

# COOPERATIVE EXTENSION



**EXTENDING KNOWLEDGE**  
*Changing Lives*

***When you support Extension, drug rehabilitation clients adopt positive dietary changes and gain skills to lead a healthy lifestyle.***



*Extension nutrition programs promote recipes that include fruits and vegetables. Foods high in antioxidants and fiber contribute to restoring the immune system and normal digestive functions.*

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## **Extension Nutrition Education Contributes to Recovery from Drug and Alcohol Addiction**

*Drug and alcohol addiction can lead to malnutrition and health challenges. Extension Nutrition Education Program participants learn to select nutritious foods to restore health and help resist addictive cravings.*



[extension.ca.uky.edu](http://extension.ca.uky.edu)

*During the nutrition education programs, the SNAP-Ed Assistant involves the men in food preparation, demonstrating proper food safety techniques. In 2017, 65% of program graduates improved their food safety skills. In addition to increasing participants' knowledge, the food preparation skills learned are valuable for gaining employment and increasing self-worth of those in addiction recovery.*

## Nutrition Education Evaluation Reporting System 2017 Report

“Hey, it’s the nutrition man! He’s going to teach you all how to eat healthy!” exclaimed a current resident at Wayside Christian Mission upon the arrival of the Supplemental Nutrition Assistance Program Education (SNAP- Ed) Assistant. Extension collaborates with Wayside Christian Mission in Louisville to provide weekly nutrition education programming. Among the programs offered by Wayside are the Men’s Day Shelter, Men’s Permanent Supportive Housing, and the Sober Living Recovery Center.

The participants suffer from alcohol and/or drug addiction. Addiction can lead to malnutrition, digestive problems, and a compromised immune system. It can also destroy self-esteem. The SNAP-Ed Assistant concentrates his presentations on educating participants to make healthy food choices.

Since 2016, the SNAP-Ed Assistant has graduated over 75 men at Wayside Christian Mission from the Nutrition Education Program. By reading and understanding nutrition labels, clients learn to make informed decisions on portion size, calories, nutritional value and ingredients. Those suffering from addiction learn to make caffeine-free and sugar-free choices to avoid dehydration and mood fluctuations and help resist craving. In a recent program graduation class, 86% of participants demonstrated an improvement in nutrition label reading.



*Food demonstrations and hands-on activities promote good food safety practices.*

Their increase in fruit and vegetable consumption aids in rebuilding their immune system and normal digestive functions. In 2017, 71% of program graduates demonstrated an improvement in their diet quality and nutrition. 100% of program graduates demonstrated a positive change in a food group.