

# Fresh Conversations

## Facilitator Training



The Fresh Conversations program was developed by the Iowa Department of Public Health in partnership with Iowa Department of Human Services and the Iowa Department on Aging. Program materials are funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This is an equal opportunity provider.



This is an interactive training! You will see a pear at the bottom left hand corner when the slide is meant to be interactive (the pear will refer to you as a student). Instructions for the activity will show at the bottom of the page.

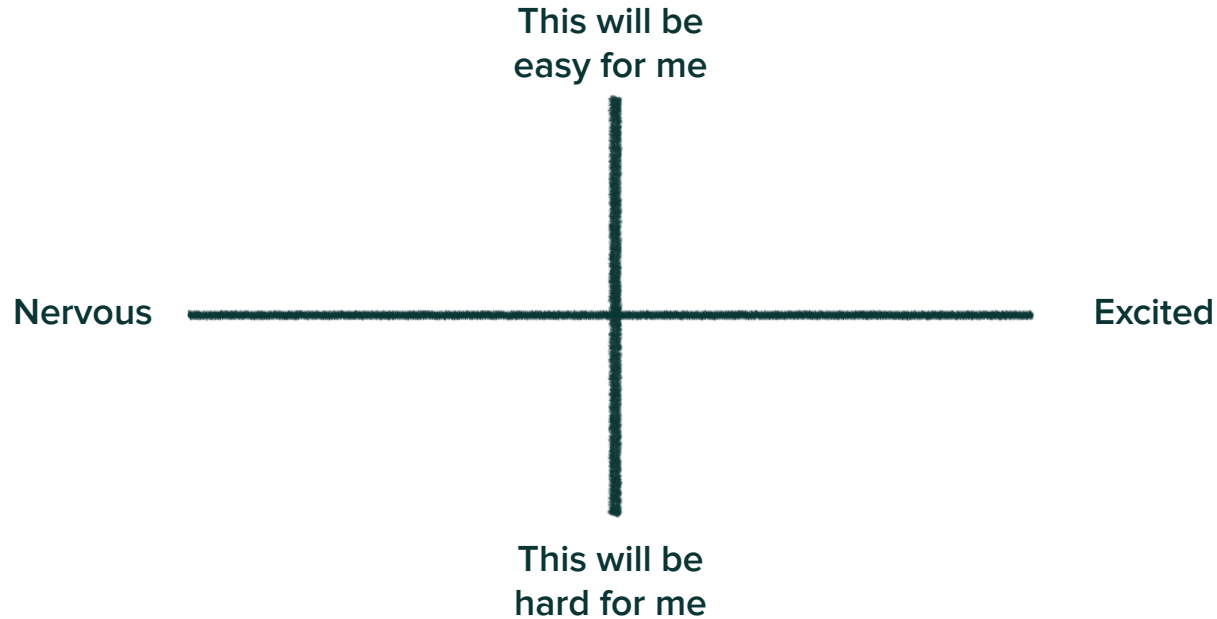
In the text box to your right please type the following:

- **First and Last name**
- **State**
- **City**
- **Organization or Agency**

You won't receive a grade or score for any interaction with the activity but we may contact you to follow up about your answers. Please answer every question!

# How are you feeling?

*Before we get started, how are you feeling about becoming a Fresh Conversations Facilitator?*



# Training Objectives

1. To learn the role and expectations of a Fresh Conversations Facilitator.
2. To understand who Fresh Conversations participants are.
3. To feel comfortable with the guide and the newsletter.
4. To understand how to conduct a Fresh Conversations meeting.

Welcome to **Fresh Conversations**, we are so happy to have you as a facilitator! Your role as a facilitator is to guide a group discussion with our Fresh Conversations participants.

Facilitators should be:

- Engaging
- Professional
- Fun
- Friendly
- Likeable

You do not need to be a nutrition or health expert, but you should be interested in good health practices!

