



Resource and Ideas Shared by Your Peers from *Nutrition Education in Congregate and Home-Delivered Meal Program Settings Part 2—Where Do We Go?*

Nutrition Education Programs Targeted to Seniors

- Well Seasoned from City Harvest in NYC
 - <https://www.cityharvest.org/programs/nutrition-education/>
- Eat Well, Age Well and Eat Well, Care Well from Greater Wisconsin Area Agency on Aging
 - <https://gwaar.org/publications?searchterm=eat+well%2C+age+well>
 - <https://gwaar.org/publications?searchterm=eat+well%2C+care+well>
- Healthy Eating for Successful Living in Older Adults from the Healthy Living Center of Excellence
 - <http://www.healthyliving4me.org/programs>

Ideas on How to Make Nutrition Education More Fun

- Have a contest on the increased consumption of fruits and vegetables
- Contest to win fruits or veggies or coupons for participation
- Have cooking demonstrations from time to time with seasonal vegetables. We have a dietician explain the nutritional benefits of the ingredients being used and then those who attend fill out survey and then get to eat and take the recipe home. We feel it is a great way to engage the clients by allowing them to ask both cooking and educational questions about foods being used.
- Do a game like bingo or jeopardy

Ideas from Home-Delivered Meal Programs on Nutrition Education

- A monthly handout is provided to the home-delivered clients. All new clients are asked if they would like to be seen by a dietitian
- Newsletters
- Quarterly education events
- Send nutrition education flyers with meals. The education changes as the seasons change. We are also looking into doing nutrition education recordings and posting them online for anyone to access at any time.
- All rural routes receive written nutrition education. We provide written nutrition education monthly and do a presentation annually.