oconomowoc, WI
- 2006 *Homebased Microprocessing Feasibility Workshop* (35), University of Arkansas/Department of Agriculture/Department of Health, Fayetteville, AK
- 2006 *Homebased Processing Program Links Farmers Markets with Community* (76), American Farm Bureau Annual Conference, Nashville, TN
- ★ 2006 *Children's Summer Feeding Program* (2,260), Lee College Summer School Medical Mission Session, Chiquimula, Guatemala
  - ★ 2005 *Nutrition for Women and Children* (800), United Methodist Church South American Summer Program, Asuncion, Paraguay
  - ★ 2005 *WOW ~ Week of Wellness*, University of Kentucky Cooperative Extension Service-sponsored Cruise ~ (35) *Walk Your Way to Better Health, Do You Know Where Your Nutrients Are?*, Humor, Diet and Exercise plus six activity lessons, Western Caribbean
  - ★ 2004 *Farm Friendly Legislation Allows Home Canning* (45), Society for Nutrition Education Annual Conference, Salt Lake City, UT
  - ★ 2004 *Fad Diets and Eating Disorders* (175), 30<sup>th</sup> Annual Advances in Clinical Psychiatry and Psychopharmacology Conference, Louisville, KY
  - ★ 2002 *Kentucky State Fair Environmental Interactive Exhibits* (30), NIEHS Superfund Basic Research Program Annual Research Conference, Sedona, AZ
  - ★ 2002 *Eating to Live, Not Living to Eat* (75), Society for Nutrition Education Annual Conference, St. Paul, MN
  - ★ 1999 *The Role of Community Outreach in Scientific Research* (22), EPIC (European Prospective Investigation into Cancer & Nutrition) Work Group, Lyon, France
  - ★ 1999 *The Nutritional Status of Kentuckians* (42), Rotary Conference, Huizen, Netherlands
  - ★ 1999 *Food Safety in the United States*, National Institute of Public Health and the Environment (13), Bilthoven, Netherlands
  - ★ 1999 *The Nutritional Status of Kentuckians* (32), Rotary Conference, Soest, Netherlands
  - ★ 1999 *Food Safety in the United States* (11), TNO Nutrition & Food Research Institute, De Bilt, Netherlands
  - ★ 1999 *The Nutritional Status of Kentuckians* (31), Rotary Conference, Zeist, Netherlands

- ★ 1999 *The Nutritional Status of Kentuckians* (42), Rotary Conference, Baarn, Netherlands
- ★ 1999 *The Nutritional Status of Kentuckians* (29), Rotary Conference, Vianen, Netherlands
- ★ 1999 *The Nutritional Status of Kentuckians* (31), Rotary Conference, Haarzuylens, Netherlands
- ★ 1999 *Comparisons of Kentuckians and the Dutch* (1,298), Rotary International Foundation Regional Rotary Conference, Hilversum, Netherlands
- ★ 1996 *Microbiological Evaluation of Hospital Meat Products Processed Using the Vacuumized Cook-Chill System* (75), International Conference on New Developments in Refrigeration for Food Safety and Quality, Lexington, KY

## **Regional and In-State Presentations**

### **(Specific Dates and Topics Available Upon Request)**

Representative topics included but not limited to: Food Safety First, Fad Diets and Eating Disorders, Food Preservation, Homebased Microprocessing, HACCP Training, From Kitchen to Market, and Eating to Live, Not Living to Eat. Participants included Extension Agents, 4-H and Youth Development teens, EFNEP paraprofessionals, University of Kentucky visitors, students, and professors, elementary, middle school, and high school students, Rotarians, seniors, foodservice workers, athletes, medical doctors, Division of Aging directors, Kentucky Department of Agriculture personnel, Food and Drug Administration personnel, and other professional and community members.

**2014** 28 Day-long Workshops for 251 participants and 8 presentations to 150 participants  
**2013** 22 Day-long Workshops for 246 participants and 3 presentations to 41 participants  
**2012** 13 Day-long Workshops for 245 participants and 3 presentations to 37 participants  
**2011** 10 Day-long Workshop to 340 participants  
**2010** 14 Day-long Workshops and 9 Presentations to 865 participants  
**2009** 13 Day-long Workshops to 294 participants  
**2008** 8 Day-long Workshops and 9 Presentations to 1,253 participants  
**2007** 10 Day-long Workshops and 4 Presentations to 457 participants  
**2006 ~ Six Month Sabbatical Leave ~** 11 Day-long Workshops to 347 participants  
**2005** 10 Day-long Workshops and 4 Presentations to 458 participants  
**2004** 12 Day-long Workshops and 7 Presentations to 551 participants  
**2003** 10 Day-long Workshops and 8 Presentations to 410 participants  
**2002** 9 Day-long Workshops and 14 Presentations to 535 participants  
**2001** 2 Day-long Workshops and 14 Presentations  
**2000** 1 Day-long Workshop and 15 Presentations  
**1999** 3 Day-long Workshops and 4 Presentations  
**1998** 4 Day-long Workshops and 7 Presentations  
**1997** 9 Day-long Workshops and 8 Presentations  
**1996** 4 Day-long Workshops and 5 Presentations  
**1995** 3 Day-long Workshops

## EXTENSION NARRATIVE

My philosophy of Extension is simple. Using the tools available to me, I strive to offer and/or deliver service in a timely and efficient manner. My programs are designed to address both contemporary and projected needs of extension clientele to advance a greater appreciation and understanding of food systems, from farm to table and the disease processes that food affects. As Kentucky moves from a commodity-based economy to a product-based economy, I am helping farmers to provide safer, fresher, and a more nutritious food supply to community individuals and families, through innovative value added methods at Kentucky farmers markets and in developing countries.

