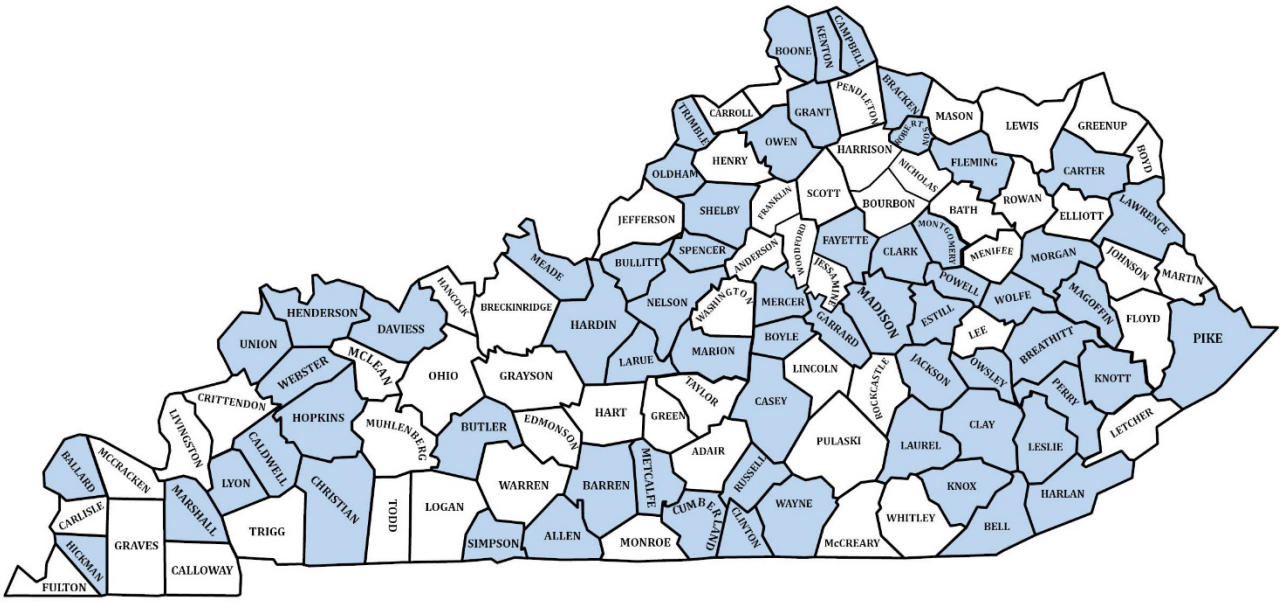
FY15 Report

Plate It Up



The Plate It Up Featured Program provides a unique way to experience Kentucky's freshest locally grown produce through easy, healthy and affordable ideas for serving delicious meals. Demonstration scripts provide information to families on nutrition, selection, preparation and preservation for Kentucky commodities featured in the recipes. Moreover, the intent of that program is to help combat obesity by targeting increased fruit and vegetable consumption. A total of 65 counties participated in 2015.

Plate It Up

9,892	Number of participants who indicated plans to increase their consumption of fruits after participating in the program
9,370	Number of participants who indicated plans to increase their consumption of vegetables after participating in the program
2,434	Number of participants who reported an increase in their consumption of fruits after participating in the program
2,506	Number of participants who reported an increase in their consumption of vegetables after participating in the program
3,773	Number of participants who reported consuming at least 4-6 servings of fruit per day after participating in the program
4,076	Number of participants who reported consuming at least 4-6 servings of vegetables per day after participating in the program