



12-Month Ready-to-Use Nutrition Education Calendar

Nutrition education is a required part of every Older Americans Act-funded nutrition program. This education better equips older adults to make food choices that improve their nutritional status and help them manage or prevent health conditions such as high blood pressure, diabetes, and osteoporosis.

This sample calendar of nutrition education resources can be used as is or changed to fit participants' needs.

Per the State Performance Report (SPR), nutrition education is defined as "An intervention targeting OAA participants and caregivers that uses information dissemination, instruction, or training with the intent to support food, nutrition, and physical activity choices and behaviors (related to nutritional status) in order to maintain or improve health and address nutrition-related conditions. Content is consistent with the Dietary Guidelines for Americans; is accurate, culturally sensitive, regionally appropriate, and considers personal preferences; and is overseen by a registered dietitian or individual of comparable expertise as defined in the OAA. (Source: National Nutrition Monitoring and Related Research Act of 1990 and Input Committee)". Nutrition education is reported in units as "sessions which may be delivered in-person or via video, audio, online or the distribution of hardcopy materials."

Please note that specific requirements for nutrition education may be indicated by your state or local policies. Refer to those policies when planning and delivering nutrition education.

How to Use this Guide Example

JUNE *This is the suggested month to use these resources.*

Farmers Market *This is the main topic or theme for the following resources.*

▶ **Background Information:** *Resources in this section provide nutrition educators, meal site leaders, and volunteers background knowledge on the subject matter topic of the month.*

- ◊ Seniors Farmers Market Nutrition Program
- ◊ Farmers Markets

▶ **Ready-to-Use Education:** *Resources linked within this section are consumer-facing.*

◊ **Documents/handouts** *Can be printed or distributed electronically to participants.*

- » Farmers Market Scavenger Hunt
- » Farmers Market Tips and Tricks
- » Seniors Farmers Market Nutrition Program Fact Sheet
- » Farmers Market Recipe Cards

◊ **Videos** *Can be shared via email, social media, or in-person.*

- » Tips for Shopping a Farmers Market
- » Farmers Markets
- » In Season
- » 6 Tips for Farmers Market Shopping

◊ **Interactive Online Tools** *When available, these tools can be accessed on the internet for participants to utilize.*

- » Seasonal Food Guide



JANUARY

MYPLATE

- ▶ Background Information:
 - ◊ [MyPlate on Alexa](#)
- ▶ Ready-to-Use Education:
 - ◊ Documents/handouts
 - » [Healthy Eating for Older Adults](#)
 - » [Start Simple with MyPlate](#)
 - » [Using the Nutrition Facts Label for Older Adults](#)
 - » [Choose MyPlate for a Healthy Meal](#)
 - ◊ Videos
 - » [Start Simple with MyPlate](#)
 - » [MyPlate, MyWins: What's Your Healthy Eating Style?](#)
 - » [What is MyPlate?](#)
 - » [MyPlate for Older Adults](#)
 - » [Food Groups and Portion Sizes](#) (also contains information relevant for those with diabetes)
 - ◊ Interactive Online Tools
 - » [Older Adults Nutrition Quiz](#)



FEBRUARY

FRUITS AND VEGGIES

- ▶ Background Information:
 - ◊ [10 Tips to Help an Older Adult Eat More Vegetables](#)
 - ◊ [Fruits - MyPlate](#)
 - ◊ [Vegetables - MyPlate](#)
- ▶ Ready-to-Use Education:
 - ◊ Documents/handouts
 - » [Berries 5 Ways](#)
 - » [Canned Peaches 5 Ways](#)
 - » [Canned Pears 5 Ways](#)
 - » [Broccoli 5 Ways](#)
 - » [Clean Fruits and Vegetables](#)
 - ◊ Videos
 - » [Clean Fruits and Vegetables](#)
 - » [Storing Fruits and Vegetables](#)
 - » [Breakfast Fruit Salad](#)
 - » [Consuming Evidence "Which is best? Fresh, Frozen or Canned"](#)