**We would like to get to know you a bit more, what do you think we should know about you?**



The Dietary Guidelines for Americans and The Physical Activity Guidelines for Americans are the foundation of nutrition education of Fresh Conversations and all SNAP-Education programs.

**Fresh Conversations** is a SNAP-Education program funded by the USDA. SNAP stands for Supplemental Nutrition Assistance Program, previously known as Iowa Food Assistance. SNAP-Education is Supplemental Nutrition Assistance Program Education.

SNAP-Education aims to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles.

Specifically, SNAP-Education focuses on disease prevention, such as obesity, through evidence-based education and public health approaches to achieve sustainable behavior change in the SNAP-Education target audience.

**Fresh Conversations** is a SNAP-Ed program created by the Iowa Department of Public Health within the Bureau of Nutrition and Physical Activity to help low-income older adults stay independent, and to promote healthy eating and active living.

### **Fresh Conversations** Program Goals

- Improve healthy eating and nutritional risk, and encourage less sedentary time among older adults.
- Deliver age-appropriate, interactive, science-based, educational materials and experiences that are relevant to healthy aging.

Target Audience: **Fresh Conversations** targets low-income and underserved SNAP-eligible community-residing adults ages 60 years and older.



**Fresh Conversations** participants meet monthly for 30-45 minute interactive sessions led by a trained facilitator (that is you!).

### **Fresh Conversations** Materials

- Each participant receives a 4-page newsletter
- Facilitators use a companion guide with behavioral objectives, key nutrition messages, facilitation dialogue, activities and recipe tasting options to lead Fresh Conversations meetings.

*Each session is designed to be interactive group discussion!*





**Fresh Conversations** offers a variety of ways for low-income SNAP eligible older adults to attend a meeting!

**Fresh Conversations** offers meetings

- By conference call
- Through live computer meetings (e.g. Zoom, Facebook Live)
- In person
  - Congregate meal sites, low income housing, or community spaces like libraries, churches and community centers in areas with a large low income population.





# Pop Quiz!

**Who is the target audience for  
Fresh Conversations?**





**The correct answer is:**

**Fresh Conversations targets low-income and SNAP eligible community-residing adults ages 60 years and older. BUT any older adult is welcome to participate in Fresh Conversations!**





# Did you know???

**Fresh Conversations newsletters are written based on recent (aka FRESH) topics and evidence-based research around nutrition and physical activity.**

**We pride ourselves in providing fact based nutrition and physical activity education materials!**



# Pop Quiz!

Which of the following is not a **Fresh Conversations** program goal?

A: Improve healthy eating and nutritional risk, and encourage less sedentary time among older adults.

B: Deliver age-appropriate, interactive, science-based, educational materials and experiences that are relevant to healthy aging.

C: To have participants seek out nutrition information from unreliable sources on their own



# The correct answer was C!



## **Fresh Conversations** Program Goals:

- Improve healthy eating and nutritional risk, and encourage less sedentary time among older adults.
- Deliver age-appropriate, interactive, science-based, educational materials and experiences that are relevant to healthy aging.

Now that you know more about **Fresh Conversations** let's talk more about the role of the Facilitator!