In the last century, research has changed our lives. There is a clear call to action to address specific needs of the community, to form meaningful partnerships, to capture accurate and consistent data from our activities, and to evaluate the impacts of programs. Funding streams are an integral part of this challenge and I believe Extension personnel must embrace pursuing specialized research, within their own programs and as mentors in student research. I continue to seek resources that showcase educational materials and collaborative efforts for the good of Kentuckians and beyond, especially as it relates to obesity and chronic diseases.

My leadership has been recognized in acceptance into USDA National Institute for Food and Agriculture's Nutrition and Health Committee for Planning and Guidance (2010-2013) as the Professional Development Chair for the Health Aging Dietetic Practice Group of the American Dietetic Association (2009-2011) and the Working Group on Microwave Food Safety for the Academy of Nutrition and Dietetics. I am excited about being a part of the Dean's Committee on Agriculture and Food Sustainability as we help shape the future of the College of Agriculture; and as part of the Southern Region eXtension Food Safety Community of Practice as we provide national leadership in the food safety arena. The Dean's Working Group has held a meal on South Farm - Chef's Afield and monthly Breakfast seminars, highlighting the research, teaching, extension work that leads to sustainability on campus. These activities have been well received across campus and from community members

Much thought goes into developing effective programs. I prescribe to the Logic Model sequence in how a program is going to affect policy, address needs, contribute knowledge of a discipline to the scholarly community, or simply affirm existing knowledge. My Extension programming follows the mission of the UK CAFE CES HES

- in promoting sustainable farming and food systems, from production through consumption, and expanding economic opportunity by sharing the knowledge and tools for wise, innovative uses of natural resources and development of human potential through the Homebased Microprocessor Program, Commercial Food Processing Consults, participation on SARE Grant review panels, and incorporating "buy local" into the classroom setting.

- by enhancing the health and well-being of people and the environment in which they live through the Super Star Chef Program Series, Food Preservation Boot Camp, Champion for Food Volunteers, and other nutrition related programs.

- through integration of instruction, research, and Extension to meet student experiential learning activities has led to Extension peer-reviewed publications, food demonstration videos, recipe development, workshop presentations, and internships.

## Peer-Reviewed Cooperative Extension Service (CES) Publications and Programs

This publication section is divided into areas of emphasis as influenced by expertise, national trends, and state needs and include but are not limited to: Champion Food Volunteer, Homebased Microprocessor Certification, Super Star Chef, Food Preservation Boot Camp, and Nutrition, Diet, and Health topics.

### ★Champion Food Volunteer★

**Overall Program Goal:** A Champion Food Volunteer is an advocate for food and nutrition that supports Extension county foods programming. The program provides a foundation of nutrition knowledge; skills and competencies in food safety, handling, and preparation; cooking methods and techniques; food science; physical activity; and research-based food resources. Materials are too involved to list here. For the complete listings of over **30 publications**, please go to <http://www.ca.uky.edu/hes/internal/CFV.php>. The session titles for the supplemental materials, logistical information, and marketing and evaluation materials, activities, recipes, and publications are:

Kitchen Readiness  
A Jump Start on Nutrition  
The Edible Rainbow  
Carb Conscious  
Center of the Plate

### ★Homebased Microprocessor Certification★

**Overall Program Goal:** Train farmers to produce safe value-added products that increase economic returns, strengthen the community farm-to-table link, and save valuable natural resources.

**Nationally recognized** by the following states: Arkansas, California, Connecticut, Georgia, Maine, New Mexico, Ohio, Oklahoma, Tennessee, and Wisconsin  
Program is growing state-wide (15% annually) and nationally (5% annually)  
Responded to over 15,000 questions concerning Homebased Microprocessor Certification

**Statewide recognized** through an Outstanding Program Award given by , Kentucky Association of State Extension Professionals.

**Sponsored in part by SARE Grant ES04-072 (2004-2006) \$94,228**  
Currently sustainable through fees

**Data presented** in *Journal of Community Development Society*

Visit our web site [www.ca.uky.edu/agc/micro](http://www.ca.uky.edu/agc/micro) for more information

Homebased Microprocessor CD for distance learning

Homebased Microprocessor (2004, 2005, 2007, 2010, 2011, 2013) 105-slide PowerPoint, objectives, exams, evaluations, and notebook supplements  
 Homebased Processing and Microprocessing Brochure (2004, 2008, 2013)  
*Kentucky Farmers Market Overview: House Bill 39* (2003) 3 pages  
*Farmers Market Food Safety Guidelines for Homebased Microprocessors.* (2003) 3 pages  
*Principles of Home Canning for Homebased Microprocessors* (2003) 5 pages  
*Microbiology of Home-Canned Foods for Homebased Microprocessors* (2003) 8 pages  
*Acidified Foods* (2003) 2 pages  
*Home-Based Business: Making and Selling Food Products in Kentucky* (1995, 2005) 4 pages with K. Addo, F. Maruyama

**★Super Star Chef★**

**Overall Program Goal:** Train youth, young adults, and volunteers how to be successful in the kitchen using fun methods and activities. A CD/DVD is available in each county and on UK Extension web site. Each publication is supported by supplemental materials, facilitator guides, recipes, activities, evaluations and videos.

