

# NUTRITION



# EDUCATION GUIDE



South Carolina  
**DEPARTMENT  
ON AGING**

2021 - 2022

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## Overview: SCDOA Nutrition Education Guide

**NUTRITION EDUCATION** is the pathway to provide accurate and scientifically based information to help people adopt healthy habits at any age. Successful nutrition education programs can improve the health and quality of life of participants. It is also a required part of the Older Americans Act funded nutrition program.

Nutrition services providers must conduct nutrition education activities, consistent with the goals and content described below, at a minimum of 6 times per year for Group Dining participants and 1 time per year for Home Delivered Meals participants. The minimum length of one nutrition education presentation is fifteen minutes and must allow additional time for a question and answer session.

### Nutrition Education Goals:

- ❖ To create positive attitudes toward good nutrition and physical activity and to provide motivation for improved nutrition and lifestyle practices conducive to promoting and maintaining the best attainable level of wellness for an individual.
- ❖ To provide adequate knowledge and skills necessary for critical thinking regarding diet and health so that the individual can make healthy food choices.
- ❖ To assist the individual to identify resources for continuing access to sound food and nutrition information.

### Nutrition Education Activities:

- Nutrition education consists of activities which provide visual and verbal information and instruction to participants or caregivers in a group or individual setting.
- Examples of nutrition education activities include: presentations, cooking classes, food preparation demonstrations, field trips, food tasting sessions, gardening, grocery store tours, educational booth set-up at a Senior Farmers Market Nutrition Program voucher distribution event, etc.



## Approved Ways to Provide Nutrition Education to Older Adults:

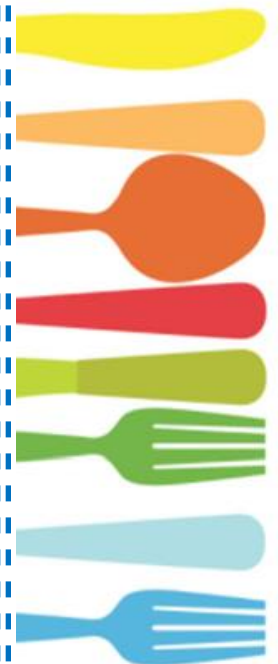
All nutrition education sessions, whether for Group Dining or Home Delivered clients, must be pre-approved by the Area Agency on Aging. **The forms for preapproval are found on pages 6 & 7 of this guide.** Please refer to your AAA's specific policies and procedures regarding when these forms are to be completed and how far in advance the preapproval should be completed. Participants shall be given the opportunity to evaluate the nutrition education session. **Please see page 8 for a sample evaluation form.**

### Approved Nutrition Education Methods for Group Dining Clients:

- Site Manager/staff led nutrition lessons using SCDOA pre-approved nutrition education resources (see pages 9 & 10)
- Contracted Dietitian services or dietetic interns through an accredited program
- Sessions presented by your county designated SNAP-Ed partner (see pages 11-13 )
- Sessions offered by Clemson University Cooperative Extension: Office of Rural Health and Nutrition (see pages 14 & 15 )
- Sessions offered by the Expanded Food and Nutrition Education Program (EFNEP) (see page 14)

### Approved Nutrition Education Methods for Home Delivered Meal Clients

- Print materials from SCDOA pre-approved nutrition education resources that are delivered with the home delivered meal (see pages 9 & 10)
- Hybrid teaching model where a homebound individual is connected to a live group nutrition education session via teleconference or videoconference.
- Videoconference sessions provided by:
  - Contracted Dietitian services or dietetic interns through an accredited program
  - County designated SNAP-Ed partner (see page 11-13 )
  - Clemson University Cooperative Extension: Office of Rural Health and Nutrition (see pages 14 & 15 )





### **Nutrition Education Criteria**

- ❖ Nutrition Education is required a minimum of six times in fiscal year 2022 for group dining participants and 1 time per year for homebound.
- ❖ The Nutrition Education Report for Group Dining and/or Home Delivered Meals (**see pages 6 & 7**) should be completed and submitted to the AAA prior to the session for approval (for all planned lessons). Include specific information on the report to describe the session, content source and materials used.
- ❖ The topic should be on nutrition or health, as it relates to nutrition. Clearly state the specific topic.
- ❖ Minimum 15 minutes in length (excluding Q&A)
- ❖ Include information on evaluation method. Sample evaluation form for program clients is on **page 8**.
- ❖ Have a method to have questions answered by a Registered Dietitian.  
Questions may be submitted to Rowan Goodrich, MS, RD, LD (Rgoodrich@aging.sc.gov)
- ❖ Enter nutrition education units into AIM.

