

**Third Thursday Thing Program
May 19, 2016**

Our May programs were on:

Nutrition

Sustainable Agriculture Workshop

“Third Thursday Thing”

May 19, 2016

Harold R. Benson Research and Demonstration Farm

1525 Mills Lane Frankfort, Kentucky (502) 597-6325

Dr. Marion Simon, State Specialist, Small Farm and Part-time Farmers

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College of Agriculture, Food Science, and Sustainable Systems

Harold R. Benson Research and Demonstration Farm, Center for the Sustainability of Farms and Families

1525 Mills Lane, Frankfort, KY (4 miles south of I-64, off US 127)

Directions: From I-64 Exit 53, take US-127 south toward Lawrenceburg, at the 4th stoplight, turn left onto Mills Lane, the Kentucky State University Research Farm is 1 ½ miles on the right.

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| TIME | PROGRAM |
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| | Registration |
| 9:30 – 10:00 am | Sustainability Center |
| | KSU Research Farm |
| 10:00—10:05 am | Welcome – Dr. Marion Simon |
| 10:05 – 10:20 am | Introduction – Dr. Kristopher Grimes |
| 10:20 – 11:00 am | “Basic Nutrition Concepts” – Dr. Avinash Tope |
| 11:00 – 11:15 am | Break |
| 11:15 – 12:00 pm | “Healthy Substitutions” – Food Demonstration |
| 12:00 pm | Lunch |
| 1:00 – 2:30 pm | <ul style="list-style-type: none"> • Breakout Sessions: Fit and Faithful • Color My Nutrition • Accessing Food in Your Community |
| 2:30 – 3:00 pm | Wrap-up/Adjourn |