**Nationally purchased** by eight states (\$25 each)  
 Responded to over 3,000 questions about healthful food preparation

**Nationally sponsored in part by Martha White, Inc.** (2005-2011) \$24,000

**Data ready for submission** to *Journal of Extension*

View publications and supporting materials at  
<http://www.ca.uky.edu/hes/internal/SSBC.php>

**Super Star Chef** ~ CD/DVD published 2005 with Teresa Ford, Project Associate

<i>It's a Wash.</i> 3 pages	<i>Portion Distortion.</i> 5 pages
<i>Measuring Savvy.</i> 6 pages	<i>Spoiled Rotten.</i> 11 pages
<i>It's All in a Recipe.</i> 5 pages	<i>A Feast for Your Eyes.</i> 9 pages
<i>What's Behind a Label?</i> 6 pages	<i>Flavor Calculations.</i> 6 pages
<i>Counting on You.</i> 17 pages	

**Super Star Chef Goes to Farmers Market** ~ CD/DVD published 2007 with Teresa Ford

<i>A Visit to Farmers Market.</i> 11 pages	<i>Versatile Vegetables.</i> 17 pages
<i>Edible Rainbow.</i> 10 pages	<i>Thrill of the Grill.</i> 11 pages
<i>Healthful Beginnings.</i> 10 pages	<i>Cooking with Herbs.</i> 11 pages

**Super Star Chef Kneads a Little Dough** ~ CD/DVD publication 2010

<i>Essential Ingredients.</i> 8 pages	<i>Pies and Cobblers.</i> 9 pages
<i>Types of Flour Used in Baking.</i> 2 pages	<i>Getting the Most from Your Bread Machine.</i> 7 pages
<i>The Art of Baking.</i> 4 pages	<i>Cakes.</i> 5 pages
Quick Breads. 4 pages	
Cookies. 6 pages	



## **Super Star Chef Turns Silver**

**Overall Program Goal:** Train older adults, foodservice directors, and Registered Dietitians how to be proactive in providing nutritious meals that meet current federal guidelines.

**Nationally sponsored** by American Dietetic Association (ADA)  
Healthy Aging Dietetic Practice Group and Kentucky Division of Aging Services

**Data nationally presented** to ADA National Convention and  
two Division of Aging State Annual Conferences

## ★**Food Preservation Boot Camp**★

**Overall Program Goal:** Train consumers and CES agents how to use USDA-recommended canning, freezing, and drying procedures, equipment, and recipes to produce safe, quality foods.

**State-wide presented** ten Food Preservation Boot Camps

Responded to over 10,000 questions concerning food preservation/food safety

*Food Preservation Boot Camp* (2008, revision 2013) 30-slide PowerPoint, objectives, recipes, hands-on activities. 14 pages

*Home Canning Basics* (2013) 6 pages with D. Clouthier

*Home Canning Fruit* (2014) 12 pages with D. Clouthier

*Home Canning Vegetables* (2014) 13 pages with D. Clouthier

*Home Canning Tomatoes and Tomato Products* (2014) 14 pages with D. Clouthier

*Home Canning Salsa* (2014) 11 pages with D. Clouthier

*Home Canning Pickles and Fermented Foods* (2014) 21 pages with D. Clouthier

*Home Canning Jams, Jellies and Other Soft Spreads* (2014) 12 pages with D. Clouthier

*The Science of Jams and Jellies* (1995, 2004, 2013) 2 pages

*Home Freezing Basics* (2000, 2008) 4 pages

*Freezing Fresh Fruits* (2000, 2008) 8 pages

*Freezing Vegetables* (2000, 2008) 4 pages

*Recommended Food Storage* (1998, 2007) 8 pages

*Jerky Safety* (1995, 2005, 2006) 1 page

*Home Canning Equipment* (2002, 2007) 2 pages with S. Badenhop

*Home Canning Cost/Benefits Analysis* (1998) 2 pages

*Judging Preserved Foods* (1998) 4 pages

*Canning for Food Preservation* (1997) 2 pages

Food Safety from A to Z Brochure (2004, 2008)

Food Preservation at Its Best Brochure (2004, 2008)

## ★**Kids in the Kitchen**★

**Overall Program Goal:** Train youth food and nutrition concepts using a collection of literature, math, art, music, and science-based experiences.

**Sponsored in part by University of Kentucky  
College of Agriculture Enhancement Grant (2005-2009) \$4,950**

*Feeding Your Baby the First Year* (2001) 2 pages

*The Perils of Childhood Obesity* (2001) 4 pages; PowerPoint, script, activities, and evaluation  
*Mysteries of the Kitchen Revealed* (1999) 25 pages; including 14 kitchen chemistry activities  
*Family Meal Time* (1999) 2 pages  
*Nourishing a Sick Child* (1999) 2 pages (also placed on CYFAR home page 2006)  
*Playing It Safe in the Kitchen* (1999) 2 pages  
*What Children Really Need* (1999) 4 pages  
*Kids and Fiber* (1998) 1 page  
*The Skinny on Fat* (1998) 2 pages  
*Shakedown on Sodium* (1998) 2 pages  
*How Sweet It Is* (1998) 2 pages  
*Food Safety for the Pre-Schooler* (1996) 2 pages  
*Healthy Snacks for Pre-Schoolers* (1995) 3 pages, including recipes

