



## Tele or Virtual Nutrition Education for Older Adults

Adequate nutrition is critical for the well-being and health of all individuals but is particularly important for older adults. Community-based food and nutrition programs are resources for addressing the nutritional health of aging adults. Among the most well-known and impactful of these programs are senior nutrition programs – which offer services like home delivered meals and congregate nutrition services. These services include both home-delivered meals as well as healthy meals served in group settings, such as senior centers and faith-based locations. In addition to nutrition education, the programs may provide a range of services including nutrition screening, assessment, and counseling. Nutrition services also provide an important link to other supportive in-home and community-based supports such as homemaker and home-health aide services, transportation, physical activity and chronic disease self-management programs, home repair and modification, and falls prevention programs.

Nutrition services are authorized under Title III B and C of the Older Americans Act (OAA) and are designed to promote the general health and well-being of older individuals, particularly to:

- Reduce hunger, food security and malnutrition,
- Promote socialization, and
- Delay the onset of adverse health conditions.

To support these goals, nutrition education for senior nutrition program participants must:

- Meet OAA nutrition program goals
- Be relevant and of interest to the audience
- Support adult learning needs
- Build off previous knowledge of the participants
- Actively involve individuals in determining personal goals
- Focus on behavior modification
- Be achievable or able to be implemented
- Include contact with health or nutrition professionals
- Be presented in short sessions
- Include hands-on activities
- Have an evaluation component that allows for both process and outcome measures to be tracked

Because older adults have nutrient needs different than younger adults, increased risk for nutrition-related conditions, documented chronic conditions that may be managed in part by nutrition interventions and varying levels of nutrition knowledge, nutrition education is valuable for assisting older adults maintain their health. The [Process Evaluation of Older Americans Act Title III-C Nutrition Services Program](#) found that 98% of Area Agencies on Aging offer nutrition education through a variety of methods (directly by the Area Agency on Aging, through a contract between the Area Agency on Aging and another organization, or through a grant provided by the Area Agency on Aging to another organization). Findings from a recent national survey of nutrition educators involved in the congregate

nutrition and home-delivered meal programs suggests that knowledge of and use of free and low-cost nutrition education materials for older adults is limited.<sup>1</sup>

### *Use of Technology by Older Adults*

Older adults use technology at a lower rate than the general population. Individual characteristics such as age, education level, socio-economic, health, disability status and perception of technology—all influence availability, access, and use. Other factors include rate of innovation, quality of the interactions between older adults and technology, and individual knowledge about aging. Rural with limited internet may also limit access. These factors may need to be addressed before older adults are able to use technology-based interventions. Training programs have been developed to address some of these issues. Due to lower income, some older adults may not have devices or access to new technology. It might be useful for programs to review the factors and learn about technology availability and access prior to implementing new programs using technology with older adults.<sup>2</sup>

### *The Need for Tele or Virtual Nutrition Education Programming*

Many senior nutrition programs leverage technological solutions to provide nutrition education. Access to virtual programming remains a critical need especially during times of restricted attendance at in-person gatherings (e.g., COVID-19 pandemic, emergency situations, etc.) and also allows those who may be unable to attend in-person education on an ongoing or fluctuating basis (due to health concerns, functional limitations, inclement weather, homebound status, and limited transportation) to participate. As such, it is important that senior nutrition programs are aware of how best to incorporate in-person nutrition education to a virtual setting and understands the variety of nutrition education resources available for older adults.

The purpose of this brief is to curate available resources to support the provision of credible tele or virtual nutrition education for community-residing older adults, which has been overseen by a registered dietitian or person of similar expertise.

What does offering tele or virtual nutrition education resources mean? It means providing nutrition education via a mechanism that is not in-person. It means using methodologies and devices that range from the in-person telephone conversations to on-line computer sessions.

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<sup>1</sup> Riccardo, C. (2018). Nutrition education for older adults in congregate and home delivered meal sites: What is taught, what do we know, and where do we go? Available at <https://pdfs.semanticscholar.org/be3d/a1effcd708a4b91f3d22cf04eb106f0de4bc.pdf>.

