

Anna M. Cason, RD, LD
University of Kentucky
Dietetics and Human Nutrition
September 1, 2023

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Professional Licensure

Registered Dietitian Nutritionist, #86329720
Licensed Dietitian Nutritionist, Kentucky, #289176

Education

Master of Nutrition and Food Systems, Expected December 2025

University of Kentucky, Lexington, Kentucky
Dietetics and Human Nutrition

Bachelor of Science, August 2023

University of Kentucky, Lexington, Kentucky
Dietetics and Human Nutrition
Summa Cum Laude, Dean's List; Coordinated Program of Dietetics; Bridge Scholar

Bachelor of Arts, May 2019

Transylvania University, Lexington, Kentucky
Biology: Molecular & Cellular *and* Spanish Language & Literature
Minor in Mathematics
Trustee Scholar

Professional Experience

September 2023 to present

Senior Extension Associate

Department of Dietetics and Human Nutrition
Cooperative Extension Service
University of Kentucky

May 2023 to July 2023

Dietetic Intern

Food Service and Systems Management
Marion County Public Schools

March 2023 to May 2023

Dietetic Intern

Clinical Nutrition

January 2023 to March 2023

Baptist Health Lexington

Dietetic Intern

Community Nutrition

Bluegrass Nutrition Counseling

Peer-Reviewed Extension Publications

* = Student

^ = Extension agent

(New = 24; Revisions = 34) (as of July 2025)

Published

1. **Cason, A.**, Norman-Burgdolf, H., Bastin, S. *Make-Ahead Freezer Meals: Tips, Tricks, and Recipes*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.060; pp 11. (Peer-Reviewed, Major Revision)
2. **Cason, A.**, Norman-Burgdolf, H., Bastin, S. *Delicious Meals in Minutes*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-SSB.029; pp 10. (Peer-Reviewed, Major Revision)
3. **Cason, A.**, Norris, A., Norman-Burgdolf, H. *Direct and indirect food additives: What should we know?* Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.201; pp 4. (Peer-Reviewed, Original Content)
4. Luecking, C., **Cason, A.** *Food dyes: What should we know?* Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub#FN-AMC.202; pp. 3 (Peer-Reviewed, Original Content)
5. **Cason, A.**, Norman-Burgdolf, H. *Nutrition and Eye Health*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.023; pp 4. (Peer-Reviewed, Original Content)
6. Norman-Burgdolf, H., **Cason, A.** *Food Allergens: Alpha-Gal*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FCS3-646; pp 7. (Peer-Reviewed, Original Content)
7. **Cason, A.**, Luecking, C. *Nurturing Little Ones: The Vital Role of Vitamin D and Iron in Baby's First Year*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.101; pp. 3. (Peer-Reviewed, Original Content)
8. Bastin, S., **Cason, A.** *Greens: Choosing, Storing, Preparing, and Enjoying*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FSHE-18; pp 2. (Peer-Reviewed, Major Revision)

9. Bastin, S., **Cason, A.** *Asparagus: Choosing, Storing, Preparing, and Enjoying*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FSHE-17; pp 2. (Peer-Reviewed, Major Revision)
10. Luecking, C., **Cason, A.** *Mixing up the Brown Bag Lunch: Packing lunches your little will want to eat*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. pp 6. (Peer-Reviewed, Original Content)
11. Davis, A. *, Luecking, C., **Cason, A.** *Oral Health during Pregnancy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-CTL.101; pp. 5 (Peer-Reviewed, Original Content)
12. Davis, A. *, Luecking, C., **Cason, A.** *Caring for Baby Teeth in the Early Years*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-CTL.100; pp. 4 (Peer-Reviewed, Original Content)
13. Adams, I., **Cason, A.** *Physical Activity and Diabetes*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-541; pp 4. (Peer-Reviewed, Minor Revision)
14. Adams, I., **Cason, A.** *Diabetes and Hemoglobin A1C*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-542; pp 4. (Peer-Reviewed, Minor Revision)
15. Adams, I., **Cason, A.** *Understanding Diabetes*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-539; pp 4. (Peer-Reviewed, Minor Revision)
16. Adams, I., **Cason, A.** *Monitoring Blood Glucose*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-551; pp 4. (Peer-Reviewed, Minor Revision)
17. Adams, I., **Cason, A.** *Monitoreo de la Glucosa en Sangre*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-551; pp 4. (Peer-Reviewed, Minor Revision)
18. Adams, I., **Cason, A.** *Carbohydrate Counting*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-546; pp 4. (Peer-Reviewed, Minor Revision)
19. Adams, I., **Cason, A.** *Conteo de Carbohidratos*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-546s; pp 4. (Peer-Reviewed, Minor Revision)
20. Adams, I., **Cason, A.** *Diabetes and High Blood Pressure*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-543; pp 4. (Peer-Reviewed, Minor Revision)
21. Adams, I., **Cason, A.** *Managing Your Diabetes*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-540; pp 4. (Peer-Reviewed, Minor Revision)

