

Recommended Nutrition Education Resources **for AAA Meal Programs**

Compiled by Cindy Firman, Dietetic Intern, OHSU – December 2014; Updated March 2015

Congregate meal sites do more than provide food. They also provide a social setting which can improve the quality of life of participants. Successful nutrition education can do that as well. Below you will find many programs, tools, and resources to aid with your nutrition education. Having to integrate nutrition education into your already busy work day may seem a bit overwhelming. However, there are many tools and resources out there that can help make your job a little bit easier. Below you will find the following sections:

- 1. Older Adult Nutrition Education Programs**
- 2. Nutrition Education Curriculum from OSU Extension, SNAP-Ed, and Others**
- 3. Cooking Demonstrations**
- 4. Other Sources of Quality Information on Older Adult Nutrition**

1. Older Adult Nutrition Education Programs

The programs below were developed nationally based on best practices for nutrition and older adults.

a) Healthy Eating for Successful Living in Older Adults

www.ncoa.org/improve-health/center-for-healthy-aging/content-library/Healthy-Eating.pdf

Sponsor: National Council on Aging

Program Goal: To assist older adults in the self-management of their nutritional health

Focus: Encourage participants to understand and implement eating and activity behaviors that support heart and bone health.

Length/Time Frame: 6 sessions, one session each week, 2.5 hours/session

Cost/Materials: Toolkit is free from NCOA and includes

- Detailed description of the healthy eating program
- Instructions for training healthy eating peer leaders
- Handouts for use in the workshop, including a Participant Manual
- Materials for assessing readiness and evaluating the program

b) You Can! Steps to Healthier Aging: Eat Better, Move More

http://nutritionandaging.fiu.edu/you_can/07.2YouCanGuidebook.pdf

Sponsor: Administration on Aging

Program Goal: Encourage participants to be physically active & eat a more healthy diet

Program Focus: To provide basic activity and nutrition education

Length/Time Frame: 12 sessions, each done in 30 minutes or less

Cost/Materials: Each session includes

- Learning objectives and goals for participants
- Guidelines for preparation and start up including time required
- Mini-talks about how to eat better & move more
- A step-by-step activity list
- Tips & tasks handouts to give to participants

c) Eat Smart, Live Strong (also available in Spanish*)**

<http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-strong>

Sponsor: SNAP-Ed, Food and Nutrition Services (FNS)

Program Goal: Improve fruit and vegetable consumption and physical activity among low-income able-bodied 60-74 year olds who are eligible for SNAP and other publically-funded nutrition programs

Program Focus: Program focuses on 2 key messages of the 2010 Dietary Guidelines for Americans and utilizes a variety of behavior-focused strategies to promote these behaviors: Eat at least 3 ½ cups of fruits and vegetables per day (1 ½ cups of fruit and 2 cups of vegetables), Participate in at least 30 minutes of physical activity on most days of the week

Length/Time Frame: Four interactive sessions

Cost/Materials: SNAP-Education providers can download and print the Activity Kit materials through the SNAP-Ed connect website. Contains:

- A leader's guide
- Four interactive sessions
- Ready to go participant handouts
- Marketing flyers

d) Eating Smart, Being Active (from EFNEP, Oregon Extension) (also available in Spanish*)**

<http://www.eatingsmartbeingactive.com/>

Sponsor: EFNEP, Oregon Extension

Program Focus: The emphasis is on skills needed to make healthy choices

Length/Time Frame: 8 core lessons, each are 60 to 90 minutes long

Cost/Materials: Each lesson contains

- Physical activity
- Food activity and tasting
- Tips for food safety, saving money

e) National Diabetes Prevention Program (NDPP) (also available in Spanish*)**

www.cdc.gov/diabetes/prevention

Sponsor: Centers for Disease Control and Prevention

Program Goal: Prevent or delay the onset of T2DM, Increase physical activity to 150 minutes of moderate physical activity, Lost a minimum of 5% body weight

Program Focus: Adults who are above 60 automatically qualify. Emphasizes sustainable lifestyle changes including improve nutrition, increase PA, stress reduction, and coping strategies
Length/Time Frame: 16 weekly core sessions, 6 month post-core sessions, 1 hour per session

2. Nutrition Education Curriculum from OSU Extension, SNAP-Ed, and Others

Oregon State Extension Program, SNAP-Ed, Oregon Food Bank, and Cooking Matters offer well planned-out lesson plans that can be used at congregate meal sites. They include shorter programs and can be utilized in a more piece-meal manner and are recommended based on best practices. And consider ways to get help in offering your programs:

- Partner with a local agency such as OSU Extension or SNAP-Ed to help you institute the program.
- Recruit volunteers, such as a RD or a dietetic intern, or an older adult who has a background in nutrition and/or education.

a) Oregon State University Extension: (also has materials in Spanish*)**

<http://extension.oregonstate.edu/community/nutrition>

Oregon State Extension program offers education programs that are research-based, chosen in response to local needs, and were the result of local and state partnerships.