### ★Food Safety from A to Z★

**Overall Program Goal:** Train volunteers to follow safe food handling practices to reduce foodborne illness.

*More Mushrooms Please!* (2001) 4 pages, including recipes  
*Getting More from Dietary Supplements* (2000) Part of the Wildcat Way to Wellness Series; 8 pages plus presentation script with overheads and evaluation  
*The Business of Catering* (2000) 2 pages  
*Chemical Cuisine ~ Commonly Used Food Additives from A-Z* (2000, 2001) 7 pages with activities; PowerPoint presentation  
*Eating Disorders* (2000) 3 pages plus presentation script with overheads, activities, and evaluation  
*Emergency Food Supplies The Food Guide Pyramid Way* (1999) 2 pages  
*Functional Foods* (1999, 2001) 4 pages, including recipes, activities, evaluation, and food labels; PowerPoint presentation  
*Who's Minding the Food Supply?* (1998) 2 pages including activity  
*Fad Diets* (1998) 4 pages  
*Safe Food to Go* (1998) 2 pages  
*Occasional Cooking for a Crowd* (1997) 2 pages  
*Herbal Supplements: Therapeutic or Fraudulent* (1997, 1999) 3 pages  
*Herbal Supplements Leader's Guide* (1997) 4 pages plus presentation script with overheads, activities, and evaluation  
*Ten Ways to Fight Food Spoilers* (1997) 2 pages  
*Meaty Tips* (1997) 2 pages  
*A Guide to Microorganisms* (1995) 8 pages

### ★Nutrition, Diet, and Health★

**Overall Program Goal:** Offer community members diet-related information and healthful food preparation techniques for use throughout the state as Extension programs.

**National and state-wide presentations and scripts** for over 300 radio consumer tips, television shows, exclusives, news service stories, and information releases

Responded to over 8,000 questions concerning nutrition, diet, and health

*Kosher Foods* (2014) 2 pages with D. Clouthier and S. Small (first in a twelve part series)

*Living Wheat Free* (2006) 4 pages

*Cooking With Wine* (2005) PowerPoint presentation; recipes, taste testing

*A Few of My Favorite Things* (2005) 4 pages  
*Nutrition for Chefs and Cooks* (2003) 30-hour course developed, approved, and presented for the American Culinary Federation Bluegrass Chapter Chefs and Cooks. One of three required courses leading to executive chef certification.  
*Sanitation for Chefs and Cooks* (2002) 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 certification.  
*Cooking with Less* (2002) 2 pages; PowerPoint presentation, evaluation, and activities  
*Eating to Live, Not Living to Eat* (2002) 6 pages; PowerPoint presentation, evaluation, and activities with Linda Stephens  
*Demystifying Asian Cookery* (2001) 4 pages plus recipes; PowerPoint presentation  
*Thickeners for Sauces and Soups* (2000) 2 pages  
*Preserving Nutrients in Food* (2001) 1 page  
*Kentucky Vegetables for Wellness: Cucumbers* (2001) 2 pages  
*Kentucky Vegetables for Wellness: Green Beans* (2001) 2 pages  
*Kentucky Vegetables for Wellness: Peppers* (2001) 2 pages  
*Kentucky Vegetables for Wellness: Peas* (2001) 2 pages  
*Kentucky Vegetables for Wellness: Greens* (2001) 2 pages  
*Kentucky Vegetables for Wellness: Asparagus* (2001) 2 pages  
*Kentucky Vegetables for Wellness: Corn* (2001) 2 pages  
*Kentucky Vegetables for Wellness: Broccoli* (2001) 2 pages  
*Kentucky Vegetables for Wellness: Cabbage* (2001) 2 pages  
*Kentucky Vegetables for Wellness: Tomatoes* (2001) 2 pages  
*A Vegetable Garden of Fruitful Nutrients* (2000) with J. Strang  
*Kentucky Favorites...The Low-fat Way Leader's Guide* (2000, 2001) 11 pages; activities, evaluation, and food labels; PowerPoint presentation with D. Cotterill  
*Recommended Food Storage Times* (1998) 8 pages  
*Nutritional Value of Meat* (1998) 2 pages  
*Your Daily Bread* (1998) 7 pages, including recipes  
*Your Daily Bread Leader's Guide* (1998) 5 pages  
*The Value of Kentucky Food & Nutrition Programs* (1998) 5 pages with J. Tietyen and D. Forrester  
*Consumer Food Trends and Leader Guide* (1998) 6 pages  
*The Healthful Soybean* (1997) 9 pages, including recipes, plus presentation script with overheads, activities, evaluation, food labels, and exhibit  
*The Thrill of the Grill* (1997) 5 pages plus overheads  
*Purchasing the Grill to Fill the Bill* (1997) 1 page  
*Nuts: Flavorful and Good for You* (1997) 3 pages  
*Water Content of Fruits and Vegetables* (1997) 1 page with K. Henken  
*Kentucky Grown Apple Poster* (1997) with J. Strang  
*Quick and Easy Meals to Lower Cancer Risk* (1997) 4 pages including recipes  
*Quick and Easy Meals Leader's Guide* (1997) 5 pages  
*Make Ahead Meals* (1997) 7 pages including recipes  
*Make Ahead Meals Leader's Guide* (1997) 8 pages  
*Health Quackery* (1997) 6 pages with R. Flashman  
*Food and Nutrition Resources Compilation* (1997) 14 pages  
*Cajun/Creole Cooking* (1997) 2 pages