22. Adams, I., **Cason, A.** *Diabetes and Foot Care*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-550; pp 4. (Peer-Reviewed, Minor Revision)
23. Bastin, S., Mullins, J., **Cason, A.** *Gluten-free: Is it for me?* Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-564; pp 4. (Peer-Reviewed, Minor Revision)
24. Bastin, S., **Cason, A.** *Broccoli: Choosing, Storing, Preparing, and Enjoying*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FSHE-10; pp 2. (Peer-Reviewed, Major Revision)
25. Bastin, S., **Cason, A.** *Tomatoes: Choosing, Storing, Preparing, and Enjoying*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FSHE-7; pp 2. (Peer-Reviewed, Major Revision)
26. Bastin, S., **Cason, A.** *Cucumbers: Choosing, Storing, Preparing, and Enjoying*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FSHE-11; pp 2. (Peer-Reviewed, Major Revision)
27. Bastin, S., **Cason, A.** *Potatoes: Choosing, Storing, Preparing, and Enjoying*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FSHE-12; pp 2. (Peer-Reviewed, Major Revision)
28. **Cason, A.** *Liver Disease and Lifestyle Factors*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-AMC.021; pp 3. (Peer-Reviewed, Original Content)
29. Bastin, S., **Cason, A.** *Food Safety for Travelers*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-SSB.155; pp 4. (Peer-Reviewed, Major Revision)
30. Adams, I., **Cason, A.** *Cholesterol 101*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-574; pp 2. (Peer-Reviewed, Minor Revision)
31. Adams, I., Buchanan, N., Cockerham, B., Mullins, J., **Cason, A.** *Seafood: Are you reeling in the benefits?* Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-590; pp 4. (Peer-Reviewed, Major Revision)
32. Bastin, S., **Cason, A.** *Lactose Intolerance*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-104; pp 2. (Peer-Reviewed, Major Revision)
33. Adams, I., **Cason, A.** *Probiotics: Friendly Bacteria*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-555; pp 3. (Peer-Reviewed, Major Revision)
34. **Cason, A.** *Let's Spill the Tea on Tea*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-AMC.030; pp 3. (Peer-Reviewed, Original Content)
35. **Cason, A.** *Chronic Kidney Disease and Diet*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.020; pp 4. (Peer-Reviewed, Original Content)

36. Bastin, S., **Cason, A.** *Power Up with Plant Protein*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-SSB.053; pp 4. (Peer-Reviewed, Major Revision)
37. Adams, I., **Cason, A.** *MyPlate: Tools for Building a Balanced Plate*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-562; pp 6. (Peer-Reviewed, Minor Revision)
38. Adams, I., **Cason, A.** *Beverage Breakdown*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-560; pp 3. (Peer-Reviewed, Minor Revision)
39. Adams, I., **Cason, A.** *Family Mealtime: Make It Happen*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-553; pp 2. (Peer-Reviewed, Minor Revision)
40. Adams, I., **Cason, A.** *Family Mealtime: Using MyPlate for Our Plates*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-554; pp 4. (Peer-Reviewed, Major Revision)
41. **Cason, A.** *Milk Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.003; pp 3. (Peer-Reviewed, Original Content)
42. **Cason, A.** *Tree Nut Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.008; pp 3. (Peer-Reviewed, Original Content)
43. **Cason, A.** *Shellfish Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.006; pp 2. (Peer-Reviewed, Original Content)
44. **Cason, A.** *Fish Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.002; pp 2. (Peer-Reviewed, Original Content)
45. **Cason, A.** *Peanut Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.004; pp 2. (Peer-Reviewed, Original Content)
46. **Cason, A.** *Soy Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.007; pp 2. (Peer-Reviewed, Original Content)
47. **Cason, A.** *Sesame Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.005; pp 2. (Peer-Reviewed, Original Content)
48. **Cason, A.** *Egg Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.001; pp 2. (Peer-Reviewed, Original Content)