MARCH

WHOLE GRAINS

- ▶ Background Information:
 - ◊ [Grains](#)
 - ◊ [Make Half Your Grains Whole Grains](#)
- ▶ Ready-to-Use Education:
 - ◊ Documents/handouts
 - » [Brown Rice 5 Ways](#)
 - » [Make Half Your Grains Whole Grains](#)
 - ◊ Videos
 - » [How to Incorporate Whole Grains into Meals](#)
 - » [Whole Grains 101](#)
 - » [Consuming Evidence "Should You Avoid Gluten?"](#)
 - » [10 ways to eat more whole grain | Lifesum](#)



APRIL

PROTEIN

- ▶ Background Information:
 - ◊ [Protein](#)
- ▶ Ready-to-Use Education:
 - ◊ Documents/handouts
 - » [Turkey 5 Ways](#)
 - » [Nutrition Needs for Older Adults: Protein](#)
 - » [Protein Breakfast Foods](#) (first page is for consumer and second page is for Nutrition Directors and Site Managers)
 - » [Cooking with Plant-Based Protein](#)
 - » [Protein](#)
 - » [The Importance of Protein](#)
 - ◊ Videos
 - » [Seniors and protein](#)
 - » [Highest Protein Foods | Foods Rich In Protein | Best Protein Rich Foods On The Planet](#)
 - » [The Importance of Protein and Healthy Aging - Nestlé Health Science](#)
 - » [6 High-Protein Foods That Are Super Healthy](#)



MAY

DAIRY

- ▶ Background Information:
 - ◊ [Dairy Requirements in Senior Nutrition Programs Tip Sheet](#)
- ▶ Ready-to-Use Education:
 - ◊ Documents/handouts
 - » [Yogurt 5 Ways](#)
 - » [Dairy](#)
 - » [Aging Vibrantly](#)
 - » [Get Your Dairy](#)
 - ◊ Videos
 - » [Dairy: MyPlate](#)
 - » [What Are the Health Benefits of Milk for Adults?: Fresh Kitchen](#)
 - » [What Can I Eat for Gut Health?](#)
 - » [How to Make a Mixed Berry Smoothie](#)
 - » [What is Lactose Intolerance?](#)



JUNE

FARMERS MARKET

- ▶ Background Information:
 - ◊ [Seniors Farmers Market Nutrition Program](#)
 - ◊ [Farmers Markets](#)
- ▶ Ready-to-Use Education:
 - ◊ Documents/handouts
 - » [Farmers Market Scavenger Hunt](#)
 - » [Farmers Market Tips and Tricks](#)
 - » [Seniors Farmers Market Nutrition Program Fact Sheet](#)
 - » [Farmers Market Recipe Cards](#)
 - ◊ Videos
 - » [Tips for Shopping a Farmers Market](#)
 - » [Farmers Markets](#)
 - » [In Season](#)
 - » [6 Tips for Farmers' Market Shopping](#)
 - ◊ Interactive Online Tools
 - » [Seasonal Food Guide](#)



JULY

HYDRATION

- ▶ Background Information:
 - ◊ [Fight the Heat with Hydration and Nutrition](#)
- ▶ Ready-to-Use Education:
 - ◊ Documents/handouts
 - » [Drink to Your Health](#)
 - » [10 Reasons Why Hydration is Important](#) (utilize Print This Page option located under the title within the article to create a consumer handout)
 - » [Water and Healthier Drinks](#) (utilize the Print option located under the title within the article to create a consumer handout)
 - » [Preventing Dehydration In Older Adults](#)
 - ◊ Videos
 - » [The Importance of Hydration](#)
 - » [Tips For Staying Hydrated](#)
 - » [Navigating the Waters of Aging: Symptoms of Dehydration in the Elderly](#)
 - » [Tips for Seniors to Drink More Water](#)



