

ENGAGEMENT OPPORTUNITIES

Shadow practitioners. Branch out. Gain real-world experience. Make a difference.

Lead. Advocate. Serve.



STUDENT DIETETIC AND NUTRITION ASSOCIATION (SDNA)

SDNA is an organization for students with an interest in nutrition. It focuses on nutrition-related service in addition to guest speakers who provide an insight into the profession. Contact the President, Mary-Lauren Shelton at marylauren.shelton@uky.edu to learn more about meetings.



THE CAMPUS KITCHEN AT THE UNIVERSITY OF KENTUCKY (CKUK)

An on-campus, student service organization that provides a sustainable solution to reducing food waste while serving healthy meals to those struggling with hunger. Volunteers pick-up unused, quality food and use donated kitchen space to prepare healthy meals in addition to providing education opportunities such as cooking classes. Sign-up to volunteer at vhub.at/ckuk or contact campuskitchenatuk@gmail.com. No experience needed! See weekly schedule below:

Time	Monday	Tuesday	Wednesday	Th.	Friday
8:00	Food Rescue Lucky's Market	Food Rescue Blazer Hall			Food Rescue Blazer Hall
9:00					
1:00					
2:00	Food Rescue Arboretum				Food Rescue UK South Farm
3:00		Cooking Shift Funkhouser Building	Cooking Shift Funkhouser Building		Cooking Shift Funkhouser Building
4:00					
5:00		Delivery On-Campus	Delivery Off-campus	Delivery On-Campus	Delivery Off-campus

SSTOP HUNGER: SUSTAINABLE SOLUTIONS TO OVERCOME POVERTY (SSTOP)

Supports on-campus hunger-related initiatives and organizations by facilitating communication and providing resources to develop and implement strategies to end hunger. Attend a meeting in 207 Funkhouser every other Tuesday at 6:30 PM starting August 30th. Contact sstop hunger@gmail.com.



CENTER FOR COMMUNITY OUTREACH

Home to various issue-related service programs such as UK Alternative Spring Breaks, Beyond the Blue, DanceBlue, FUSION, UK Service Corps. Learn more at www.ukcco.org.



BIG BLUE PANTRY

Serves non-perishable food to all UK students. Located in White Hall rooms 23-25. To receive food or volunteer contact Becca Kouba at bigbluepantry@ukcco.org.



PHI UPSILON OMICRON

An honor society that develops leadership qualities and professionalism that are essential to success post-graduation. Contact the Secretary, Emma Rodes, at emma.rodes@uky.edu.



dhn-hes.ca.uky.edu/dhn-calendar



Contact Amanda Hege
amanda.hege@uky.edu
222 Funkhouser

OFF-CAMPUS ORGANIZATIONS AND OPPORTUNITIES



TWEENS NUTRITION AND FITNESS COALITION

Dedicated to making healthy eating and physical activity popular and accessible in homes, schools, and communities. The four initiatives include Better Bites, Good Neighbor Stores, Fresh Stop Markets, and School Wellness. Volunteer by distributing fresh produce to those experiencing food insecurity every Thursday from 11:30 – 1:30 PM at the Lexington Market East End. Interested? Email Mya Price at myaprice10@yahoo.com.

SEEDLEAF



Increases the amount, affordability, nutritional value, and sustainability of food available to people at risk of hunger. Programs include Composting, Gardening, Cooking, and SEEDS (Service, Education and Entrepreneurship in Downtown). Learn more about current volunteer opportunities at <http://www.seedleaf.org/volunteer/>.

KENTUCKY ACADEMY OF NUTRITION AND DIETETICS (KAND)



As an affiliate of the Academy of Nutrition and Dietetics, KAND is the largest organization of food and nutrition professionals in Kentucky and serves the public through the promotion of optimal nutrition and health. Serve on a committee such as: Public Policy, Social Media, Website, or the 5K. Contact Amanda Hege at amanda.hege@uky.edu.

BLUEGRASS ACADEMY OF NUTRITION AND DIETETICS



The local affiliate of the Academy of Nutrition and Dietetics that promotes optimal health and nutrition for all people and provides direction and leadership for quality dietetic practice, education and research. Connect and network with other students and nutrition-related professionals. Learn more at <http://www.bluegrasseatright.org/>.

GARDEN WITH KIDS



Serve in a community garden at Arbor Youth Services, a homeless shelter for children. Volunteer hours are flexible. Contact Beau Revlett at beau.revlett@uky.edu to learn more.

UPCOMING OPPORTUNITIES:

- **Cooking Classes** – empower students at elementary schools in Lexington how to build healthy meals. Curriculum is provided, no experience needed.
 - **Samaritan's Touch** – gain experience in physical therapy at the student physical therapy clinic that provides services and a welcoming setting for student service.
 - **Mission Lexington** – volunteer at a clinic that offers free medical, dental, and pharmacy services to low-resource patients.
 - **Food Waste Demonstration** – assist the UK Dining Sustainability Coordinator in measuring food waste and increasing awareness at dining facilities across campus.
- Contact Amanda Hege at amanda.hege@uky.edu and share your name, major and year, future plans, expectations, and availability.

ORGANIZATIONS TO FOLLOW:

Get involved in addition organizations by visiting their website or signing up at www.volunteermatch.org. Consider reaching out to the following:

- Cardinal Hill Rehabilitation
- Kentucky Children's Hospital
- Hospice of the Bluegrass
- The HOPE Center
- Ronald McDonald House
- Lighthouse Ministries
- Local Hospitals
- UK Extension and 4-H
- God's Pantry Food Bank
- Moveable Feast
- Meals on Wheels
- Girls on the Run
- March of Dimes
- Carnegie Center for Literacy
- Community Action Council
- Kentucky Refugee Ministries
- Habitat for Humanity
- Big Brothers, Big Sisters



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