49. **Cason, A.** *Wheat Allergy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-AMC.009; pp 3. (Peer-Reviewed, Original Content)
50. Bastin, S., **Cason, A.** *Food Allergies*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-SSB.049; pp 3. (Peer-Reviewed, Major Revision)
51. Adams, I., **Cason, A.** *Understanding the Food Label*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-538; pp 3. (Peer-Reviewed, Major Revision)
52. Norman-Burgdolf, H., Goodman, M., Harris, J., **Cason, A.** *Sweet Enough Without All That Sugar*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-618; pp 3. (Peer-Reviewed, Major Revision)
53. Norman-Burgdolf, H., **Cason, A.** *Milk Matters*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub# FN-HNB.004; pp 4. (Peer-Reviewed, Original Content)
54. Bastin, S., **Cason, A.** *Nonnutritive Sweeteners*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-105; pp 3. (Peer-Reviewed, Major Revision)
55. Norman-Burgdolf, H., **Cason, A.** *Facts About Fat*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub #FN-HNB.202; pp 4. (Peer-Reviewed, Original Content)
56. Norman-Burgdolf, H., **Cason, A.** *Power Up with Protein*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FN-HNB.203; pp 4. (Peer-Reviewed, Original Content)
57. Adams, I., **Cason, A.** *Diabetes and the Health Care Team*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-549; pp 4. (Peer-Reviewed, Minor Revision)
58. **Cason, A.**, Norman-Burgdolf, H. *Building a Better Smoothie*. Lexington, KY: Cooperative Extension Service, University of Kentucky College of Agriculture. Pub # FN-HNB.003; pp 3. (Peer-Reviewed, Original Content)

Under Review

1. Noble, J., Jenkins, B., **Cason, A.**, Luecking, C. *Mom's Health Matters too*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
2. Noble, J., Jenkins, B., **Cason, A.**, Luecking, C. *Preparing for Baby's Arrival*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
3. Noble, J., Jenkins, B., **Cason, A.**, Luecking, C. *Planning Balanced Meals for Your Family*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)

4. Noble, J., Jenkins, B., **Cason, A.**, Luecking, C. *Choosing Nourishing Foods for a Healthy Pregnancy*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
5. Noble, J., Jenkins, B., **Cason, A.**, Luecking, C. *Nurturing Your Baby: 12 – 24 months*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
6. Noble, J., Jenkins, B., **Cason, A.**, Luecking, C. *Nurturing Your Baby: 9 – 12 months*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
7. Noble, J., Jenkins, B., **Cason, A.**, Luecking, C. *Nurturing Your Baby: 5 – 8 months*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
8. Noble, J., Jenkins, B., **Cason, A.**, Luecking, C. *Nurturing Your Baby: 0 – 4 months*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
9. Norman-Burgdolf, H., **Cason, A.** *Hydration and Electrolytes: Essential Partners in Health*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
10. **Cason, A.**, Norman-Burgdolf, H., Norris, A. *Egg Essentials: A Guide to Store-bought Eggs*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
11. **Cason, A.**, Norman-Burgdolf, H., Jacob, J. *Egg Essentials: A Guide to Backyard Eggs*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
12. **Cason, A.**, Norman-Burgdolf, H., DeWitt, E. *Egg Essentials: A Guide to Cooking Eggs*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
13. Nikouharf, D.,* **Cason, A.**, Norman-Burgdolf, H. *Nutrition and Skin Health*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
14. Nikouharf, D.,* **Cason, A.**, Norman-Burgdolf, H. *Choosing and Using Milk: A Guide to Cow's Milk and Plant-based Alternatives*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
15. Norman-Burgdolf, H., **Cason, A.**, Campbell, L.^ *Quick Stops, Smart Snacks: A Guide to Healthy Convenience Store Eating*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
16. Norman-Burgdolf, H., **Cason, A.**, Campbell, L.^ *Quick Bites, Nutritious Picks: A Fast-Food Guide*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)

Works in Progress

1. Drysdale, S.^*, **Cason, A.**, Luecking, C. *The Balancing Act: Family Meals, Youth Activities, and Nutrition*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. (Peer-Reviewed, Original Content)
2. Bastin, S., **Cason, A.** *Kosher Foods*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. Pub # FCS3-577; pp 4. (Peer-Reviewed, Minor Revision)
3. Flack, K., **Cason, A.** *Carbohydrates and Athletic Performance*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. # FCS3-621 (Peer-Reviewed, Major Revision)
4. Flack, K., **Cason, A.** *Dietary Fat and Athletic Performance*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. # FCS3-622 (Peer-Reviewed, Major Revision)
5. Flack, K., **Cason, A.** *Hydration and Athletic Performance*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. # FCS3-623 (Peer-Reviewed, Major Revision)
6. Flack, K., **Cason, A.** *Protein and Athletic Performance*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. # FCS3-624 (Peer-Reviewed, Major Revision)
7. Flack, K., **Cason, A.** *Supplements and Athletic Performance*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. # FCS3-625 (Peer-Reviewed, Major Revision)
8. Flack, K., **Cason, A.** *Vitamins and Minerals and Athletic Performance*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. # FCS3-626 (Peer-Reviewed, Major Revision)