<sup>2</sup> Brown, L.E. and Strommen, J. (2019). Training younger volunteers to promote technology use among older adults. Available at <https://sdsu.app.box.com/s/4bciodwx6n3wllhqqzjskabxka3014z>.

### *Resources for Participation in Tele or Virtual Learning*

- Equipment
  - Computer, tablet, smartphone, landline telephone, television
- Internet access
  - At home
  - Complimentary free 'Wi-Fi'
- Platform
  - Most are free but users need to be mindful of privacy requirements of each platform
- Instructions
  - Sent to clients via email, regular mail, delivered with meals, or offered verbally by phone

The first step in offering tele or virtual nutrition education is to assess your organization and clients. Explore what using either tele or virtual might mean by considering the following:

1. Clarify what tele or virtual means for your organization – does it mean delivering educational sessions by telephone, online or a combination of both? Will you create these sessions, or will you leverage available online resources? Do your staff have the training necessary for meaningful telephone or online interactions?
2. Consider the devices and technology access of the seniors you serve. What do they have access to? Do they have access to landline or cell telephones, problems with cell phone reception, cable television, computer hardware (such as tablets, desktop computers, laptops) and high-quality internet service? What can your seniors afford? Do your seniors have the training, or can they access the training needed to use these resources? Is technical assistance and support available if there are difficulties?  
*Under the Major Disaster Declaration (MDD) and the COVID-19 Coronavirus Aid Relief and Economic Security Act (CARES), states may allow organizations to purchase technology and support. However, these monies are limited, so there is a role for continuing community partnerships. Some local philanthropic or civic organizations or businesses may donate or provide other support.*
3. What resources are available for your organization's staff? Does the organization need to upgrade their systems, equipment, technical support, or access help for trouble shooting? Does the staff have ongoing technical support? Does the staff need additional training?
4. Provide detailed instructions to all participants so that they understand how to access the sessions and use the technology.

5. Emphasize the dual role of tele or virtual nutrition education – tele or virtual sessions provide an opportunity for social support, networking and important education which all have a positive impact on health and well-being.
6. Know your audience, know your seniors. Learning is a continuum. Adult learners are different than learners who are children. Adult learners are often self-directed, bring their life experiences and knowledge to a situation, are goal oriented and so want information that is relevant and practical. Older adults respond to different learning methods, information, practices. Some older adults gravitate to fun activities. Others are interested in life-long learning opportunities. For some, story sharing, emotional context, self-efficacy, or tips for changing behavior are important. For others, new facts in context are important, so they can relate it to their life experience. Whatever method is chosen, the information and application activities need to be engaging.
7. Keep it simple – make sure participants are clear about the focus for each tele or virtual session. Provide or reiterate learning objectives in a client-focused way so the clients are clear on the benefits of the session.
8. Check in early and often with clients to evaluate what they are learning, their satisfaction with the tele or virtual format and ways in which the educational session can be improved.
9. Promote engagement and platforms that facilitate the opportunity to see and interact with all participants so that they are connected to the session leader and fellow session attendees.

#### *Different Approaches to Tele or Virtual*

There are several ways to provide nutrition education offerings in a tele or virtual setting, for example:

##### Computer-free methods

- Telephone: individual or group
- Public television, Local cable station, residential housing TV broadcast
- Mail (handouts, newsletters, instructions)

##### Computer methods

- Email
- Video call using a smart phone and the video application, individual or group
- Video public, such as a You Tube or Vimeo video cooking demonstration that would be available on several devices such as a computer, tablet, or smart phone

Examples of video platforms (for video call or video public) your organization can use to go virtual include the following:

- Zoom <https://zoom.us/>
- Facebook Live or Messenger Video Chat <https://www.messenger.com/>
- YouTube <https://www.youtube.com/>
- Apple FaceTime <https://support.apple.com/>
- Google Hangout Video <https://hangouts.google.com/>
- Whatsapp Video Chat <https://www.whatsapp.com/>

- Skype <https://www.skype.com/en/>
- Telehealth platforms such as Healthie, or Simple Practice

