

# Wyoming Department of Health

## Nutrition Education Training

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# Overview

- Requirements
- SAMS Data Entry
- Resources





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# REQUIREMENTS





# OAA Requirements

## Section 330 Nutrition- Subpart 1 Congregate Nutrition Services

The Assistant Secretary shall carry out a program for making grants to States under State plans approved under section 307 for the establishment and operation of nutrition projects that-

- (1) 5 or more days a week (except in a rural area where such frequency is not feasible (as defined by the Assistant Secretary by regulation) and a lesser frequency is approved the State agency), provide at least one hot or other appropriate meal per day and any additional meals which the recipient of a grant or contract under this subpart may elect to provide;
- (2) shall be provided in congregate settings, including adult day care facilities and multigenerational meal sites; and
- (3) provide nutrition education, nutrition counseling, and other nutrition services, as appropriate, based on the needs of meal participants.



# OAA Requirements

- **Nutrition Education, as defined by the Administration on Aging, is:**
  - “A program to promote better health by providing accurate and culturally sensitive nutrition, physical fitness, or health (as it relates to nutrition) information and instruction to participants, caregivers, or participants and caregivers in a group or individual setting overseen by a dietitian or an individual of comparable expertise”.



# Policy Requirements

- Nutrition education is provided at least once per quarter by a Registered Dietitian or an individual with comparable expertise. A nutrition education presentation shall be provided at least one time each Federal Fiscal Year (at each congregate meal site).
- Nutrition education is provided to eligible participants and shall be based on the needs of the participants.
- Nutrition education topics will be based on the needs of the eligible participants and should be culturally appropriate. Teaching methods and instructional materials must accommodate the older adult learners.



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# Policy Requirements

- Documentation of provided nutrition education shall be kept on file for the Division prescribed length of record retention in accordance with the requirements of the OAA.



# Policy Requirements

- **Documentation shall include:**
  - Tracking of monthly nutrition education units in the Division approved data system;
  - Date of presentation or distribution of nutrition education;
  - Name and title of presenter or topic of nutrition education distributed;
  - Number of eligible participants in attendance if nutrition education is distributed to eligible participants, the number of participants receiving the materials; and
  - If nutrition education is sent to eligible participants a copy of the distributed material should be kept.
  
- [Nutrition Education Tracking Sheet Title III-C1](#)
- [Nutrition Education Tracking Sheet Title III-C2](#)





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# RESOURCES





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# Resources

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- SNAP-Ed Cent\$ible Nutrition Program
- SNAP-Ed Connections
- Online Learning
- MyPlate
- Seasoned Magazine
- [Recommended Nutrition Education Resources for OAA Meal Programs](#)



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# Resources

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- **SNAP-Ed Cent\$ible Nutrition Program**
  - [CNP Educators](#)
  - [Resources](#)
  - [Newsletters](#)
  - [SNAC Recipes](#)
- **SNAP-Ed Connection**
  - [Nutrition Education Materials](#)
  - [Eat Smart, Live Strong](#)





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# Resources

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- **Online Learning**
  - [Fresh Conversations](#)
  - [Eat Smart, Move More, Weigh Less](#)
- **MyPlate**
  - [Print Materials](#)
- [Seasoned Magazine](#)





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# SAMS DATA ENTRY





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# Nutrition Education

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- Reporting of nutrition education: one unit= one session per participant
- Example: one nutrition class is attended by 30 eligible participants, then 30 units must be reported. Newsletters or brochures alone cannot be reported as nutrition education.



# Nutrition Counseling

- Documentation requirements for nutrition counseling shall include entering units into the Division approved data system. Division approved evaluation tool for eligible participants receiving nutrition counseling shall be completed and documented in the Division approved data system.
- Reporting of nutrition counseling: one unit= one session per participant.



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# Questions?

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