Oral PresentationsAccepted/Other

*student

1. Crowder K*, **Cason A**, Luecking CT. *Feeding Kentucky's children: A comparative Analysis of parents' and grandparents' feeding behaviors*. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2024.
2. Recktenwald I*, Vessels B*, **Cason A**, Luecking CT. *Resources and facilities needed for Cooperative Extension to support breastfeeding in community settings*. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2024.
3. Vessels B*, Recktenwald I*, **Cason A**, Luecking CT. *Attitudes and beliefs surrounding breastfeeding among Kentucky Cooperative Extension Personnel*. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2024.
4. Horan B*, **Cason A**, Luecking CT. *Social media and nutrition education: Increasing engagement with reliable sources*. Showcase of Undergraduate Scholars, University of Kentucky. Lexington, KY. April 2024.

5. Norman-Burgdolf, H., Najor, J., **Cason, A.** *Cultivating Inclusive and Accessible Food and Nutrition Programming: Strategies for Including Audiences with Disabilities in Nutrition Education*. Kentucky Extension State Conference. Louisville, KY March 2025. Accepted.
6. McCulley, M., Huff, N., Norman-Burgdolf, H., Elswick, A., Luecking, C., **Cason, A.** *Big Blue Book Club connects people from Paducah to Pikeville*. Kentucky Extension State Conference. Louisville, KY March 2025. Accepted. (Presenting author).
7. Luecking, C., Jenkins, B., Cason, A., Noble, J. *Increasing opportunities for food and nutrition programming with SNAP-eligible families throughout pregnancy, infancy, and toddlerhood until age 2*. Kentucky Extension State Conference, Louisville. KY March 2025. Accepted. (Presenting author).
8. Luecking, CT., Plonski, P., Jenkins, B., **Cason A**, Desmennu, O. (2024, May) Planning for expansion of nutrition education for expectant and primary caregivers of infants and toddlers eligible for food assistance programs. International Society of Behavioral Nutrition and Physical Activity 2023. Omaha, NE.

Extension Agent Resources

Toolkits/Guidebooks (3)

1. Norman-Burgdolf, H., Batey, L., **Cason, A.** (2025) *Food as Health*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Toolkit guide, Frequently Asked Questions, four publications with complementary facilitators guides, participant handouts, activities, and evaluations for agents to facilitate sessions with optional hands-on cooking components, marketing and media package, , letter template for collaborating with clinical partners, internal resource list, external resources compiled, overall program evaluation]
2. Luecking, C., **Cason, A.**, McCulley, M. (2024). *Big Blue Book Club – SNACK Club edition*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Program overview, Marketing and media package, eight podcasts/videos for asynchronous book club experience with complementary facilitator guides, participant handouts, activities, and evaluations for agents to facilitate local, in-person sessions for each episode, Private Facebook group, Newsletter series, Overall program evaluation]
(Original Content)
 - SNACK Club is an iteration of Big Blue Book Club developed with caregivers in mind. We summarize bite-sized amounts of information in a conversational format that participants can digest through the convenience of a podcast and/or pair with live sessions in the community. The featured books include *Raising a Happy, Healthy Eater* and *How to Raise a Mindful Eater*. The goal of SNACK Club is to build caregivers' capacity to navigate the journey of feeding children.
3. Norman-Burgdolf, H., Najor, J., Savage, N., **Cason, A.** (2025) *A Guidebook for Including Audiences with Disabilities in Nutrition Education*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment.

Curricula (New Curriculum = 5; Revised = 4)

1. **Cason, A.,** (2025) *Building a Balanced Bowl*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handouts, Activities, PowerPoint presentation, Evaluation] (Original content)
2. **Cason, A.,** Luecking, C. (2025) *Lunch for Littles*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handouts, Activities, PowerPoint presentation, Evaluation] (Original content)
3. **Cason, A.** (2025) *Dinner on a Dollar*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handouts, Activities, PowerPoint presentation, Evaluation] (Original Content)
4. **Cason, A.** (October 2024) *Adulting 101: The Best Diet is a Balanced Diet*. [Canvas shell, macronutrients video, MyPlate video, activities, evaluation] (Original Content)
5. Bastin, S., Mullins, J., **Cason, A.** (2024) *Gluten-free: Is it for me?* Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handouts, Activities, PowerPoint presentation, Evaluation] (Major revision)
6. Cason, A. (2024) *Macronutrients*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handouts, Activities, PowerPoint presentation, Evaluation] (Original Content)
7. Adams, I., Cason, A. (2024) *Food Label Fundamentals*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handouts, Activities, PowerPoint presentation, Evaluation] (Major revision)
8. **Cason, A.** (2024) *Family Mealtime*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handouts, Activities, PowerPoint presentation, Evaluation] (Major revision)
9. Norman-Burgdolf, H., **Cason, A.** (2024) *Sweet Enough Without All That Sugar*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handouts, Activities, PowerPoint presentation, Evaluation] (Major revision)

Extension Homemaker Leader Lessons (Total = 3)

Family and Consumer Sciences Extension at the University of Kentucky utilizes the train-the-trainer model for program dissemination. Extension Homemaker Leader Lessons are developed for county agents and county homemaker groups. These lessons are developed by state-level specialists and associates annually and undergo peer review and pilot testing prior to publishing.