### *Resources to Help Your Organization Offer Virtual Nutrition Education*

#### ***Interacting with Remote Audiences***

Topic: Promoting Technology with Older Adults

Organization: South Dakota University, North Dakota University

Website: <https://sdsu.app.box.com/s/4bciodwx6n3wllhqqzjskabxka3014z>

Topic: Reaching a Remote Audience

Organization: National Council on Aging

Website: <https://d2mkcg26uvvg1cz.cloudfront.net/wp-content/uploads/Tools-for-Reaching-a-Remote-Audience.pdf>

Topic: Virtual event polling and quizzes

Organization: Slido

Website: <https://www.sli.do/>

Organization: National Resource Center on Engaging Older Adults

Topic: Capacity Building for Remote Programming During COVID-19

Website: <https://www.engagingolderadults.org/engaged-webinar-capacity-building-for-remote-programming-during-covid19>

#### ***Technology Focused Educational Resources for Older Adults***

Organization: Senior Planet

Topic: Tech Basics

Website: <https://seniorplanet.org/coronavirus-2/>

Organization: AARP

Topic: Technology Workshops

Website: <https://learn.aarp.org/>

#### ***Technology Vendors for Organizations***

Organization: Tech Soup

Topic: Providing non-profits access to needed technology

Website: <https://www.techsoup.org/>

#### ***Virtual Training Courses for Older Adults***

Organization: Self Help Community Services Inc

Topic: Virtual Senior Center

Website: <http://vscm.selfhelp.net/service>

Organization: Mather Lifeways

Topic: Telephone based learning

Website: <https://www.mather.com/neighborhood-programs/telephone-topics>

Organization: DOROT

Topic: Online learning for older adults

Website: <https://www.dorotusa.org/our-programs/at-home/university-without-walls>

### Nutrition Education Resources Applicable for Older Adult Populations

#### **Go4Life**

Agency: National Institute on Aging, Department of Health and Human Services (DHHS)

Website: <https://go4life.nia.nih.gov/>

Overview: Go4Life, an exercise and physical activity campaign, is designed to help include exercise and physical activity into a daily routine.

Resources:

- Go4Life Month toolkit
- Infographics/Posters
- Exercise Guides
- Age Pages Brochures
- Speaker Toolkit

#### **Healthy Eating**

Agency: National Institute on Aging, DHHS

Website: <https://www.nia.nih.gov/health/healthy-eating>

Overview: Articles and resources that include smart food choices, shopping for healthy food on a budget, and vitamins and minerals needs for older people. Limited downloadable materials.

Resources:

- Articles on current healthy eating topics
- Infographics

#### **Nutrition.gov**

Agency: United States Department of Agriculture (USDA)

Website: <https://www.nutrition.gov/subject/life-stages/seniors>

Overview: Nutrition.gov serves as a gateway to reliable resources on food, healthy eating, physical activity, and food safety. Links to information from Federal agencies, non-governmental organizations, and universities with expertise in food and human nutrition. Information is arranged by audience and topic. Website also includes a Frequently Asked Question section. The site is updated regularly by a staff of Registered Dietitians at the Food and Nutrition Information Center (FNIC) located at the National Agricultural Library (NAL).

Resources:

- Online links to browse by subjects that include audience (Older Adults), basic nutrition, diet and health conditions, dietary supplement, food assistance

- programs, health weight, shopping, cooking, and food safety.
- Educational materials, videos, tool kits
- Spanish materials included

### **Food and Nutrition Information Center-National Agriculture Library**

Agency: USDA

Website: <https://www.nal.usda.gov/fnic/older-individuals>

Overview: Under Lifecycle Nutrition resources for older adults which include healthy eating, nutritional challenges related to aging, food safety issues, Meals on Wheels, and other assistance programs.

Resources:

- Comprehensive list of Federal and State online resources
- A variety of nutrition and health related topics
- Educational materials, videos, tool kits
- Spanish materials included

### **Choose MyPlate.gov**

Agency: USDA

Website: <https://www.choosemyplate.gov/>

Overview: MyPlate illustrates the five food groups which are the building blocks for a healthy diet. Topics also included are food waste, food safety, and physical activity. Excellent information for older adults included on the site.