Credible nutrition and health resources are free from bias and backed up with evidence. Information must be gathered from a trustworthy author or organization. There is a lot of nutrition and health information out there, so be sure to evaluate the credibility so that information provided is accurate. **See page 10 for a listing of reliable websites.**

#### **Avoid these types of materials...**

- ❖ Articles from webpages such as WebMD, HuffPost, those ending in .com and/or blogs
- ❖ The Food Guide Pyramid
- ❖ Articles from popular magazines such as Good Housekeeping, SELF, etc.
- ❖ Popular diet books
- ❖ Dr. Oz and other popular media personalities





**South Carolina Department on Aging**  
**Nutrition Education Report - Group Dining**

*Complete this nutrition education report for each nutrition education session.*

Send to \_\_\_\_\_ at the \_\_\_\_\_ AAA prior to the session. The AAA will notify approval of the session to be conducted and units entered into AIM.

Session Date: \_\_\_\_\_ Session Type (in-person/virtual/phone): \_\_\_\_\_

Provider/Site Name: \_\_\_\_\_ Number of Attendees: \_\_\_\_\_

<b>1) Name of Session:</b>
<b>2) Session Objective(s):</b>
<b>3) Session Presenter Name, Organization &amp; Title:</b>
<b>4) Length of Program:</b>
<b>5) Type of Program:</b>
<b>6) Educational Materials Used: (Name &amp; website/source or include materials )</b>
<b>7) *Evaluation Method and Summary of Results * Provider completes after session (use extra page if needed):</b>
<b>8) AAA personnel approving:</b>
<b><u>Form Instructions: Provide specific information</u></b>  - <b>Name of session:</b> Describe the specific topic. If it is a health related topic, make sure it is clear how the topic relates to nutrition (i.e. Carbohydrate Counting for People with Diabetes, How to Identify Whole Grains, or 10 Tips to Eat Healthy on a Budget).  - <b>Objectives of Session:</b> What should the participants be able to do as a result of the session (i.e. Participants will be able to identify and select whole grains)?  - <b>Type of program:</b> Describe the program. Is it a video, lecture, game, cooking demonstration, etc.?  - <b>Educational Materials Used:</b> Use only evidence-based, approved sources. List the source name, title of work, page number, anything that identifies the materials. Include materials with report as needed.  - <b>Evaluation method:</b> How will clients evaluate the session (i.e. question and answer, written rating, end of session activity or game)? What was the result of the evaluation?



## South Carolina Department on Aging

### Nutrition Education Report – Home Delivered Meals

Complete this nutrition education report for each nutrition education session.

Send to \_\_\_\_\_ at the \_\_\_\_\_ AAA prior to the session. The AAA will notify approval of the session to be conducted and units entered into AIM.

Session Date: \_\_\_\_\_ Session Type (in-person/virtual/phone): \_\_\_\_\_

Provider/Site Name: \_\_\_\_\_ Number of Distribution/Attendees: \_\_\_\_\_

<b>1) Name of Session:</b>
<b>2) Session Objective(s):</b>
<b>3) Session Organizer Name, Organization, &amp; Title:</b>
<b>4) Educational Materials Used: (Include the Name &amp; website/source or include materials as needed )</b>
<b>5) AAA personnel approving:</b>

#### **Form Instructions: Provide specific information**

- **Name of session:** List the title of the materials sent and/or describe the specific topic. If it is a health related topic, state how the topic relates to nutrition.
- **Objectives of Session:** Why were the materials and topic selected? What is the desired outcome?
- **Session organizer:** List the name, title and organization of the person identifying the topics and preparing materials.
- **Educational Materials Used:** Use only evidence-based, approved sources. List the source name, title of work, page number, anything that identifies the materials. If materials are not readily found on the web, include a copy with this report



## South Carolina Department on Aging

### Evaluation Questions – Nutrition Education Sessions

Date: \_\_\_\_\_ Region/Provider: \_\_\_\_\_

Meal Site Name: \_\_\_\_\_ # of participants: \_\_\_\_\_

Session Title & Presenter Name:  
\_\_\_\_\_

At the end of the session, nutrition education participants are to answer the questions on this form to aid in evaluating the nutrition education session. If additional questions are asked, please note the questions and responses. This information will be used to evaluate the programs performance.