1. **Cason, A.,** Luecking, C. (2025) *Making friends with food: The Power of Positive Food Talk*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Activity, Evaluation]
2. **Cason, A.** (2025) *Building a Balanced Bowl*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handout, Activity, PowerPoint Presentation, Evaluation]
3. **Cason, A.,** Norman-Burgdolf, H. (2023) *Building a Better Smoothie*. Lexington, KY: Cooperative Extension Service, University of Kentucky Martin-Gatton College of Agriculture, Food and Environment. [Facilitator's Guide, Participant Handout, Activity, PowerPoint Presentation, Evaluation]

Live, Online Program Delivery (Total = 5)County Agent In-Service Trainings

Family and Consumer Sciences Extension heavily utilizes the train-the-trainer model for program delivery to maximize program offerings and clientele reached. Trainings were delivered virtually and face to face in multiple locations to serve all areas of the state.

1. **Cason, A.,** Sallie, A., Fryman, K. (June 19, 2025) *SNACK Club*. Zoom. SNACK (Supporting Nourished, Active Children in Kentucky) was originally developed as part of Big Blue Book Club. This training provided an overview of the program that lives on for Agents to offer as a series or in standalone sessions. A panel of agents shared their experience planning and offering SNACK Club in their communities.
2. Luecking, C., **Cason, A.** (June 3, 2024) *Dr. Yum's Preschool Food Adventure*. Zoom. Dr. Yum's Preschool Food Adventure is an evidence-based program to promote exploration of fruit and vegetables among preschool-aged audiences. The one-hour session included a debrief of online training completed before the in-service and time to plan implementation and evaluation efforts of this pilot project. Reach 4 county extension agents.
3. Luecking, C., **Cason, A.** (May 13, 2024) *Dr. Yum's Preschool Food Adventure*. Fayette County Extension Office. Dr. Yum's Preschool Food Adventure is an evidence-based program to promote exploration of fruit and vegetables among preschool-aged audiences. The three-hour session facilitated completion of training required for access to the program curriculum and online resources. The in-service also provided time to plan implementation and evaluation efforts of this pilot project. Reach 6 county extension agents.

4. **Cason, A.** (March 2024). *Managing nutrition when you're in the middle: Nutrition for adults*. Zoom webinar. 60 minutes. Presented as part of a week-long series for FCS agents and Nutrition Education Program specialists and assistants about nutrition across the lifespan. This session provided nutrition knowledge related to specific life stages within adulthood including pregnancy, lactation, and menopause. The information presented was then used toward the Agent's outreach in their community. Reach 24 county extension agents and assistants.
5. **Cason, A.** (November 2023). *Macronutrients: The Foundation of a Balanced Diet*. Zoom Webinar. 60 minutes. This training was presented to county Extension Agents to serve as baseline nutrition information for those without a background in nutrition or with an interest in it. The information learned was then used toward the Agent's outreach to their community.

Oral Presentations

1. **Cason, A.,** Norman-Burgdolf, H. *Nutrition for Older Adults*. Embracing the Next Best Years of Your Life Conference, Lexington, KY. May 2025. 85 participants.
2. **Cason, A.** *Making Friends with Food: The Power of Positive Food Talk*. Kentucky Extension Homemakers Association Annual Meeting, Lexington, KY. May 2025. 27 participants.
3. **Cason, A.,** Luecking, C., Kostelic, A. *Providing Good Nutrition in Caregiving*. Hardin County Caregiver Group, virtual. September 12, 2024. 4 participants.
4. **Cason, A.** *Building a Better Smoothie*. Kentucky Extension Homemakers Association Annual Meeting, Bowling Green, KY. May 2024. 32 participants.

Media Outreach

Cooperative Extension Associates are knowledgeable about subjects related to their training. We are often utilized to provide researched-based information to our communities in variety of formats. These include live media segments and recorded opportunities.