Oregon Nutrition Education Program: <http://extension.oregonstate.edu/nep/>

Description: Learn more about the Oregon nutrition education program

Curricula Used: <http://extension.oregonstate.edu/nep/about/curricula-used>

Description: A link to the various NEP curricula used. While scrolling down, learn more about various topics you could learn about, many of which are also in Spanish. Could easily incorporate these into a nutrition education plan or use these to supplement a course.

Education materials: <http://extension.oregonstate.edu/nep/osu-edmaterials/>

Description: Lists various OSU Developed Educational Resources including nutrition curriculum. There is a person listed to contact for Nutrition Education Training.

b) SNAP-Ed Connection: <http://snap.nal.usda.gov/> (also has materials in Spanish*)**

The SNAP-Ed connection is a dynamic online resource for state and local SNAP-Ed providers. Funded by USDA's Food and Nutrition Service and maintained at the National Agricultural Library's Food and Nutrition Information Center.

SNAP-ED Resource Library: <http://snap.nal.usda.gov/resource-library/click-n-go-education-materials>

Description: Contains nutrition education handouts, Web sites, fact sheets and lesson plans that support the Dietary Guidelines for Americans

SDA FNS Nutrition Education Materials: <http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns>

Description: Contains online materials authorized by the Food and Nutrition Service (FNS) page

State Resources: <http://www.fns.usda.gov/ffvp/state-and-local-resources>

Description: See state and locally-developed materials including lesson plans, menus, nutrition information, and fun facts. This is originally developed for schools, but can be slightly amended and used with any population.

Some sample lesson plans (or materials that can be used in lesson planning)

- Meal planning, shopping and budgeting: <http://snap.nal.usda.gov/resource-library/handouts-and-web-sites/meal-planning-shopping-and-budgeting>
- Cooking healthy meals for 1 or 2 people <http://food.unl.edu/fnh/cooking-for-1-or-2>
- Spanish materials: <http://snap.nal.usda.gov/resource-library/spanish-language-materials>

c) Oregon Food Bank: (*also has materials in Spanish) www.oregonfoodbank.org/Our-Work/Building-Food-Security/Education-Programs/Nutrition-Education

Oregon Food Bank's nutrition education program offers hands-on cooking and nutrition education classes to low-income community members by partnering with community organizations and social service agencies serving limited-resource clients. Taught in English and Spanish.

d) Cooking Matters: <http://cookingmatters.org/>

Cooking Matters materials have been created using a strong evidence base to ensure that you are teaching with the best information and resources available. All the nutrition guidance provided is based on the federal government's evidence-based nutritional guidance.

Download toolkit here: <http://cookingmatters.org/node/2220>

Cooking Matters in your community is a free guide to leading a food-based demonstration. After you complete a short form you will be able to download the facilitator guide. Alternately: Contact cooking matters directly to see if you can have access to the "Cooking Matters for Adults" lesson plan.

e) Why Hunger: http://www.whyhunger.org/uploads/fileAssets/a86cb1_10a252.pdf

Description: A guide designed in a user-friendly style to help tackle the abundant topic of nutrition education. It incorporates hyperlinked resources and tools. Contains curricula and nutrition education activities.

3. **Cooking Demonstrations**

Nutrition demonstrations are a fun way to get people interested in food. To meet nutrition education guidelines, be sure to include some basic information and instruction on nutrition as part of the cooking demonstration.

- Nutrition education information you might consider including:
 - Benefits of eating fruits and vegetables
 - Proper portion size
 - Link between calcium, protein and stronger bones/muscles, related to fall prevention
 - Seasonality
- Be sure to pick a meal that meets nutritional guidelines
- Consider your location: you may consider a meal that does not require a stove/oven.

a) Food Demonstration Tips: <http://snap.nal.usda.gov/recipes/food-demonstration-tips>

Sponsored by SNAP-Ed and the USDA, this page contains resources to create a fun and engaging food demonstration, including sample menus and recipes.

b) Food Demonstration Guide: www.eatwellbewell.org/uploads/media/documents/aznn-food-demonstration-guide.pdf

A guide created to assist Arizona Nutrition Assistance Program partners who provide food demonstrations to SNAP eligible individuals. It contains information, advice, and resources for planning and executing a successful food demonstration.

c) Food Demonstration Training Kit: www.cdph.ca.gov/programs/cpns/Documents/Network-FV-RP-FoodDemoTrainingKit-2007-10.pdf

Provides guidance to perform food demonstrations in your community.

d) Cooking Matters Cooking Demo Toolkit: <http://nokidhungry2.org/files/cooking-demo-toolkit.pdf>

A comprehensive guide on how to plan and lead an effective cooking demonstration.

e) Food Hero: <https://foodhero.org/> (**also has materials in Spanish*)

An online source for people who want to eat healthier meals. This is a go-to site for quick, tasty, healthy recipes and helpful tips. All recipes contain less than 600 mg of sodium/serving and meet several other requirements in accordance with the federal standards for congregate meals.