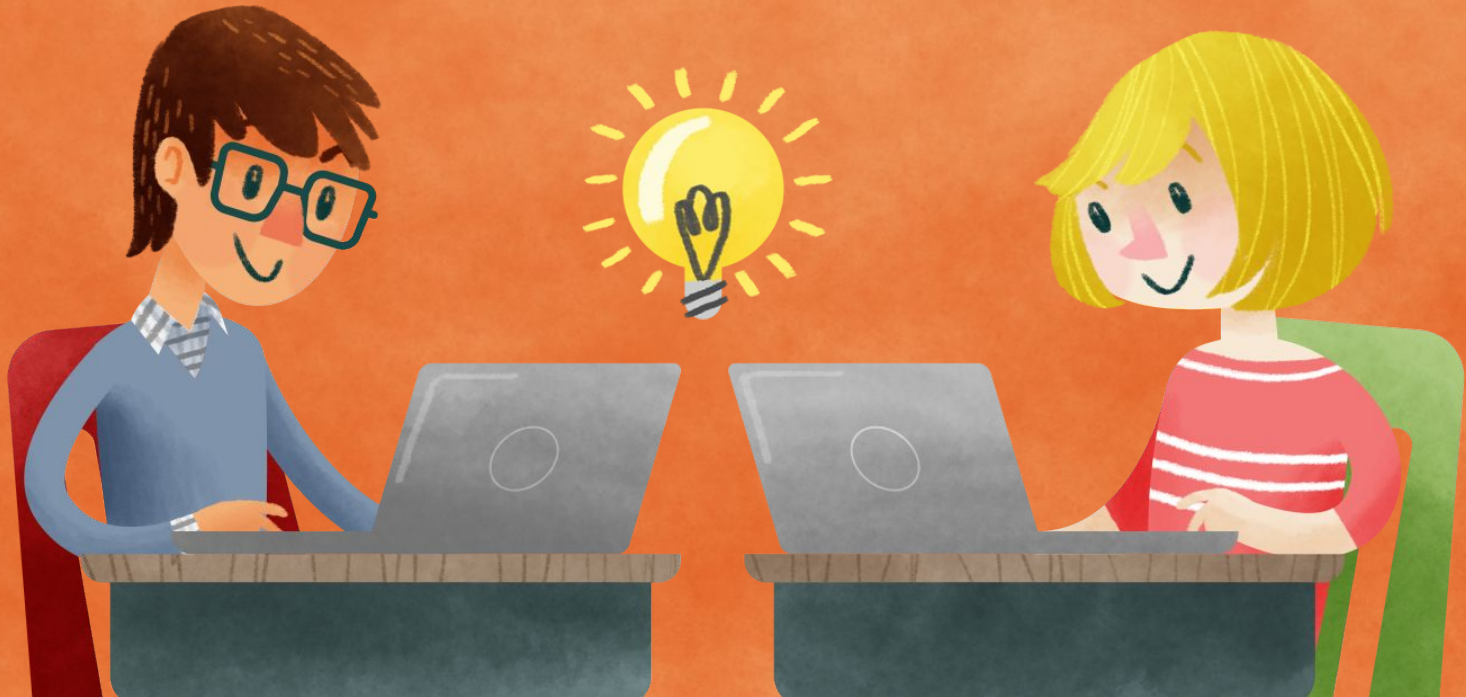
- Facilitators lead a group discussion based on the guide with topics associated with the newsletter.
- Facilitators must prepare for meetings ahead of time to make sure they familiarize themselves with the content of the guide.
- Facilitators should also read the newsletter before leading the meeting.
- Facilitators who teach in person meetings are responsible for shopping for ingredients, and preparing the recipe for the tasting. Also use food safety practices in preparing and serving the tasting.



The facilitator should prepare for the meeting by reading the guide, making notes and practicing any games or activities. Additional time will be needed to shop for ingredients and make the recipe for the tasting. Total meeting preparation is estimated to take approximately 2-3 hours.



**Take this time to pause and look at a  
sample **Guide!****



## The Battle of Carbohydrates

### Background for Facilitators

- [Choose My Plate](#)
- [Whole Grains - Harvard](#)
- [How Many Carbs Should I Eat?](#)
- [American Heart Association: Carbohydrates](#)
- [American Diabetes Association - Types of Carbohydrates](#)

### Behavior Goals

Participants will:

- Understand the difference between refined and whole grains.
- Be able to voice healthier alternatives to refined carbohydrates.
- Understand that physical activity is one of the most important actions that people can take to improve their health.
- Be able to find ways to incorporate physical activity into their daily lives.