AUGUST

ORAL HEALTH

- ▶ Background Information:
 - ◊ [Dental Health Concerns for Adults age 40-60](#)
 - ◊ [Medications and Oral Health](#)
 - ◊ [Oral Health](#)
- ▶ Ready-to-Use Education:
 - ◊ Documents/handouts
 - » [Oral Health Consumer Handouts](#)
 - » [Untreated Tooth Decay](#)
 - » [Tooth Loss](#)
 - » [Tooth Loss and Chronic Disease](#)
 - ◊ Videos
 - » [Oral Health throughout the Life Course](#)
 - » [Aging and Oral Health](#)
 - » [Why Visit the Dentist](#)
 - » [How to Brush Your Teeth](#)



SEPTEMBER

FOOD SAFETY

▶ Background Information:

- ◊ [Four Steps to Food Safety](#)
- ◊ [Home Food Safety](#)
- ◊ [Temperature Rules for Safe Cooking](#)

▶ Ready-to-Use Education:

- ◊ Documents/handouts
 - » [Food Safety Infographics](#)
 - » [Kitchen Food Safety Basics](#)
- ◊ Videos
 - » [Home Food Safety-Clean](#)
 - » [Home Food Safety-Separate](#)
 - » [Home Food Safety-Cook](#)
 - » [Home Food Safety-Chill](#)
 - » [Don't Wash Your Chicken](#)



OCTOBER

NUTRITION FACTS LABEL

▶ Background Information:

- ◊ [Using the Nutrition Facts Label](#)

▶ Ready-to-Use Education:

- ◊ Documents/handouts
 - » [Nutrition Facts Label](#)
 - » [Key Changes](#)
 - » [Using the Nutrition Facts Label](#) (download pdf for use as consumer handout)
 - » [Wallet Tip Card](#)
 - » [Added Sugars](#)
 - » [Calories](#)
 - » [Daily Value and Percent Daily Value](#)
 - » [Folate and Folic Acid](#)
- ◊ Videos
 - » [Nutrition Facts Label Video Playlist](#)
 - » [How to Read a Nutrition Facts Label](#)
 - » [Food for Thought - How to Use the Nutrition Facts Label](#)
 - » [The Food Label and You: The 5-20 Rule Part 1 \(Historical PSA\)](#)
- ◊ Interactive Online Tools
 - » [Interactive Nutrition Facts Label](#)



NOVEMBER

SODIUM

▶ Background Information:

- ◊ [Guide to SUA Sodium Policies and Guidance](#)
- ◊ [FDA Sodium Guidance and Healthy Meals for Older Adults](#)

▶ Ready-to-Use Education:

- ◊ Documents/handouts
 - » [Making the Move to DASH \(Dietary Approaches to Stop Hypertension\)](#)
 - » [How to Reduce Sodium Intake](#) (utilize the Print option located under the title within the article to create a consumer handout)
 - » [About Sodium](#) (utilize the Print option located under the title within the article to create a consumer handout)
 - » [Low-Sodium Eating](#)
- ◊ Videos
 - » [Food for Thought - How to Reduce Sodium in Your Diet](#)
 - » [The Top 5 Tips to Lower the Salt in Your Diet](#)
 - » [How to Lower Sodium in Your Diet](#)
 - » [How to Reduce Your Salt Intake](#)



DECEMBER

SUPPLEMENTS

▶ Background Information:

- ◊ [Dietary Supplements](#) – NIH overview [Background Information on Dietary Supplements](#)
- ◊ Food Sources of Nutrients – USDA reference
 - » [Calcium](#)
 - » [Potassium](#)
 - » [Dietary Fiber](#)
 - » [Vitamin D](#)
 - » [Iron](#)

▶ Ready-to-Use Education:

- ◊ Documents/handouts
 - » [Calcium and Vitamin D](#)
 - » [Vitamin B12 and You](#)
 - » [Understanding Dietary Supplements](#)
 - » [Comprender los suplementos dietéticos](#)
 - » [Talking to Healthcare Professionals About Dietary Supplements](#)
 - » [Hablar con los profesionales de la salud sobre los suplementos dietéticos](#)
- ◊ Videos
 - » [Thinking About Taking A Dietary Supplement?](#)
 - » [Dietary Supplements Overview](#)
 - » [Let's Talk Dietary Supplements](#)
 - » [Dietary Supplements and Medications](#)