1. **Cason, A.,** High, Lyssa. (Host). (2025, March 25). *Alpha-gal Syndrome* [News Segment]. In ABC 36 Good Day Kentucky at 9:00am. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 60,000
2. **Cason, A.,** Shive, K. (Anchor). (2024, November) Ultra-processed Foods. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000.
3. **Cason, A.,** Shive, K. (Anchor). (2024, November) Language Around Food. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000.
4. **Cason, A.,** Shive, K. (Anchor). (2024, October) Energy Drinks. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000.
5. Luecking, C., **Cason, A.,** High, D. (Host). (2024, Aug 8). *SNACK Club promo* [News Segment]. In ABC 36 Good Afternoon Kentucky at 3:00. Lexington, KY: WTVQ 36 Broadcasting. Estimated reach: 60,000

6. **Cason, A., Johnson, S. (Interviewer).** (2024, August) The reasoning behind placement of food items in Kentucky grocery stores. [Radio segment] WEKU national public radio. Estimated Reach: 500,000. <https://www.weku.org/the-commonwealth/2024-08-26/the-reasoning-behind-placement-of-food-items-in-kentucky-grocery-stores>
7. **Cason, A., Shive, K. (Anchor).** (2024, August) SNACK Club. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000.
8. **Cason, A., Shive, K. (Anchor).** (2024, January) So Many Milks. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000.
9. **Cason, A., Shive, K. (Anchor).** (2024, January) Building a Better Smoothie. [News Segment]. In the Farm and Home Show. Bowling Green, KY: WBKO Television. Estimated reach: 15,000.

Podcast

University of Kentucky's Family and Consumer Science Extension established an educational podcast that features Extension Specialists and Associates. Each episode consists of an interview-style conversation with the Extension Administration as a host. The podcasts average 18,000 listens each month, episodes range from 10-15 minutes and can be found on major streaming platforms. Additionally, all episodes can be found at <https://ukfcsext.podbean.com/>.

1. **Cason, A., McCulley, M. (Host)** (2025). "Nutrition of Energy Drinks: Are They Really Boosting Your Energy?" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/the-truth-about-energy-drinks-are-they-really-boosting-your-energy/>
2. **Cason, A., Luecking, C., McCulley, M. (Host)** (2024). "SNACK Club: An Age-Old Dilemma: What to Feed Children" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/nourishing-young-minds-crafting-a-balanced-diet-for-kids/>
3. **Cason, A., Luecking, C., McCulley, M. (Host)** (2024). "SNACK Club: Reframing How We Talk About Food" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/raising-mindful-eaters-transforming-food-conversations/>
4. **Cason, A., Luecking, C., McCulley, M. (Host)** (2024). "SNACK Club: The 5 Ws of Feeding Children" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/navigating-mealtime-dynamics-the-division-of-responsibility/>
5. **Cason, A., Luecking, C., McCulley, M. (Host)** (2024). "SNACK Club: Setting the Table for a 'Successful' Mealtime" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/the-mindful-mealtime-crafting-successful-family-eating-routines/>
6. **Cason, A., Luecking, C., McCulley, M. (Host)** (2024). "SNACK Club: Setting the Table for a Pleasant Mealtime" [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/crafting-mindful-mealtimes-rituals-gratitude-and-sweets/>

7. **Cason, A.**, Luecking, C., McCulley, M. (Host) (2024). “SNACK Club: Managing Mealtime Behaviors” [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/the-mealtime-maze-navigating-family-dinner-dynamics/>
8. **Cason, A.**, Luecking, C., McCulley, M. (Host) (2024). “SNACK Club: Phoning Friends for Professional Support with Feeding Concerns” [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/navigating-childhood-nutrition-expert-insights-and-practical-tips/>
9. **Cason, A.**, Luecking, C., McCulley, M. (Host) (2024). “SNACK Club: Let the Fun Begin! Using our Senses to Explore and Experience Food” [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/embracing-sensory-adventures-making-food-fun-for-kids/>
10. **Cason, A.**, Luecking, C., McCulley, M. (Host) (2024). “Big Blue Book Club presents SNACK Club” [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/snack-club-revolutionizing-child-nutrition-with-big-blue-book-club/>
11. **Cason, A.**, McCulley, M. (Host) (2024). “Super Smoothies: Build a Better Smoothie” [Audio podcast episode]. *Talking FACS*, <https://ukfcsext.podbean.com/e/super-smoothies-build-a-better-smoothie/>

Print Media

Local Media

1. Sowards G. Hungry for learning? Try SNACK Club for nutrition resources on feeding kids. *Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky*. 2024 Nov 8. <https://news.ca.uky.edu/article/hungry-learning-try-snack-club-nutrition-resources-feeding-kids>

Social Media Campaigns

1. Horan, B.*, **Cason, A.**, McCulley, M., Luecking, C. Kids Eat Right Month – Little Bites Lots of Fun. *University of Kentucky Family Consumer Sciences Extension*. August 2024. Reach: TBD.
2. **Cason, A.**, McCulley, M. National Nutrition Month – Recipe of the Day. *University of Kentucky Family Consumer Sciences Extension*. March 2024. Reach as of June 2024: 90, 469.