### Meeting Preparation

1. Review the newsletter. Send questions or concerns to your coordinator.
2. Review the background resources (website links are provided above).
3. Determine method to show portion sizes (physically with foods and measuring cups or on powerpoint). Create A, B, C cards for each participant. Optional to have participants use their fingers "1,2,3."
4. Determine method for MyPlate templates. Print 1 empty template for each \ participant or ask participants to have a paper or paper plate ready.
5. Choose one of the recipe options. Make the recipe at least once before the meeting. Write down helpful hints for the group. If virtual, have ideas on what to share about the recipe you tried.
6. Determine how to transport and taste featured food tasting.

(Continued on page 2)

! The suggested wording for the presentation is in regular font and the *facilitator directions* are in bold, dark red *italic*. It's best not to read the presentation, but to use your own words, staying close to the meaning.

Three sections, found on the first pages should be used for the facilitator to prepare for the meeting.

1. Background information is optional for the facilitator and includes sources or additional information to become more familiar with the topics discussed.
2. The behavioral goals are meant to give the facilitator insight on what the participants will know and understand after the meeting.
3. Meeting preparation and props are also listed on the first pages.



There are multiple parts of the guide and the entire guide must be followed, no parts should be skipped.



**The guide is written to be conversational and should be followed as a loose script.**




**Facilitators should put the guide in their own words and provide their own examples or commentary when appropriate.**



**The meetings are designed to be interactive, the facilitator should use the prompting questions and examples in the guide to encourage a lively discussion.**

There are six sections in the guide used to facilitate a group discussion with participants:

1. **Conversation**
2. **Introduction**
3. **Discussion**
4. **Physical activity**
5. **Tasting activities**
6. **Take action**



Make sure you read all the parts of the guide before your meeting. Take time to write notes and put things in your own words!



**The Conversation** is meant to remind the participants what was discussed in the last meeting. This is also where participants might reflect on their goal or action step they set last meeting.



Bold red font are notes or reminders for the facilitator

## Conversation

Welcome to *Fresh Conversations* today! We are so glad you joined us! This will be the last in our series on processed foods. Was there anything different you noticed during grocery shopping? Have you paid closer attention to any products or any new health claims you've noticed? ***In the last issues, we discussed different food claims such as low fat or fat free. We also discussed different words used on bread products such as white, wheat, multigrain, whole grain. Allow time to share. If virtual, ask each person to share.***

**The Introduction** will introduce the participants to the meeting topic. This is a great opportunity to get participants excited and ready to actively participate in the rest of the meeting.




If you have participants who are not participating or others who tend to monopolize the conversation, be prepared with techniques to include everyone.

### Introduction

We are going to switch gears from our recent series on processed foods to malnutrition and oral health. We are going to do a deeper dive into these topics. When you think of the word malnutrition, what comes to mind?

***Are there any physical features you think of? Are there any reasons that a person would become malnourished - financial, lack of access, poor education, disease, etc.***

**The Discussion** section is usually the longest section, providing a bulk of the information on the topic. The discussion section might include a game or activity that the facilitator should be prepared to execute.



The guides are written to be conversational and a loose script but make sure you say things in your own words instead of just reading off the guide.

## Discussion

Let's first discuss the importance of vitamin D. We know that vitamin D is an essential nutrient. This means that when your body does not get enough, it may not function properly. So what are some of the functions of vitamin D? Does anyone have any ideas?

Your body uses vitamin D to help absorb calcium. This is important to maintain good bone health. Low vitamin D levels put you at risk for osteoporosis and fractures. Vitamin D also has a role in your immune system. This means it may help your body fend off germs! Vitamin D has also been shown to have some positive benefits on heart health.

Where do I find vitamin D?

**Ask for 3 participants to volunteer to read each of the sources from the newsletter.**

### 1. Sunlight

- The amount of sun exposure needed for adequate vitamin D production is uncertain, but most estimate no more than 15 minutes a day, between 10 a.m. and 3 p.m., three times a week.
- Skin produces vitamin D in response to the sun's rays, but they aren't strong enough to stimulate this process during much of the year. Also, we know the sun can damage our skin and cause skin cancer and sunscreen blocks vitamin D synthesis. It is not simple enough to say "get more sun exposure."

