

FOR IMMEDIATE RELEASE

For more information:

Frances Graves

Director and Community Vitality Agent, Wildcat Extension District

francesgraves@ksu.edu, (785) 331-5378

Extension and ICC Partner on Food Video Programs and Summer Camps

K-State Research and Extension's Wildcat District and Independence Community College's Fab Food Lab partnered this summer to bring food education to people of all ages – in-person and online.

“When the Fab Lab ICC started their Fab Food Lab project, we knew it would be a natural fit for our extension agents to collaborate,” Wildcat District Director Frances Graves said. “We both want to help people feel confident growing and preparing their food. Collaborations like this always encourage creativity.”

So far, the Fab Food Lab has recorded five video programs featuring Wildcat District Agents. Programs include starting and raising backyard chickens, edible landscaping, food preservation, understanding meat labels and grilling food safety. Videos are available to view anytime online at fablabicc.org or on the Wildcat District YouTube channel.

In addition to the adult programs, the Fab Food Lab and Wildcat District partnered to offer four “Kitchen Kids” cooking camps in Independence, Cherryvale and Fredonia this summer. In June, 25 kids ages 8-12 participated in two three-day camps at the ICC West Commercial Kitchen, learning basic kitchen and cooking skills, exploring healthy recipes and participating in a team cooking competition with judges on the final day.

“I will always remember some of the comments made by these kids, especially one who said they were sad the night before because they realized today was the last day of the camp,” said Holly Miner, Wildcat District Nutrition, Health and Food Safety Agent.

Miner also taught two food preservation workshops last month at the Fab Lab ICC. Participants explored how to safely preserve fresh fruits and vegetables to eat later through a variety of methods including dehydration and pressure canning.

“Partnering with a community organization like the Fab Lab is a great way to reach a new audience who may not be familiar with extension services,” said Miner, who plans to offer future food preservation classes throughout the fall after the summer harvest.

In addition to the Wildcat District extension programs and activities, the Fab Food Lab hosted celebrity Chef Alli for two cooking lesson videos on Fresh Mex and Easy Skillet Meals. These recordings and recipes can also be found at fablabicc.org.

The Fab Food Lab is sponsored by Verizon and is an initiative of Independence Community College. K-State Research and Extension’s Wildcat District serves Montgomery, Crawford, Labette and Wilson Counties with research-based information and programs related to Agriculture, Horticulture, 4-H and Youth Development, Nutrition, Wellness and Community Development.

Information on future events and collaborations can be found at www.fablabicc.org or www.wildcatdistrict.ksu.edu.

For more information on partnering with the Wildcat District, contact Frances Graves, District Director & Community Vitality Agent, francesgraves@ksu.edu, 785-331-5378.

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