*Cultural Diversity in Food* (1997) 2 pages  
*Cheese Basics* (1997) 4 pages  
*Microwave Cooking* (1997) 2 pages  
*Nutrition and Your Busy Lifestyle* (1997) 2 pages; PowerPoint presentation (2001)  
*Cooking for a Low-fat Lifestyle Leader's Guide* (1997) 6 pages, including recipes  
*Health Lines: Normal Blood Pressure* (1997) 2 pages  
*A Guide to Better Meal Planning* (1997) 6 pages  
*Great Grains* (1996) 3 pages, including recipes  
*Perfect Pasta Every Time* (1996) 3 pages, including recipes  
*Wild Game: From Field to Table* (1996) 5 pages, including recipes  
*Harvesting, Preserving and Storing Herbs* (1996) 3 pages  
*Herbs Leader's Guide* (1996) 6 pages, including recipes  
*Soups of All Sorts* (1996) 2 pages, including recipes with L. Moore  
*Soups of All Sorts Leader's Guide* (1996) 7 pages, including recipes with L. Moore  
*Soup and Salad* (1996) 4 pages with L. Moore  
*Soup and Salad Leader's Guide* (1996) 7 pages, including recipes with L. Moore  
*Holiday Entertaining and Healthful Holiday Recipes* (1996) 5 pages, including recipes  
*Deciphering a CBC Report for Heart Disease Risk* (1996) 2 pages  
*Portion Control* (1996) including activity  
*Time Management* (1996) 2 pages  
*Work Simplification* (1996) 1 page  
*High Protein Alternatives* (1996) 2 pages with J. Kurzynske  
*Phytochemicals* (1996) 1 page  
*The Diet and Cancer Connection* (1996) 2 pages  
*Getting the Most from Your Bread Machine* (1996) 4 pages, including recipes  
*Adverse Reactions to Food* (1996) 3 pages  
*Holiday Ideas for Bread Machines* (1996) 6 pages, including recipes  
*Decorating the Legendary Egg* (1996) 2 pages  
*Minerals in the Diet* (1996) 4 pages  
*Minerals in the Diet Leader's Guide* (1996) 4 pages, including 4 activities and evaluation  
*Understanding Fat-Like Substances* (1996) 1 page  
*Understanding Carbohydrates* (1996) 2 pages  
*Food Habits* (1996) 1 page  
*Understanding Proteins* 1(1996) 2 pages  
*Understanding Fats* 1(1996) 2 pages  
*Cooking for a Low-fat Lifestyle* (1995) 4 pages

### ★Kentucky Commodities ~ State Fair Cooking School★

**Overall Program Goal:** Demonstrate safe, healthful recipes to support Kentucky grown foods at the state fair.

**Sponsored by Kentucky Commodity Groups (1997) \$3,000 and (1996) \$3,000**

**Data presented** in *Journal of Nutrition Education and Behavior* (2002) and *Journal of National Extension Association of Family and Consumer Sciences* (2002)

Bastin, S., Weckman, R., Millercox, L. and S. Patton (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. and L. Best (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. and L. Best (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.

### ★ **Agricultural Value-Added Product Consultations** ★

**Overall Program Goal:** Provide commercial food manufacturing businesses processing, food safety, recipe formulation and scale-up development, nutritional analysis, and technical assistance to promote economic development; provide underdeveloped countries hands-on trainings in setting up canneries through World Wide Canneries and feeding centers for children through the United Methodist Church and Lee College.

**International, national, and state-wide consults** provided on the following foods: Asian sauces, frozen diabetic meals, dried apple snacks, pureed fruits for ice cream, cream candy, bourbon balls, salad dressings using wine, trail mix, powdered juice drink, apple cider, dried blueberries, blueberry syrup, caramel corn, sweet potato butter, syrup, Gouda cheese, pound cake, buckwheat flour, sorghum flour, salsa, barbeque cooking sauce, marmalade, goat cheese, beer cheese, herbs, herb breads, and sugar-free breads

**Two USDA Special Grant New Crop Opportunities for Kentucky Research Activity Awards** have supported product development to encourage economic development of berries

**International Data collected** will provide preliminary support for future grants and publications

### **Reviewer Service**

2010 – present	Editorial Board, Food Protection Trends, International Association of Food Protection
2003 - present	Journal of Nutrition Education and Behavior
2008	American Dietetic Association Consultant Dietitians in Health Care Facilities Dietetic Practice Group ~ Book <b>Nutrition Care of the Older Adult</b> , Third Edition
2006	Book <b>How to Dry Foods</b> , Second Edition for Price Stern Publishing. Also wrote review for publisher

## **State Task Force and Committees**

Kentucky Cabinet for Health and Family Services Food Manufacturing Program Regulation Review Task Force (2014)  
Good Agriculture Practices Training Committee (2006 – present)  
Kentucky Food Safety and Defense Task Force (2005 – present)  
Advisor to Kentucky Food Safety Branch Food Safety Issues (2002 – present)  
Kentucky Food Manager Certification Sub Committee (2005)  
Kentucky Food Security and Safety Task Force (2005)  
Kentucky Department of Health Farmers Market Training Committee (2002 - 2004)  
Regulation Development Team, Kentucky House Bill 391 (2003)