Resources:

- Tip sheets
- Toolkits
- Print materials/videos
- Seasonal resources
- Quizzes
- Infographics
- MyPlate graphics
- Spanish materials included

### **MyPlate for Older Adults**

Organization: The Jean Mayer USDA Human Nutrition Research Center on Aging (HNRCA), Tufts University

Website: <https://hnrca.tufts.edu/myplate/>

Overview: MyPlate for Older Adults provides examples of foods that support a healthy diet. MyPlate for Older Adults corresponds with the federal government's 2015-2020 Dietary Guidelines for Americans.

Resources:

- MyPlate of Older Adults PDF Printable

## **Foodsafety.gov**

Agency: USDA

Website: <https://www.foodsafety.gov/>

Overview: Federal food safety information including the latest news, alerts, and tips on safely handling and storing food to prevent food poisoning.

Resources:

- FoodKeeper App: Tool for Smart Food Storage
- Kitchen safety tips
- Holiday food safety
- Food recalls information

## **Eat Healthy, Be Active Community Workshops**

Agency: Office of Disease Prevention and Health Promotion (ODPHP), (DHHS)

Website: <https://health.gov/dietaryguidelines/2015/workshops/>

Overview: The Eat Healthy, Be Active community workshops are based on the Dietary Guidelines for Americans and the Physical Activity Guidelines for Americans. The workshops are used by community educators, health promoters, dietitians/nutritionists, cooperative extension agents, and others to teach adults in a wide variety of community settings.

Resources:

- Six 1-hour workshops include a lesson plan, learning objectives, talking points, hands-on activities, videos, and handouts
- Spanish version available

## **SNAP-Ed Connection**

Agency: Food and Nutrition Services (FNS), USDA

Website: <https://snaped.fns.usda.gov/snap-ed-works/nutrition-education>

Overview: SNAP-Ed teaches people to shop for and cook healthy meals. Materials help people learn how to make their food dollars stretch. SNAP-Ed Connection provides many hands-on educational lessons and materials.

Resources:

- Nutrition education curricula
- Nutrition education material
- Spanish material included
- Healthy and thrifty holiday menus
- Seasonal produce guide
- Success stories
- SNAP-Ed Library
- Recipes
- Photo gallery
- Farmers Markets materials
- Cooking demonstrations
- Cooking Matters Toolkit



### **Eat Smart Live Strong**

Agency: Food and Nutrition Services (FNS), USDA

Website: <https://snaped.fns.usda.gov/nutrition-education/fns-curricula/eat-smart-live-strong>

Overview: Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among individuals, 60-74-year-old.

Resources:

- Four session activity kit
- Promotional materials

### **Dinner Tonight**

Agency: Texas A&M AgriLife Extension

Website: <https://agriflifeextension.tamu.edu/solutions/dinner-tonight>

Overview: The Dinner Tonight program was developed to provide quick, healthy, cost effective recipes and meals.

Resources:

- Weekly video demonstrations on cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living
- Weekly newsletter

### **National Health Observances**

Agency: Office of Disease Prevention and Health Promotion (ODPHP), DHHS

Website: <http://www.healthfinder.gov/nho/default.aspx>

Overview: National Health Observances (NHOs) are special days, weeks, or months dedicated to raising awareness about important health topics. The NHO calendar provides links to organizations sponsoring NHOs and email contacts for more information and to access materials that support awareness efforts.

Examples:

- February-American Heart Month
- June-National Safety Month
- September-Fruits & Veggie-More Matters Month
- November-American Diabetes Month

### **Food Demonstration Guide** Agency:

Arizona Nutrition Network

Website: <https://www.azhealthzone.org/uploads/media/documents/food-demonstration-guide-2019.pdf>

Overview: Created for those who provide food demonstrations. It contains information, advice, and resources for planning and executing a successful food demonstration.