### 2. Food

**a. Refer to chart in newsletter.**

- Fatty fish is the best source. The Dietary Guidelines for Americans 2020-2025 recommends 8 oz fish per week.
- Fortified orange juice, milk, and cereal are other good sources. It's important to remember that different brands of cereals and orange juice may have varying amounts of vitamin D. It's best to always check the nutrition foods label.

**b. Briefly discuss what fortification means. See definition at the top of the newsletter guide.**



# The Physical Activity section is a discussion around physical activity.



## Physical Activity:

Last time we talked about keeping a log of your physical activity along with the fitness trend of on demand fitness.

First - did anyone look for any fitness programming that was available? What did you find?

*Where, was it, was it fun to use, etc.*

*The facilitator should be prepared to share what they found first if the group is quiet.*

How do you feel after a great night of sleep?

*Examples: refreshed, alive, ready for the day, in control... facilitators can share their experiences too.*

Has anyone noticed physical activity impacting their sleep?

Physical activity can be a fantastic way to get more sleep. The Physical Activity Guidelines for Americans indicate there are several improved sleep outcomes associated with physical activity.

- Adults who are more physically active sleep better.
- Adults who are active report taking less time to fall asleep.
- They also report an increased sleep efficiency (higher percentage of time in bed actually sleeping).
- They experience better sleep quality and more deep sleep.
- Further benefits include reduced daytime sleepiness and improvements in sleep with regular physical activity are also reported by people with insomnia and obstructive sleep apnea.

Physical activity is critical for healthy aging, just like nutrition! Do not skip this section or any other section of the guide.

**In the Tasting,** the facilitator is responsible for preparing the recipe and providing a tasting. This is a sample of the recipe, not a meal sized portion.

#### Tasting Activities:

Preferred Option: Lentil Tacos

<https://spendsmart.extension.iastate.edu/recipe/lentil-tacos/>

-This is a great vegetarian alternative to beef or chicken tacos. Can add lentils to ground meats to help "stretch" the meat further.

-Garlic cloves can be substituted with garlic powder (2 cloves = ¼ tsp powder)

-Some suggested toppings are lettuce, cheese, salsa, and sour cream. Plain greek yogurt is a good alternative to sour cream to increase protein. (2 T plain non-fat greek yogurt = 3 g protein, 15 calories; 2 T non-fat sour cream = 1 g protein, 15 calories)

-The recipe calls for corn tortillas - to add more fiber, you can use whole wheat tortillas.

Option 2: Garlic & Herb Lentils

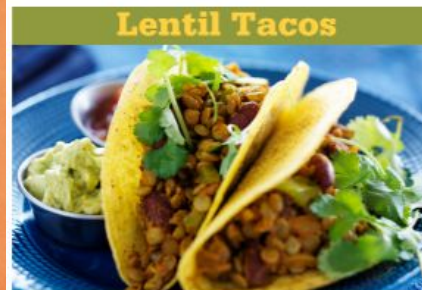
<https://spendsmart.extension.iastate.edu/recipe/garlic-and-herb-lentils/>

-Italian seasoning can be substituted using dried basil, dried oregano, dried rosemary, dried parsley, dried thyme, garlic powder, red chili flakes.

-This recipe can be served as a side dish or as a main dish on bread or tortilla.

(<https://www.spendwithpennies.com/homemade-italian-seasoning-recipe/>)

See newsletter food spotlight for additional facts regarding lentils.



Serves 6, 2 tacos per serving, \$1.09 per serving

#### Ingredients:

1 tablespoon oil (canola or vegetable)	3 cups water
1 onion, diced	12 corn tortillas
2 cloves garlic, diced (or ¼ teaspoon garlic powder)	1 cup salsa
1 cup dried lentils	2 cups lettuce, shredded
½ package (1.25 ounces) of 40% less sodium taco seasoning	

#### Instructions:

1. Heat the oil in a skillet over medium high heat.
2. Add the onion and garlic and cook for 4-6 minutes or until they become soft and fragrant. Stir several times during cooking. Add the lentils and seasoning. Stir so that the seasoning is mixed in.
3. Slowly add the water and bring to a boil. Reduce heat to medium low and cover. Cook for about 30 minutes or until the lentils are tender.
4. Uncover and cook for 5 minutes more until the mixture has thickened and the liquid is absorbed. Mash slightly with a fork.
5. Heat corn tortillas according to package directions.
6. Spread ¼ cup lentil mixture onto each tortilla.
7. Serve with salsa, cheese, and lettuce.