1) Did participants in today's lesson find the information useful? (# of responses for each)

\_\_\_\_\_ Very Useful    \_\_\_\_\_ Useful    \_\_\_\_\_ Somewhat Useful    \_\_\_\_\_ Not at all Useful

Please explain:

2) What did participants like the most about the session?





3) What did the participants like the least about the session?

4) What changes, if any, did the participants state they were going to make because of the lesson?

Thank you for teaching nutrition education sessions. Your evaluations will be very helpful as program development continues.



## SCDOA Approved Nutrition Education Programs

<p><b>Fresh Conversations</b></p> 	<ul style="list-style-type: none"> <li>❖ Partnership between SCDOA and the Iowa Department of Health SNAP-Ed</li> <li>❖ Newsletter-based monthly nutrition education (lessons build upon each other)</li> <li>❖ Includes discussion facilitation, activities/puzzles, healthy recipes</li> </ul>
<p><b>Eat Smart, Live Strong</b></p> 	<ul style="list-style-type: none"> <li>❖ Developed to increase fruit and vegetable intake and physical activity</li> </ul>
<p><b>Eat Better and Move More (EBBM)</b></p> 	<ul style="list-style-type: none"> <li>❖ Developed by the National Policy and Resource Center on Nutrition and Aging at Florida International University</li> <li>❖ 12 weekly sessions</li> <li>❖ Composed of mini talks and activities for group nutrition and physical activity sessions</li> <li>❖ Designed to be just 30 minutes for each session</li> </ul>
<p><b>Expanded Food and Nutrition Program – Adult Nutrition Education Lessons</b></p> 	<ul style="list-style-type: none"> <li>❖ These adult lessons are made for use with groups of 4-15 people.</li> </ul> <p><u>Participants learn to:</u></p> <ul style="list-style-type: none"> <li>❖ Eat better for less</li> <li>❖ Save money when they shop for food</li> <li>❖ Keep foods safe</li> <li>❖ Get more active on a budget, and</li> <li>❖ Better cook and plan meals</li> </ul>

**Nutrition Spotlights-  
University of  
California  
Cooperative  
Extension**



- ❖ Practiced-tested, single session lessons created to be delivered for 30 minutes or less.

Spotlight Lessons:

Importance of Breakfast  
MyPlate and Fruit and Vegetable Intake  
Making Better Beverage Choices

- ❖ <https://uccalfresh.ucdavis.edu/uccalfresh.ucdavis.edu/curriculum/adult/nutritionspotlights>

## Self-Created Mini Lessons

For sites that are permitted to create their own nutrition lessons, please see below for the Registered Dietitian approved resource list. Nutrition information for lessons can only be accessed from these reliable resources. The lesson plan, handouts, activity sheets and Nutrition Education Report must be approved by SCDOA via AAA prior to the planned session.

**Select approved resources:**

- Academy of Nutrition and Dietetics  
<https://www.eatright.org/for-seniors>
- American Diabetes Association- Nutrition Page  
<https://www.diabetes.org/nutrition>
- American Heart Association- Nutrition Page  
<http://www.heart.org/nutrition>
- CDC Healthy Living  
<http://www.cdc.gov/healthyliving/>
- CDC Nutrition  
<https://www.cdc.gov/nutrition/index.html>
- National Heart, Lung, and Blood Institute- Nutrition Page  
<https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/nutrition.htm>
- National Institute on Aging- Healthy Eating Page  
<https://www.nia.nih.gov/health/healthy-eating>
- USDA Choose MyPlate  
<https://www.nutrition.gov/>
- USDA Older Adults  
<https://www.nal.usda.gov/fnic/older-individuals>

## Supplemental Nutrition Assistance Program Education (SNAP-Ed)



### South Carolina SNAP Partners:

- ❖ Clemson University, Youth Learning Institute
- ❖ Lowcountry Food Bank
- ❖ SCDHEC

### What is SNAP-ED?

The Supplemental Nutrition Assistance Program Education is a federal program intended to improve the likelihood that persons eligible for SNAP will make healthy food and lifestyle choices that prevent obesity. The program includes the provision of direct nutrition education.

See the chart below for your designated SNAP-Ed partner.