Resources:

- Types of food demonstrations
- Keys to a successful food demonstration

- How to conduct a food demonstration
- Acquiring foods and facilities
- Sanitation and food safety
- Fruit and vegetable guide
- Food Demonstration Evaluation Tool

### **Food Labeling, Nutrition, Food Safety, Dietary Supplements**

Agency: Food and Drug Administration (FDA) Center for Safety and Applied Nutrition (CFSAN), DHHS

Website: <https://www.fda.gov/food/resources-you-food/cfsan-education-resource-library>

Overview: The website provides information on food safety, foodborne illness, food labeling, dietary supplements, food choices. Some publications are in English, Spanish, and other languages. Print materials may be ordered free or at low-cost from <https://epublication.fda.gov/epub/>

Resources:

- Industry and consumer resources
- Infographics on food safety
- Conversations with food experts
- Information for consumers, food industry, health educators, health professionals
- Food safety information for older adults, <https://www.fda.gov/media/83744/download>

### **New Food Labeling**

Agency: FDA, CFSAN, DHHS

Website: <https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label>

Overview: The website provides information on the new food labeling requirements.

Resources:

- Food industry and consumer resources and materials
- New and improved nutrition facts label information
- Nutrition labeling Information for restaurants and retail
- Gluten-Free Labeling
- Spanish materials
- Nutrition education materials and resources for consumers, health educators, health care professionals
  - Social Media Kit
  - What's New
  - Serving Size
  - Calories
  - Percent Daily Value
  - Added Sugars
  - Folic Acid
  - Using the Nutrition Facts Label and MyPlate to Make Healthier Choices
  - How to Understand and Use
  - Using the Nutrition Facts Label for Older Adults, <https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults>

### **Fresh Conversations**

Agency: Iowa Department of Public Health

Website: <https://idph.iowa.gov/inn/fresh-conversations>

Overview: A nutrition education program designed to support healthy aging and independence, with a focus on OAA congregate nutrition site participants. Developed in Iowa, participants gather in communities to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent.

Resources:

- Training material
- Promotional materials
- External websites for additional resources

### **Stay Independent: A Healthy Aging Series**

Agency: Iowa State University Extension and Outreach Service

Website: <https://www.extension.iastate.edu/humansciences/stay-independent>

Overview: A nutrition education program designed to help older adults set realistic goals for eating well and moving more. Developed by the Iowa State University Extension Service, there is a series of workshops designed for 60-90 minutes. The workshops encourage an exchange of ideas and include healthy recipes.

Resources:

- 4 videos, emphasizing three meals a day, increased fruit and vegetable consumption, consuming adequate protein, and exercise for independence
- Websites for additional materials

### **Words on Wellness**

Agency: Iowa State University Extension and Outreach Service

Website: <https://www.extension.iastate.edu/humansciences/wellness>

Overview: A monthly newsletter targeted at families that include information on nutrition, food, food safety, and health. Newsletters include healthy recipes.

Resources:

- Downloadable color two-page newsletters

### **Seniors Eating Well**

Agency: University of Minnesota Extension

Website: <https://extension.umn.edu/customized-education/seniors-eating-well>

Overview: A nutrition education program that teaches adults age 50 and older about nutrition, physical activity, and other aspects of health living. There are nine lessons of about 45 minutes each. These are designed to be provided in senior centers, community centers, and housing. Materials may be obtained from the SNAP-Ed Team within Minnesota.

Resources:

Nutrition education materials designed for other age groups

External websites for additional materials

**National Institute of Health (NIH), DHHS**

Agency: National Institute of Diabetes and Digestive and Kidney Disease (NIDDK)

Website: <https://www.niddk.nih.gov/health-information/weight-management/healthy-eating-physical-activity-for-life/health-tips-for-older-adults>

Overview: Information provided is part of the Healthy Eating & Physical Activity for Life Series.

Resources:

- Healthy Weight
- Healthy Eating
- Healthy Eating Tips
- Physical Activity

**National Institute of Health (NIH), DHHS**

Agency: National Institute of Diabetes and Digestive and Kidney Disease (NIDDK)

Website: <https://www.niddk.nih.gov/health-information>

Overview: Information on health conditions for consumers

Resources:

- Weight management
- Diabetes
- Diet and nutrition

**EatRight**

Organization: Academy of Nutrition and Dietetics

Website: <https://www.eatright.org/food>

Overview: Includes nutrition and health information for older adults.

Resources:

- Dietary Guidelines and MyPlate
- Vegetarian and Special Diets
- Healthy Eating
- Preventing Illness
- Food safety
- Recipes, cooking tips and trends
- Smart shopping, snack, and meal ideas

### Training Resources to Support Virtual Programming: Recorded Webinars and Podcasts

There are many recorded trainings available for senior nutrition program professions seeking to refresh their knowledge on available nutrition resources and on techniques for offering virtual nutrition education.