Freeze any lentil mixture leftovers up to 3 months.

Nutrition Information (per 2 tacos): 350 calories, 11 g fat, 480 mg sodium, 8 g fiber, 16 g protein, 51 g carbohydrates

Notice the cost per serving, food safety tips and nutrition facts that are provided to the participants in the newsletter!

## Tasting Continued...

1. Option 1 is the preferred option, please use this recipe when possible.
2. Option 2 may be utilized if the facilitator cannot find ingredients or if food safety is an issue.
3. Option 3 or a different option may be adjusted for cultural relevance.

Have a question about the recipe? Reach out to a coordinator or program manager!







**The tasting involves a food that you don't like... how do you react?**



**Don't yuck someone else's yum! Keep words around food, nutrition, physical activity and health positive. Encourage participants to do the same!**

**Only change the recipe if there is a food safety issue (such as not being able to keep a recipe at the right temperature) or if the recipe needs adapted for cultural relevance purposes. Reach out to your coordinator or program manager if you have questions.**

**The Take Action** section is a place where participants can set an action step or goal to work towards before the next meeting. This might be a smaller step towards a bigger goal or it might be a goal that directly relates to the meeting topic.



Have participants write in the Take Action section in the newsletter! Check back next month on their progress!

### Take Action

As we leave our meeting, I would like you to think about our series on processed foods and how those foods can fit into your diet. Has anything changed with your grocery shopping? Can you think of any refined grains that you plan to switch to whole grain? If you are comfortable, tell us what changes you want to make. ***Provide an example: I am going to focus on increasing my fiber intake. Next week, I plan to switch my sandwich bread to whole grain instead of white.***



## Pop Quiz!

**You can skip part of the guide if you are running out of time during a meeting?**





**The correct answer is False!**

**The facilitator should not skip any part of the guide.  
It is very important to cover the entire guide.**

**Meetings should last at minimum 30 minutes. Most  
meetings last 30-45 minutes.**



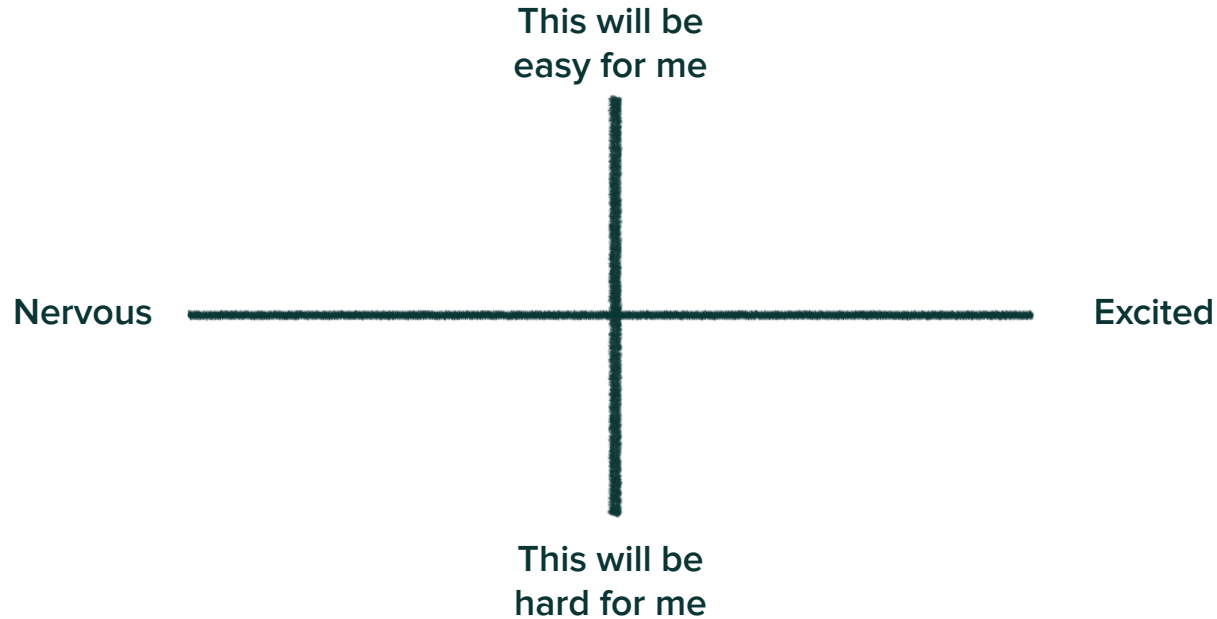
# Stretch Break!