Information Releases (Total = 33) (as of July 2025)

Information releases are developed for use by county Extension Agents in local newspapers, in newsletters, online or any form of media relevant to promote program information or to spread general knowledge to the communities. These releases are written by Extension Specialists and Extension Associates, are typically 250-500 words, and are written at a 6th – 8th grade reading level. These information releases are archived on the UK FCS internal resources webpage.

1. **Cason, A.** (2025, July) Beef Tallow and Beyond: A closer look at fats in food

2. **Cason, A.**, Luecking, C. (2025, July) From Candy to Confidence: Teaching Kids to Enjoy Sweets Mindfully
3. Drysdale, S., **Cason, A.** (2025, July) From Sideline to Snack time: Tips to Nutritious Eating on the Go
4. Norman-Burgdolf, H., **Cason, A.** (2025, April) Electrolytes Explained: what you need to know about staying hydrated in the heat
5. **Cason, A.** (2025, January) Alcohol consumption is directly linked to cancer
6. **Cason, A.** (2025, January) An egg-celent choice: Choosing Eggs
7. **Cason, A.**, Norris, A. (2025, January) An egg-celent choice: Safe Storage and Preparation of Eggs
8. **Cason, A.** (2025, January) Eating for Eye Health
9. **Cason, A.** (2025, January) What foods are “healthy”?
10. **Cason, A.**, Norris, A. (2025, January) The raw truth about pasteurization
11. **Cason, A.** (2025, January) Lion’s mane mushrooms: superfood or too good to be true?
12. **Cason, A.** (2025, January) The Mediterranean Diet is the best diet of 2025
13. **Cason, A.** (2025, January) The Power of Positive Language Around Food
14. **Cason, A.** (2024, December) Beans, peas, and lentils, oh my! Are they vegetables? Protein? Or both?
15. **Cason, A.** (2024, December) Caffeine Caution.
16. **Cason, A.** (2024, December) Food Additives: A look at common additives used in storage products for food and drinks for children.
17. **Cason, A.** (2024, December) Food Additives: A look at food additives often found in children’s food and drink products.
18. **Cason, A.** (2024, December) Reframing how we talk about food: Shifting into neutral.
19. **Cason, A.** (2024, December) Ultra processed foods.
20. **Cason, A.** (2024, April) Swap out the Juice and Fuel Kids with Fruit.
21. **Cason, A.** (2024, April) Embrace the Mess: Finding the Fun Factor with Food.
22. **Cason, A.** (2024, April) Nutrition Facts Label 101.
23. **Cason, A.** (2024, January) Finding flexibility with foods.
24. **Cason, A.** (2024, January) Shelf-Stable Milks: What are they and when should you use them?
25. **Cason, A.** (2024, January) Smoothie Making Pro.
26. **Cason, A.** (2024, January) The Dessert Desert.
27. **Cason, A.** (2024, January) The Nine Foods that Cause More than 90% of Food Allergies.
28. **Cason, A.** (2024, January) Toddler Milk: Take it or Leave it?
29. **Cason, A.** (2024, January) Understanding Veganism.
30. **Cason, A.** (2024, January) What is Dry Milk and How Do You Use It?
31. **Cason, A.** (2024, January) Freezing for Fat Loss?
32. **Cason, A.** (2024, January) What do we know about new weight loss drugs?

33. **Cason, A.** (2024, January) Pondering the Pouch? Tips for Making the Most of Baby Food Pouches.

Professional Development Activities

Committees/Professional Service

DHN Performance Nutrition and Body Composition Lab Advisory Committee

DHN Alumni Engagement Committee

Professional Development Meetings/Trainings

Kentucky State Extension Conference, Louisville, KY (March 2025)

Kentucky Farm to School Summit, KY Farm to School Network, Elizabethtown, KY (December 4, 2024)

Society for Nutrition Education and Behavior Conference, SNEB. Knoxville, TN. International. (July 29 – August 1, 2024)

KASEP Spring Meeting April 2024

Southeast Kentucky Area Health Education Center 30th Annual Voluntary Faculty Conference, March 2024

CDR Certificate of Training in Obesity in Adults & Pediatrics, December 2023

ORCID Training, November 2023

KAND Annual Nutrition Conference & Expo, March 2023

KAND Annual Nutrition Conference & Expo, March 2022

Workshops/Webinars

The Impact of Social Media on Breastfeeding/Chestfeeding, Center for Public Health Continuing Education, College of Integrated Health Sciences University of Albany, December 2024

