

Recommended Nutrition Education Resources for OAA Meal Programs

1. **ACADEMY OF NUTRITION AND DIETETICS-** The Academy of Nutrition and Dietetics has a section focusing on healthy aging. Articles on nutrition of the aging population may help inspire nutrition education. Visit here to learn more!
<http://www.eatright.org/resources/for-seniors>

2. **CHOOSE MYPLATE-** MyPlate was introduced along with the updated 2010 Dietary Guidelines for Americans in 2011. It is designed to remind Americans to eat healthfully. MyPlate offers ideas and tips to help individual create a healthier eating style that meets individual needs to help improve health. The MyPlate website has a specific section for Older Adults. Visit here to learn more! <https://www.choosemyplate.gov/older-adults>

For MyPlate Tip Sheets cover multiple different topics, visit here:

<https://www.choosemyplate.gov/ten-tips>

3. **COOKING MATTERS-** Cooking Matters materials have been created using a strong evidence base to ensure that you are teaching with the best information and resources available. Cooking Matters in Your Community is a free guide to leading a food-based demonstration. Download the toolkit here: <https://cookingmatters.org/educational-tools>
4. **EAT SMART, LIVE STRONG BY SNAP-ED-** Eat Smart, Live Strong is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds participating in or eligible for FNS nutrition assistance programs. This resource was originally released in 2008 and was updated in 2013. For guides and handout visit the following link: <https://snaped.fns.usda.gov/nutrition-education/eat-smart-live-strong>
5. **EAT BETTER, MOVE BETTER CURRICULUM-** Direct education through classes using approved evidenced-based curriculum in various SNAP-Ed eligible sites for individuals over the age of 60. Free sessions include a nutrition discussion to learn ways to EAT BETTER and be healthy, and functional exercise demonstrations to MOVE BETTER and maintain independence. For both nutrition and physical activity handouts, visit the following link: <http://www.healthyagingassociation.org/eat-better-move-better-curriculum.html>

6. **GO4LIFE- Go4Life**, an exercise and physical activity campaign from the National Institute on Aging at NIH, is designed to help you fit exercise and physical activity into your daily life. Motivating older adults to become physically active for the first time, return to exercise after a break in their routines, or build more exercise and physical activity into weekly routines are the essential elements of Go4Life. Go4Life offers exercises, motivational tips, and free resources to help you get ready, start exercising, and keep going. The Go4Life campaign includes an evidence-based exercise guide in both English and Spanish, an exercise video, an interactive website, and a national outreach campaign. Visit here to learn more! <http://nutritionandaging.org/toolkit-go4life-an-evidence-based-campaign-to-promote-regular-exercise-and-physical-activity-among-older-adults/>
7. **NATIONAL INSTITUTE ON AGING-** The NIA has many online materials that focus on physical activity and healthy eating for older adults. Visit here to learn more! <https://www.nia.nih.gov/health/healthy-eating>
8. **NATIONAL COUNCIL ON AGING-** NCOA partners with nonprofit organization, government, and business to provide innovative community programs and services, online help and advocacy. For client education materials visit here: <https://www.ncoa.org/center-for-healthy-aging/resourcehub/assessments-tools/patient-education-materials/>
9. **NATIONAL RESOURCE CENTER ON NUTRITION AND AGING-** This section of the website includes brochures, fact and tip sheets and other resources which may be useful in helping older adults understanding various topics related to health eating and healthy lifestyles. Visit here for access to the education materials: <http://nutritionandaging.org/tools-forms-templates/client-education-materials/>
10. **SNAP-ED CONNECTION-** The SNAP-Ed connection is an online resource for state and local SNAP-Ed providers. They have an entire section on Nutrition for Older Adults, which contains nutrition education handouts, websites, fact sheets, and lesson plans that support the Dietary Guidelines for Americans. Visit here to learn more! <https://snaped.fns.usda.gov/nutrition-education-materials/nutrition-older-adults>

For additional material:

- A. Meal Planning, Shopping and Budgeting: <https://snaped.fns.usda.gov/nutrition-education-materials/meal-planning-shopping-and-budgeting>
- B. Cooking Healthy Meals for One or Two: <http://food.unl.edu/fnh/cooking-for-1-or-2>
- C. Spanish: <https://snaped.fns.usda.gov/spanish-language-materials>
- D. Nutrition Education Materials link: <https://snaped.fns.usda.gov/nutrition-education-materials>

11. **UNIVERSITY OF WYOMING EXTENSION; CENT\$IBLE NUTRITION PROGRAM (SNAP-ED)**- The Cent\$ible Nutrition Program is funded by the Food and Nutrition Education Program (EFNEP) and by the Supplemental Nutrition Assistance Program Education (SNAP-Ed). CNP is based out of the University of Wyoming Extension and the Family and Consumer Sciences Department. They reach out to people using or eligible for SNAP benefits, including any eligible older adults. They have a great variety of nutrition education resources provided on their website. Visit here to learn more! <http://www.uwyo.edu/cnp/resources/index.html>

12. **WHY HUNGER**- In order to tackle the abundant topic of nutrition education in a helpful manner, this guide was designed in a user-friendly style. Information is organized by thematic chapters consisting of profiles and interview with organizations implementing model nutrition programs. Download the toolkit here: https://www.whyhunger.org/uploads/fileAssets/a86cb1_10a252.pdf