- Toolkit: Nutrition Education in Congregate and Home Delivered Meals Program Setting – Part 1  
<https://nutritionandaging.org/toolkit-nutrition-education-in-congregate-and-home-delivered-meal-program-settings-part-1-what-do-we-know/>
- Toolkit: Nutrition Education in Congregate and Home Delivered Meals Program Setting – Part 2  
<https://nutritionandaging.org/toolkit-nutrition-education-in-congregate-and-home-delivered-meal-program-settings-part-2-where-do-we-go/>
- Tools for Reaching a Remote Audience: Webinar and Tips  
<https://www.ncoa.org/resources/tools-for-reaching-a-remote-audience-webinar-tips/>
- Addressing Social Isolation for Older Adults During the COVID-19 Crisis  
<http://www.advancingstates.org/sites/nasud/files/u24453/Social%20Isolation%20Response%20Final.pdf>
- Events and Program Ideas to Target Social Isolation Among Clients  
<https://nutritionandaging.org/events-program-ideas-to-target-social-isolation-among-clients/>
- Toolkit: Make Your Mark on the Congregate Nutrition Program  
<https://nutritionandaging.org/toolkit-making-your-mark-on-the-congregate-nutrition-program/>

#### *For Additional Reading*

- Eight Steps for a Smoother Transition to Online Learning. Available at:  
<https://www.facultyfocus.com/articles/online-education/eight-steps-for-a-smoother-transition-to-online-teaching/>. Accessed on: May 15, 2020.
- Opportunities for telehealth of nutritionists and registered dietitians. Available at:  
<https://www.eatrightpro.org/practice/practice-resources/telehealth/practicing-telehealth>. Accessed on: May 15, 2020.

## Summary of Nutrition Education Programs Targeted at Older Adults

Virtual nutrition education is a way to connect with older adults and provide this vital nutrition service outside of face-to-face settings. There are many nutrition education resources online that you can use to provide services virtually! Here are some examples of existing resources.