A Post-Election Analysis: Prospects for Nutrition Policies. A Fireside Chat with Academy President Livleen Gill and Public Affairs Experts from BGR, Academy of Nutrition and Dietetics, November 2024

Critical Nutrients to Support First 1000 Days from Conception to Toddlerhood, Kendra Schreiner, October 2024

Navigating Nutrition Misinformation in a Food Infodemic, Ajinomoto Health & Nutrition North America, Inc. October 2024

A Practical Guide to Using Generative Artificial Intelligence to Educate Dietetics Students, Academy of Nutrition and Dietetics, September 2024

Using Trauma Informed Care When Discussing Weight in Clinical Practice, Academy of Nutrition and Dietetics, April 2024

University of Kentucky Human Resources Health and Wellness Empowering Menopause Workshop, February, March, April 2024

REDCap Training, February, March, April 2024

WM 2024 Virtual Symposium: The Future is Now: Emerging Trends in Weight Management, Session 1 & 2, February/March 2024

Cooperative Extension Agent In-Service Training, Trauma-Informed Counseling, February 2024

Key Trends in Food, Nutrition & Health 2024 Webinar, January 2024

2023 National Maternal Nutrition Intensive Course, December 2023

Virtual Certificate of Training in obesity for pediatrics and adults' course, December 2023

Feast on the Future: Exploring How Flexitarian Eating Meets Today's Top Trends, November 2023

Teaching Activity

Consulting

- January – August 2025 Consulting as a Subject Matter Expert (SME) for DHN 728 and DHN 730 *Dietetics Supervised Practice: Community Nutrition I and II*.
- September 2024 – present Consulting as a Subject Matter Expert (SME) to review menus for Liberty Place Recovery Center for women. Consulting involves reviewing weekly menus to ensure meeting standards set forth by the CDC’s Food Service Guidelines for Federal Facilities and providing suggestions for menu modifications to meet standards, if warranted.
- July – September 2024 Consulting as a Subject Matter Expert (SME) on nutrition lesson withing Adulting 101 course offered to high school students entering college and college students early in their educational career. This included revising the existing nutrition lesson. The revised lesson included audio/video components, written components, and an evaluation in a Canvas shell.

Invited Lectures and Other Teaching

- September 2024 *DHN 301 Dietetics Practice*. University of Kentucky, guest speaker. “Pathways to RD Credentials”
- October 2023 *DHN 301 Dietetics Practice*. University of Kentucky, guest speaker. “Pathways to RD Credentials”

Directed Undergraduate Student Learning (Total: 7)

Student Name Program	Role	Project Distinctions	Timeframe
Slayden Sizemore	Food as Health Alliance Community Outreach Volunteer		Summer 2025
Donya Nikouharf Motlagh <i>Dietetics and Human Nutrition</i>	DHN 313 Honors Student		Spring 2025

Kiauna Crowder <i>Dietetics and Human Nutrition</i>	DHN 590 Undergraduate Student		Spring 2025
Breanna Vessels <i>Dietetics and Human Nutrition</i>	Bridge Scholar		2024 - 2025
Isabella Recktenwald <i>Dietetics and Human Nutrition</i>	Bridge Scholar		2024 - 2025
Ashlyn Davis <i>Dietetics and Human Nutrition</i>	DHN 312 Honors Course		Fall 2024
Briana Horan <i>Dietetics and Human Nutrition</i>	Spring 2024 Undergraduate Research Award	Evaluation of a strategic social media plan to increase reach and engagement of nutrition information on the University of Kentucky Family & Consumer Sciences Extension's social media accounts	February 2024

Recognition

Awards and Honors

Kentucky Association of State Extension Professionals 2025 Outstanding Extension Associate

University of Kentucky DHN Coordinated Program 2022-2023

University of Kentucky DHN Bridge Scholars Program 2021-2022

Transylvania University Sigma Delta Pi Spanish Honor Society Inductee, 2018

Memberships in Associations and Institutional Affiliations

2023 – *present* Kentucky Association for State Extension Professionals

2021 – *present* Kentucky Academy of Nutrition and Dietetics

2021 – *present* Bluegrass Academy of Nutrition and Dietetics (BGAND)

2021 – *present* Kentucky Academy of Nutrition and Dietetics (KAND)

2023 – *present* Women's Health DPG via the Academy of Nutrition and Dietetics

2024 – *present* Nutrition Entrepreneurs DPB via the Academy of Nutrition and Dietetics

2024 – *present* Weight Management DPG via the Academy of Nutrition and Dietetics

2024 Society for Nutrition Education and Behavior