4. Other Sources of Quality Information on Older Adult Nutrition

a) The National Resource Center on Nutrition and Aging:

www.nutritionandaging.org/resources-tools/client-education-materials

This section of the National Resource Center website includes brochures, fact and tip sheets and other resources which may be useful in helping older adults understand various topics related to healthy eating and healthy lifestyles. Library content is evaluated by nutrition experts to determine its currency and relevance. Some ones to consider are:

- What's On Your Plate? Smart Food Choices for Healthy Aging
- Healthy Eating on a Budget
- Young at Heart: Tips for Older Adults

f) Choose My Plate – Healthy Eating Tips: (also has materials in Spanish*)**

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

The Ten Tips Nutrition Education Series provides consumers and professionals with high quality, easy-to-follow tips in a convenient, printable format. These tips are also available in [Spanish](#).

- [Choose MyPlate](#)
- [Add More Vegetables to Your Day](#)
- [Focus on Fruits](#)
- [Make Half Your Grains Whole](#)
- [Got Your Dairy Today?](#)
- [With Protein Foods, Variety Is Key](#)
- [Build a Healthy Meal](#)
- [Healthy Eating for Vegetarians](#)
- [Smart Shopping for Veggies and Fruits](#)
- [Live up Your Meals With Vegetables and Fruits](#)
- [Salt and Sodium](#)
- [Eat Seafood Twice a Week](#)
- [Eating Better on a Budget](#)
- [Use SuperTracker Your Way](#)
- [Enjoy Your Food, But Eat Less](#)

b) National Institute on Aging Go4Life (also has materials in Spanish*)**

<http://go4life.nia.nih.gov/>

Online materials focus on physical activity and healthy eating for older adults.

- [Healthy Eating tip sheets](#)
- [Spanish-language tip sheets](#)

c) Foodhero.org Tips & Tools: (also has materials in Spanish*)**

<https://foodhero.org/tips/helpful-tips>

Some useful tips may include:

- Veggies: Keep them fresh!
- Shop and store healthy foods
- Shop for less
- Portion sizes

- Ingredient substitutions
- Balance calories

d) Chef Charles Club Materials: <http://www.idph.state.ia.us/inn/ChefCharles.aspx>

The Chef Charles Club is a nutrition education project for older adults created by the Iowa Nutrition Network, Iowa Department of Public Health with funding from and Supplemental Nutrition Assistance Program of the United States Department of Agriculture. The Iowa Departments of Elder Affairs, Human Services and Area Agencies on Aging collaborate to bring Chef Charles nutrition education lessons to congregate meal sites.

e) Senior Farm Direct Nutrition Program (SFDNP)

www.oregon.gov/dhs/spwpd/pages/food_fin/sfdnp/index.aspx

SFDNP provides low-income, eligible seniors with checks that can be used to purchase fresh locally grown fruit, vegetables, and herbs. This program is intended to improve nutrition for Oregon seniors and support local Oregon farmers. They are a great resource that may have contacts available to help lead a nutrition education program or cooking demo for eligible participants.

f) Gardening and Cooking from the Garden Programs and Farmers Markets

Check with local farmers markets or gardening programs on materials or ability to assist with a nutrition education program.

g) The Academy of Nutrition and Dietetics

www.eatright.org/Public/landing.aspx?TaxID=6442451997

The Academy of Nutrition and Dietetics has a section focusing on healthy aging. Articles on nutrition for the aging population may help inspire nutrition education. The site also has materials to purchase on food labels, sodium, smart snacking, healthy eating on a budget and fiber.

h) American Diabetes Association www.diabetes.org

Provides articles, facts, and recipes related to diabetes. A potential tool in helping to create nutrition education plans for your seniors.

i) Centers of Disease Control & Prevention

www.cdc.gov/chronicdisease/resources/guidelines.htm

CDC website of recommendations, best practices, and guidelines. Offer various links to evidence-based recommendations and tools.

j) Oregon Dairy Council www.oregondairycouncil.org

Provides various nutrition activity ideas, guidelines, and fact sheets.

k) American Heart Association www.heart.org/nutrition

Includes nutrition tips and recipes.