## **University Task Force and Committees**

RTM Program Review Chair (2013)  
NFS Program Review Team Member (2012)  
Senate Advisory Committee on Privilege and Tenure (2011)  
Committee on Privilege and Tenure (2010-2011)  
Search Committee Chair for NFS Assistant Professor (2010)  
Committee on Agriculture and Food Sustainability (2008 - present)  
NFS Chair's Advisory Committee (2008 - 2011)  
Lemon Tree Scholarship Fund (2007 – present)  
Graduate Fellowship for Selected Areas Committee (2009)  
FCS Advisory Planning Committee (2008)  
NFS HMT Search Committee Chair (2007)  
FCS Publication Committee (2006)  
Super Star Chef Program Logic Model Committee (2006)  
Farmers Market Program Logic Model Committee (2006)  
FCS Newsletter Committee (2006)  
4-H and Youth Development Foods and Nutrition Curriculum Team (2005 – present)  
Gamma Sigma Delta Membership Committee; FCS Rep (2005 - 2009)  
Food Systems Initiative (2004 – 2008)  
Associate Member, Graduate Faculty for the Hospitality and Dietetics Administration Program (2003 - present)  
Academic Scholarship Reviewer, Incoming Freshmen (2004 - 2005)  
NFS Dietetic Self-Study (2005)  
Food Engineering Search Committee (2004 - 2005)  
FCS/HES Director Search Committee (2004 - 2005)  
NFS Dietetic Self-Study (2005)  
External IT Review Committee (2004)  
4-H Youth Development State Senior Scholarship Reviewer (2004)  
FCS Assistant Director Search Committee (2004)  
UK Beef IRM Consumer Focus Committee (2004)  
Dairy Club's American Dairy Science Association Meeting Judge (2004)  
COA Barnhart Fund for Excellence Committee (2003 - 2005)  
HES Program Development Committee (2003 - 2005)

## Community Committees

Lexington Herald Leader Newspaper Food Safety & Nutrition Advisor (2002 - present)  
Centenary United Methodist Church Missions Team (2002 – 2010)  
Centenary United Methodist Church Lay Leader for Youth Team (2004 – 2007)  
Lexington Rotary Club Group Study Exchange Chair (2004 - 2007)  
Lexington Rotary Club Girl Scout Committee (2004 – 2007)  
Lexington Christian Academy Curriculum Committee (2001 - 2003)  
Lexington Christian Academy Intermediate Science Fair Judge (2004 - 2006)

## Professional Development and Organizations

2013 AND, Houston, TX  
2012 Academy of Nutrition and Dietetics (AND) Food and Nutrition Conference and Expo (FNCE), Philadelphia, PA  
2011 ADA FNCE, San Diego, CA  
2010 ADA FNCE, Boston, MA  
Southeastern Association of Area Agencies on Aging Conference, Louisville, KY  
Emerging Trends for Diabetes Prevention and Management, Lexington, KY  
ADA Healthy Aging (HA) Executive Committee Meeting, Chicago, IL  
The Mini Nutritional Assessment Use with Older Adults, ADA HA DPG Webinar  
2009 ADA FNCE, Denver, CO  
ADA HA Executive Committee Meeting, San Diego, CA  
2008 UK President's Commission on Women Circle of Power Leadership Program (8-month program)  
2007 National Restaurant Association Education Foundation Convention, Chicago, IL  
ADA FNCE, Philadelphia, PA  
2006 ADA FNCE, Honolulu, HA  
2005 ADA FNCE, Chicago, IL  
Commission on Dietetic Registration, Certificate Training in Adult Weight Management, Chicago, IL  
2004 Processing Equipment Expo, Chicago, IL  
Living Leadership: Delivering Results the Right Way, Lexington, KY  
Society for Nutrition Education (SNE) Annual Conference – Salt Lake City UT  
Postharvest Technology Short Course, University of California, Davis, CA  
Basic Training: A Guide to Starting Your Own Food Business, Oklahoma State University, Stillwater, OK  
Creating Chemistry for ADVANCEment/UK President's Commission on Women, Lexington, KY  
Kentucky State Horticultural Society Annual Meeting, Princeton, KY  
2002 NIEHS Superfund Basic Research Program Annual Meeting, Sedona, AZ  
SNE Annual Meeting, Minneapolis, MN  
2001 NIEHS Superfund Basic Research Program Annual Conference, Gainesville, FL  
ADA FNCE, St. Louis, MO  
2000 Regional FDA Food Protection Summit, Louisville, KY  
Society for Nutrition Education Annual Conference, Charleston, SC  
International PCB Conference, Lexington, KY  
1999 SNE Annual Conference, Baltimore, MD

- Microsoft PowerPoint 97 Quick Start Training, Lexington, KY
- 1998 41<sup>st</sup> Annual Children's Health Conference, Louisville, KY  
ADA FNCE, Kansas City, MO
- 1997 ADA FNCE, Boston, MA  
National Association Farmers Market Nutrition Program, New Orleans, LA  
International Conference on Agriculture Production and Nutrition, Boston, MA
- 1996 ADA FNCE, San Antonio, TX  
International Conference on New Development in Refrigeration for Food Safety and  
Quality, Lexington, KY  
Southeast Regional American Culinary Federation Conference, Nashville, TN

## **INSTRUCTION** **(Distribution of Effort 26%)**

### **Teaching Narrative**

As Department Chair I believe it is important to stay in touch with students, but DHN 342 Quantity Food Production, which includes the Lemon Tree Café as their laboratory, was too much time in addition to my administrative responsibilities. This capstone class for 50 students is made-up of all seniors; half HMT students and half Dietetic students. Twice a week they serve 43+ people a three-course meal, complete with locally grown foods. Bob Perry, Coordinator of the Food System Initiative, and I team teach the Lemon Tree laboratory. My philosophy encompasses class organization through Blackboard and Lemon Tree laboratory stations; student advising; lecture preparation and presentation; student evaluations, testing, and grades; teaching assistant supervision and direction; and daily class supervision of half the Lemon Tree laboratory stations. Now, I teaching the Seminar in Nutrition and Dietetics and have enjoyed getting back into research topics.