Take 5 minutes to stand up, walk around, and do a few stretches!



# How are you feeling?

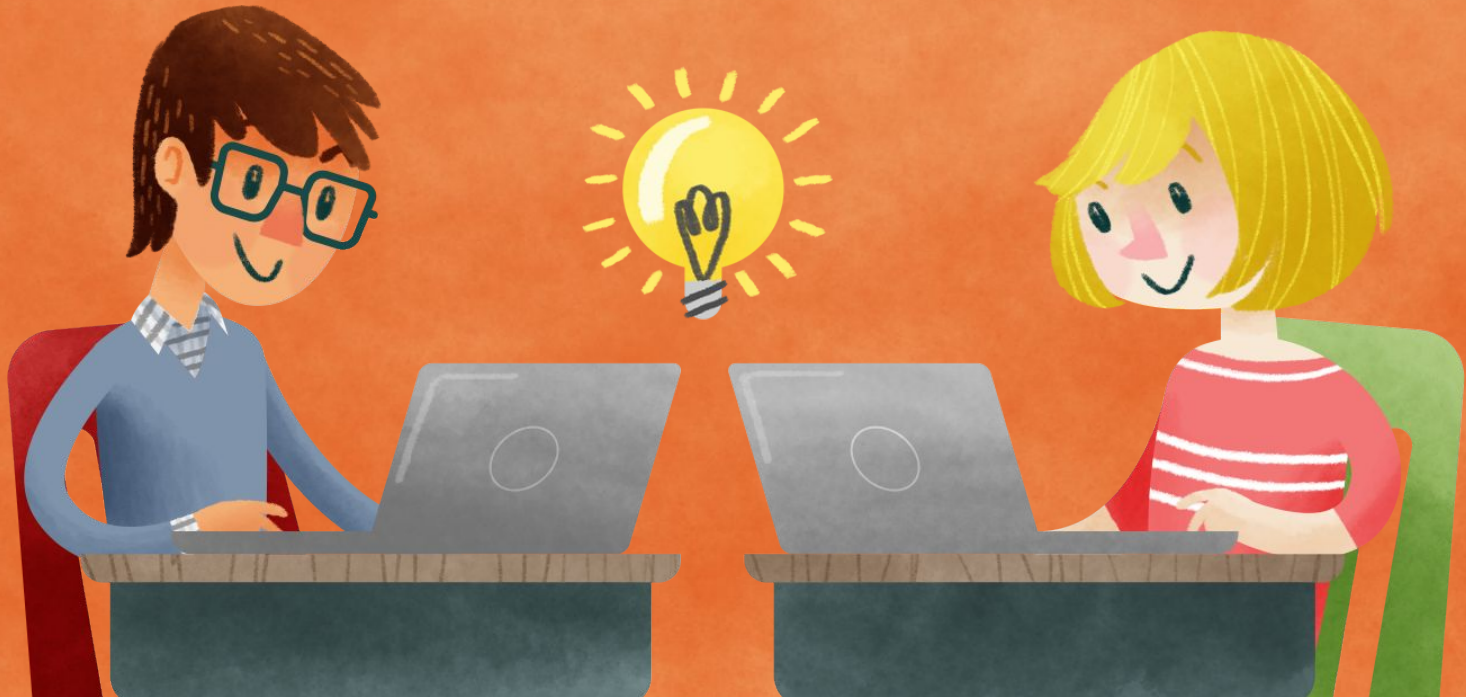
*Are you excited to lead your first meeting? Will this be hard or easy for you?*