Program Name	Website/Contact	Description	Delivered By	Title III-D Approved ?	Tailored for Older Adults?	Key Words
<b>Start Simple with MyPlate: Food Planning During the Coronavirus Pandemic</b>	<a href="https://www.choosemyplate.gov/coronavirus">https://www.choosemyplate.gov/coronavirus</a>	Includes a 2-page downloadable PDF handout, sample 2-week menus, MyPlate plan tool. Can be tailored for older adults.	USDA	No	No; can be modified	<ul style="list-style-type: none"> <li>• MyPlate</li> <li>• Food Planning</li> <li>• Pandemic</li> </ul>
<b>Using the Nutrition Facts Label: For Older Adults</b>	<a href="https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults">https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults</a>	Includes an 8-page downloadable PDF handout and information on how to read a label.	FDA	No	Yes	<ul style="list-style-type: none"> <li>• Food label</li> <li>• Nutrition facts label</li> <li>• Nutrient needs</li> </ul>
<b>NCOA Healthy Eating Tips for Seniors</b>	<a href="https://www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/">https://www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/</a>	Includes a variety of healthy eating videos and visually appealing infographics to complement education.	NCOA	No	Yes	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Eating Well</li> <li>• Eating on a budget</li> </ul>
<b>NIA Exercise and Physical Activity (formerly Go4Life)</b>	<a href="https://www.nia.nih.gov/health/exercise-physical-activity">https://www.nia.nih.gov/health/exercise-physical-activity</a>	Includes educational articles, physical activity tracking tools and a Walking Club toolkit	NIH	No	Yes	<ul style="list-style-type: none"> <li>• Exercise</li> <li>• Physical activity</li> <li>• Walking</li> </ul>
<b>Go4Life Videos</b>	<a href="https://www.youtube.com/playlist?list=PLCCD15A44D95DBCDF">https://www.youtube.com/playlist?list=PLCCD15A44D95DBCDF</a>	Includes five short exercise videos specifically tailored for older adults.	NIH	No	Yes	<ul style="list-style-type: none"> <li>• Exercise</li> <li>• Physical activity</li> </ul>
<b>FDA Food Safety for Older Adults</b>	<a href="https://www.fda.gov/food/people-at-risk-of-foodborne-illness/food-safety-older-adults">https://www.fda.gov/food/people-at-risk-of-foodborne-illness/food-safety-older-adults</a>	Includes a downloadable PDF guide and covers multiple foods safety topics.	USDA	No	Yes	<ul style="list-style-type: none"> <li>• Food safety</li> <li>• Food storage</li> <li>• Foodborne illness</li> </ul>
<b>Fresh Conversations</b>	<a href="https://idph.iowa.gov/inn/fresh-conversations/coordinators/training-materials">https://idph.iowa.gov/inn/fresh-conversations/coordinators/training-materials</a>	Includes training videos and PDFs. Program can be implemented virtually with guidance & permission from the Iowa Dept. of Public Health.	Iowa Dept. of Public Health	No	Yes	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• SNAP-Ed</li> <li>• Eating on a Budget</li> </ul>
<b>Eat Smart, Live Strong</b>	<a href="https://snaped.fns.usda.gov/nutrition-education/fns-curricula/eat-smart-live-strong">https://snaped.fns.usda.gov/nutrition-education/fns-curricula/eat-smart-live-strong</a>	Designed to improve fruit and vegetable consumption & physical activity. Includes PDF guides and handouts for 4 lessons.	USDA	No	Yes	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Fruits &amp; vegetables</li> <li>• Physical activity</li> </ul>
<b>Cooking Matters</b>	<a href="http://cookingmatters.org/tips">http://cookingmatters.org/tips</a>	Includes videos and educational articles to promote cooking. Can be tailored for older adults.	Cooking Matters	No	No; can be modified	<ul style="list-style-type: none"> <li>• Cooking</li> <li>• Healthy eating</li> <li>• Eating on a budget</li> </ul>
<b>Eat Smart, Move More, Weigh Less</b>	<a href="https://esmmweighless.com/">https://esmmweighless.com/</a>	An evidence-based program designed to engage older adults in adopting evidence-based strategies necessary for achieving a healthy weight.	NC State University	Yes	Yes	<ul style="list-style-type: none"> <li>• Weight Management</li> <li>• Healthy Eating</li> <li>• Physical Activity</li> </ul>

<p><b>Healthy Eating for Successful Living in Older Adults</b></p>	<p><a href="https://healthyliving4me.org/programs/">https://healthyliving4me.org/programs/</a></p>	<p>A program for older adults about nutrition and lifestyle changes to promote better health. Based on the USDA MyPlate, components include: goal setting, problem solving, group support, nutrition education, self-assessment, and management of dietary patterns. Lay leaders, 6-sessions, dietitian support needed to implement.</p>	<p>The Healthy Living Center of Excellence</p>	<p>No</p>	<p>Yes</p>	<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Exercise</li> <li>• Grocery Store</li> <li>• Meal Preparation</li> </ul>
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## APPENDIX

### Nutrition Education Program Template

This is one possible format for planning a nutrition education session.

**Lesson Plan Title:**

**Objective:**

Provide one or two behavioral/measurable outcomes

**Lesson Plan:**

<b>Content</b>	<b>Instructional Strategy</b> PowerPoint Lecture Group discussion Handouts Video Learning Activity Cooking Demonstration	<b>Time Frame</b> Estimate of minutes  Keep session short and to the topic.
<b>Overview:</b> What is to be presented?		1 minute
<b>Topic:</b> Why is it important? How is it implemented?		8 minutes
<b>Summary and Takeaways:</b> What behavioral changes can be made?		3 minutes
<b>Evaluation:</b>	Printed Multiple choice or Likert Scale Comment Box Other topics of interest	2 minutes



Nutrition Education Evaluation Template

This is one possible format for gathering information from the audience to determine whether the nutrition education session was meaningful.

1. Was the information presented of interest to you?      YES OR NO

2. Are you able to implement any of the tips presented?      YES OR NO

3. If yes, what tip can you implement into your daily routine?

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4. What other nutrition information would you be interested?

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