My philosophy of teaching is simple. It is my responsibility to share my knowledge and expertise in a professional and effective manner. I subscribe to The Seven Principles for Good Practice in Undergraduate Education (Chickering & Gamson, 1987). Using these guidelines has focused my efforts on the following outcomes that research shows are a result of good teaching. Below are examples of how these principles are employed to show my creativeness and commitment to excellence when it comes to directing and serving my students.

#### **Principle 1: Encourage contact between students and faculty**

- Contact is one of the most important factors in developing student interest and motivation for active engagement in and out of class. During the first class, the students provide their picture and personal information that allows me to learn student names, majors, and special interests in a timely fashion.
- Active participation exercises and experiential learning serve as taking roll. These exercises supplement PowerPoint presentations during lecture. As a result, more questions are raised that stimulate valuable conversations that may have been left unsaid without the additional thought-provoking material.

#### **Principle 2: Develop reciprocity and cooperation among students**



- Working together often improves active learning. Together Everyone Accomplishes More! Teamwork is emphasized in both lecture and laboratory sessions.
- Students are encouraged to make suggestions throughout the semester. This gives them buy-in and an opportunity to talk among themselves about what they like and don't like about the course. Although my efforts are not intended to please everyone all the time, students know that some things just can't be changed. This allows things that may have been a distraction or something to complain about, to become an accepted part of the class.
- The Lemon Tree laboratory is divided into 20 stations. Each station gives students the opportunity to practice real life skills in both the front and back of the house. As employees, they experience conflict among teams, cooking disasters, and hospitality issues. As managers, they experience typical management highs and lows. Two of my favorite stations in Lemon Tree are the Photo Stylist and Restaurant Critic. Both require organized interaction with other students and allow me the insight of camaraderie at the dining table and the enjoyment of pictures that capture a day in the kitchen and dining room. In addition photos and critiques are uploaded to The Lemon Tree Facebook page for other's enjoyment.

#### Principle 3: Encourages active learning

- The lecture of Quantity Food Production provides information and thinking time during active participation exercises. The Lemon Tree laboratory requires that the application of that knowledge be put into action. These learning times are very different, depending on the major of the student.
- Each of the laboratory stations has an activity which focuses on food science and cooking skills, management and communication skills, or hospitality and marketing skills. Expectations are well defined from the beginning and continue during the semester.
- Students run the Lemon Tree Café; I direct. My goal is to allow what they learn to become part of themselves. In a professional situation, it is easier to make decisions if an individual is confident because of their previous positive experiences. Part of that is encouraging students to make decisions; not to be afraid of failure.

#### Principle 4: Gives prompt feedback

- Appropriate feedback for performance is imperative to a student learning what they do, and don't know. Blackboard has been the greatest tool that I have used to provide efficiency and time savings through prompt grading and positive feedback for student assessment. Within 24-hours, students know what they will strive to improve during the next station. By the end of the semester, there is a noticeable improvement in cooking and management skills. In addition, the class is now green. The first semester I handled almost 1,000 pieces of paper. Now I handle very few.
- Teacher evaluations from students have been constructive and a valuable tool towards striving to improve delivery of information and the logistics of stations. They have consistently been above the College of Agriculture average scores.

#### Principle 5: Emphasizes time on task

- There is no substitute for experiential learning. Besides Lemon Tree stations in the kitchen and in the dining room, skill sets are also fulfilled through Dining Services and visits to restaurants, farmers market, and UK's Research Farm. These additional stations also breed familiarity with sustainable agriculture and buying locally, from farm-to-table.

- This year, two components were added; Service Learning which emphasizes serving the community and Recipe Nutrition Analysis which increases knowledge of dietary concerns for consumers and enable additional software familiarity. Next year will see the script and video development of recipes from “Plate It Up”, an FCS Extension Agent project highlighting nutritious recipes. These short videos will be uploaded to Youtube.

#### Principle 6: Communicates high expectations

- If you expect more, you get more, both from the naturally motivated student and from the uninterested student. From the very first day, very high expectations are introduced. They are included in the syllabus, on Blackboard, in the station evaluations, in my voice, and in my actions. It’s amazing how much the students give during the Lemon Tree laboratory.
- In addition, the National Restaurant Association Educational Foundation (NRAEF) offers ManageFirst™, a certificate management development program which emphasizes specific competencies. The NFS Department was already teaching ServSaf®, one of the required NRAEF ManageFirst™ courses. I recommended we offer the remaining courses in appropriate, specific courses so students have the ManageFirst™ Professional Credential upon graduation. Specific courses are chosen by matching objectives already met within each specific class, and then adding the NRAEF appropriate exam. The Quantity Food Production course includes the NRAEF ManageFirst™, *Controlling Foodservice Costs* workbook and exam. Since it is recognized nationally by both the HMT and Dietetic industries, our students have an additional tool that many students do not have upon graduation, maybe giving them an edge in their professions.
- Pedagogical evaluations from students have been in the top 20% each semester in the School of Human Environmental Sciences. The School has 187 courses offered.

#### Principle 7: Respects diverse talents and ways of learning

- Students learn in different ways and at different rates. The Lemon Tree stations are set up to provide success at the simpler stations and then build towards the more difficult ones, ending with management stations. Students are encouraged to step outside of their comfort zone to be exposed to new ways of thinking and doing, so they will know what to expect when they get into a real job.

Under my leadership, a Lemon Tree Scholarship Fund has been established.