**On pages 12 & 13 you will find SNAP-Ed partner contact information and programming details.**

This is a **FABULOUS** free resource!

### SNAP-Ed Partner by County

Clemson	Lowcountry	SCDHEC	Lowcountry & SCDHEC
Abbeville	Berkeley	Bamberg	Dorchester
Aiken	Beaufort	Calhoun	Hampton
Allendale	Charleston	Chester	Williamsburg
Anderson	Colleton	Chesterfield	
Barnwell	Georgetown	Darlington	
Cherokee	Horry	Dillon	
Clarendon	Jasper	Fairfield	
Edgefield		Florence	
Greenville		Kershaw	
Greenwood		Lancaster	
Laurens		Lee	
McCormick		Lexington	
Oconee		Marion	
Pickens		Marlboro	
Spartanburg		Newberry	
Union		Orangeburg	
		Richland	
		Saluda	
		Sumter	
		York	

## SNAP-Ed Partners: Contact Information and Programming

Clemson	Lowcountry	SCDHEC
<p>Phone: (864) 878-1103 Email: <a href="mailto:info@clemsonsnaped.com">info@clemsonsnaped.com</a></p> <p><b>For: Abbeville, Anderson, Greenwood, Greenville, Laurens, and McCormick county</b> Contact: Hannah Roberts Email: <a href="mailto:hwiging@clemson.edu">hwiging@clemson.edu</a></p> <p><b>For: Aiken, Allendale, Barnwell, Clarendon, and Edgefield county</b> Contact: Samantha Pace Email: <a href="mailto:sipace@clemson.edu">sipace@clemson.edu</a></p> <p><b>For: Cherokee, Oconee, Pickens, Spartanburg, Union county</b> Contact: Kristine Harris Email: <a href="mailto:kjharri@clemson.edu">kjharri@clemson.edu</a></p>	<p><b>For: Horry, Williamsburg, and Georgetown county</b> Contact: Suzy Johnson Email: <a href="mailto:sjohnson@lcfbank.org">sjohnson@lcfbank.org</a></p> <p><b>For: Hampton, Jasper, Colleton, and Beaufort county</b> Contact: Stephanie Storer Email: <a href="mailto:sstorer@lcfbank.org">sstorer@lcfbank.org</a></p> <p><b>For: Charleston, Berkeley, and Dorchester county</b> Contact: Emma Tober Email: <a href="mailto:etober@lcfbank.org">etober@lcfbank.org</a></p>	<p>Jessica Morrison, RD, LD Phone: (803) 898-1629 Email: <a href="mailto:morrisjl@dhec.sc.gov">morrisjl@dhec.sc.gov</a></p>
<p><i>Cooking Matters</i></p> <p>❖</p> <p><i>Cooking Matters Pop-up Tour</i></p>	<p><i>Cooking Matters</i></p> <p>❖</p> <p><i>Cooking Matters Pop-up Tour</i></p>	<p><i>It's Your Health Take Charge</i></p> <p>❖</p> <p><i>Cooking Matters</i></p> <p>❖</p> <p><i>Cooking Matters Pop-up Tour</i></p>



**Programs described on next page**

## SNAP-Ed Programming



Program Name	Description
<p><b><u>It's Your Health Take Charge</u></b></p> <p><i>SC DHEC</i></p>	<p>A six session Registered Dietitian led course with classes that focus on changing behaviors related to healthy food choices, healthy options when eating out, planning, purchasing and preparing healthier foods. Each class includes a different nutrition topic such as Simply MyPlate, Label Reading, Whole Grains, Reducing Sodium, Healthy Shopping on a Budget, and Portion Distortion. Participants will receive free resources such as handouts, a cookbook, and nutrition materials.</p>
<p><b><u>Cooking Matters</u></b></p> <p><i>Lowcountry</i></p> <p><i>Clemson</i></p> <p><i>SC DHEC</i></p>	<p>A six lesson course involving health educators and a chef. The course is hands on and participants will prepare recipes in teams and sample all recipes after preparation. Participants are taught about food preparation and budgeting skills needed to make lasting changes in their eating habits. After each class, participants are given groceries to take home and prepare using the recipe.</p>
<p><b>Cooking Matters Pop-up Tour</b></p> <p><i>Lowcountry</i></p> <p><i>Clemson</i></p> <p><i>SC DHEC</i></p>	<p>This is a one-time class that offers a unique way to provide a grocery store tour via a class setting (some programs can arrange to meet at a grocery store to do the tour).</p>