Funds are awarded each year to a HMT and a Dietetic student for use during their required internships, many of which are unpaid. The idea originated when a student in the restaurant reviewer station expressed an interest in doing his internship in Australia. He had the money for the plane ticket, but he didn’t have the money for living expenses. Our first award was made in fall 2010 to Dietetic student. Since then, we have given out two \$500 awards annually.

It is my belief that professors should be approachable, accessible, prepared to teach, and enthused about their topic. Students are engaging and full of dreams. My hope is that students involved in courses in the Department of Dietetics and Human Nutrition will acquire knowledge, support, and real life experiences that will contribute to the success of their professional careers. It is a privilege, to provide my best to these students and provide support for other faculty and staff to provide their best as well!

## Courses

**Spring 2013 – present**     **DHN 408G Seminar in Nutrition and Dietetics**  
 (80 students per semester) 20-minute research presentation

**Spring 2009 – Fall 2012**     **DHN 342 Quantity Food Production Lecture and Lab**  
 (40 – 45 senior-level students/semester)  
 National Restaurant Association Education Foundation (NRAEF)  
**ManageFirst® Certification** *Controlling Food Costs: 97% pass rate*

**NFS 342 Evaluations**  
**Top 10 in School of Human and Environmental Sciences**  
**Above College of Agriculture, Food and Environment Averages**

**Developed Lemon Tree Facebook Page where students**  
**post daily class photos and meal critiques**

**Spring 2007**                             **NFS 340 Institutional Purchasing Lecture**  
 (77 students)  
 NRAEF **ManageFirst® Certification** *Purchasing: 100% pass rate*

## Preceptor and Mentored Undergraduate Students

2014	Exemplar High School Scholar	Bethany Prekopa
2014	CES Summer Intern	Sydney Hobbs
2014	Graduate Special Problems	John Rupp
2013	Undergraduate Research Advisor	Jose Alvarez
2012	Undergraduate Research Advisor	Maggie Roberts
2012	Undergraduate Research Advisor	Austin Goff
2012	Undergraduate Research Advisor	Shawn Smith
2012	CES Summer Intern	Kenyatta Chandler
2011	Undergraduate Research Advisor	Natalie Frank
2011	Undergraduate Research Advisor	Madalyn Hay
2010	CES Summer Intern	Vanessa Oliver
2010	Dietetic Mentor	Madalyn Hay
2009	Didactic Intern – Community Nutrition Rotation	Sara Miller
2008	Didactic Intern – Food Systems Rotation	Rebecca Harville
2008	Undergraduate Research Advisor	Elizabeth Kilty
2008	Didactic Intern – Community Nutrition Rotation	Melissa Banks
2008	CES Summer Intern (Shared)	Erika Johnson; Laura Griswold
2007	CES Summer Intern	Sarah Small
2007	Research Associate (Shared)	Kendall Furnish
2005	CES Summer Intern	Tava Bruckner
2004	Undergraduate Project Committee Member	Pui Fung Katrina Chim
2003	Undergraduate Research Advisor NFS 590	Wing Ya Yeung

## Graduate Student Advising

- 2003 – present Graduate Faculty Member Dietetics and Human Nutrition
- 2014 Committee Chair, MS Nutrition and Food Systems (7/16) Sean O’Nan  
*Use of Education to Improve the Diet of Children Cancer Survivors*
- 2014 Committee Chair, MS Dietetic Administration (7/15) Corey Shepherd  
*NEP Behavior Changes Using HEI Scores*
- 2014 Committee Chair, MS Dietetic Administration, (7/14) Laura Tincher  
*Food Safety Knowledge Retention of Dietetics Students*
- 2014 Committee Chair, MS Dietetic Administration, (7/14) Kailey Cunningham  
*Perceptions of Nutrition Students and Study Abroad*
- 2014 Committee Member, MS Dietetic Administration (7/14) Aaron Schwartz
- 2014 Committee Member, MS Dietetic Administration (7/14) Crystal West
- 2013 Committee Chair, MS Dietetic Administration (12/13) Amy Camenisch  
*Farmer Markets and Food Choices*
- 2011 Committee Chair, MS Dietetic Administration, (5/11) Joseph Higgins  
*A Study to Determine whether Nutrition Information Influences Consumer’s Restaurant Menu Choices*
- 2011 Special Problems (5/11), Feai Voon-Wong
- 2011 Committee Chair, MS Dietetic Administration, (8/12) Beth Oldiges  
*Use of YouTube Food Demonstrations with EFNEP Paraprofessionals*
- 2010 Committee Chair, MS Dietetic Administration, (12/11) Vanessa Oliver  
*Food Safety Perceptions and Practices of Homebased Processors in Kentucky*
- 2010 Committee Chair, MS Dietetic Administration, (5/10) Sarah Small  
*Dietitians’ Use and Perceptions of Nutritional Screening Tools for Older Adults*
- 2010 Committee Member, MS HMT, (5/11) Nathan Tallent
- 2010 Committee Member, MS Dietetic Administration, (5/11), Julie Northrop Martin
- 2010 Committee Member, PhD Nutritional Sciences, Carolyn Hofe
- 2010 Committee Member, MS Dietetic Administration, (5/10), Elizabeth Marshall  
*Examining the Relationship between Weight, Food Insecurity, Food Stamps, and Perceived Diet Quality in School-Aged Children*
- 2004 Committee Co-Chair, MS Nutritional Sciences, (5/04), Casey Harp  
*Improving the Nutritional Status of Kentucky Children: A Nutrition Intervention Program*