**Clemson University Cooperative Extension:  
Rural Health and Nutrition Programs**

Program Name	Description
<p><a href="#"><u>Expanded Food and Nutrition Education Program (EFNEP)</u></a></p> <ul style="list-style-type: none"> <li>❖ Offered statewide</li> <li>❖ Offered online and in-person</li> <li>❖ Audience: Low-income grandparents raising children</li> </ul> <p style="text-align: right;"><b>EFNEP State Program Coordinator</b></p>	<ul style="list-style-type: none"> <li>❖ A 10 session, interactive, research-based nutrition education program.</li> <li>❖ A nutrition education plan tailored to the needs of each participant.</li> <li>❖ Lessons delivered in group or one-on-one sessions.</li> </ul> <p><u>Adult Participants learn how to:</u></p> <ul style="list-style-type: none"> <li>❖ Plan quick, easy, and healthy meals for their family.</li> <li>❖ Prepare tasty and nutritious recipes through cooking classes.</li> <li>❖ Keep foods safe.</li> <li>❖ Save money on food throughout the month.</li> <li>❖ Be more physically active.</li> </ul> <p><b>Tarana Khan, PhD</b>  <b>Phone:</b> 864-237-0775  <b>Email:</b> taranak@clemson.edu</p>
<p><a href="#"><u>Hypertension Management Program</u></a></p> <ul style="list-style-type: none"> <li>❖ Offered online</li> <li>❖ <a href="#"><u>CLICK HERE FOR REGISTRATION INFORMATION</u></a></li> </ul>	<ul style="list-style-type: none"> <li>❖ An evidence-based chronic disease self-management program that uses Health Extension Agents who are specially trained as “Health Coaches”. Health coaches teach and support adults who are living with hypertension.</li> <li>❖ Participants receive 8, in-person educational sessions, that follow the guidelines of the Joint National Committee 7 (JNC 7) and are centered around living a healthy lifestyle.</li> </ul> <p><u>Program Topics:</u></p> <ul style="list-style-type: none"> <li>❖ What is hypertension</li> <li>❖ Nutrition for hypertension</li> <li>❖ Physical activity</li> <li>❖ Stress management</li> </ul>

**Clemson University Cooperative Extension:  
Rural Health and Nutrition Programs**

Program Name	Description
<p><b><u><a href="#">Health Extension for Diabetes Control (HED)</a></u></b></p> <ul style="list-style-type: none"> <li>❖ Offered online</li> <li>❖ <a href="#">CLICK HERE FOR REGISTRATION INFORMATION</a></li> </ul>	<ul style="list-style-type: none"> <li>❖ HED is a free education program that offers lessons on chronic disease self-management for people diagnosed with diabetes. Health Extension Agents provide group-facilitated discussion and individualized support. <u>Program Topics:</u></li> <li>❖ What is Diabetes?</li> <li>❖ Eating Healthy with Diabetes</li> <li>❖ Being Active with Diabetes</li> <li>❖ Problem-solving and Resource Navigation</li> <li>❖ Reducing Risks with Diabetes</li> </ul>
<p><b><u><a href="#">Know Diabetes By Heart (KDBH)</a></u></b></p> <ul style="list-style-type: none"> <li>❖ Offered online</li> <li>❖ <a href="#">CLICK HERE FOR REGISTRATION INFORMATION</a></li> </ul>	<ul style="list-style-type: none"> <li>❖ Know Diabetes By Heart (KDBH), sponsored by the American Diabetes Association and American Heart Association, is a free, online education session.</li> <li>❖ Program aims to help participants better understand the link between diabetes and heart disease.</li> <li>❖ Session is 1 hour long</li> <li>❖ Participants learn about the risks related to diabetes and heart disease, how to take control of their risks, and learn about community and clinical resources.</li> </ul>
<p><b><u><a href="#">Senior Center Programming</a></u></b></p> <ul style="list-style-type: none"> <li>❖ You can reach out to the Clemson Rural Health and Nutrition Program directly to find out what senior center programming is available in your area.</li> </ul>	<p>Contact: Michelle Parisi, PhD, RD Phone: 864-633-7750 Email: <a href="mailto:mparisi@clemson.edu">mparisi@clemson.edu</a></p>