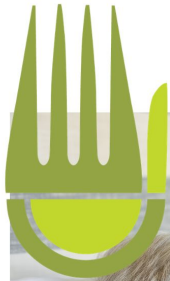
**No matter what  
you put on the last  
slide, we will be  
here to help you  
along the way!**



**Take this time to pause and look at a  
sample Newsletter!**







# FRESH CONVERSATIONS

Iowa Department of Public Health

Volume 8, Issue 4



## The connection between Diet, Exercise, and Sleep



**Page 2**  
Tips and tricks on how to improve your sleep!



**Page 3**  
What benefit does fiber have on your sleep?

**Did you know... Up to a third of your lifetime will be spent sleeping.**

Raise your hand if you enjoy sleep. We can all agree that proper sleep is essential to our health but only when we get enough. How do you typically feel after a night of poor sleep? Groggy? Unfocused? If so, you are not out of the norm. Sleep deprivation leaves your brain exhausted, so it can't perform its duties like eating and exercising. Almost one third of adults get less than six hours per night, much less than the recommended seven to nine hours. Without enough sleep, people tend to overeat and choose unhealthy foods. Those who are sleep deprived are more drawn towards high calorie foods. Lack of sleep can also affect your hormones that control your hunger and fullness. This can cause excessive snacking and overeating.

Now what about exercise? A lack of sleep can make you feel too tired to exercise as well. Okay, but what's the good news? People who engage in at least 30 minutes of moderate physical activity can see a dramatic increase in their sleep quality, especially that same night. Recognizing these connections can help to improve your overall health, including your nutrition, physical activity, and sleep.

**According to the National Sleep Foundation, most adults need 7 to 9 hours of sleep per night.**

Each participant receives a four-page newsletter at the start of the meeting that reiterates the information provided at the meeting. The newsletters are written based on recent topics and evidence-based research around nutrition and physical activity.

Callouts are used throughout the newsletter for more information or interesting facts!

The newsletter includes 3-5 articles related to the overarching topic or theme. Information is often presented in tables or graphics.

### Fresh Conversations

colors are light green, dark green, yellow, dark red and orange!

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value	
Total Fat 6g	12%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
<b>Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	45%
Potassium 235mg	6%

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt

**DID YOU KNOW?** Ingredients are listed by quantity on a food label—from highest to lowest. Try looking for products that list whole foods as the first three ingredients and be skeptical of foods with long lists of ingredients.

### A War on Words

Research has shown that adding health claims to front labels makes consumers believe a product is healthier than the same product without health claims. Manufacturers use these claims on labels for marketing their products but can make it hard for the consumer to choose the healthiest options in the grocery store.

Sources:  
<https://www.fda.gov/health-claims-resources/faq#faq06>  
<https://www.healthline.com/health/nutrition/10-ways-to-read-food-labels#read-food-labels>

## Food Labels 101: How to be Your Own Detective

Do you ever look at the back of a food label and wonder what it is trying to tell you? You are not alone. Approximately 59% of consumers have a hard time understanding food labels. Here are some tips to help you decide what to buy.

### What nutrients should I get more of?

- Calcium, fiber, potassium, vitamin D.
- Look for products with 20% or more daily value.

### What nutrients should I get less of?

- Saturated fat, trans fat, sodium, added sugars.
- Look for foods with 5% or less daily value.

### What clues help me on the Ingredient list to know a food is considered "ultra-processed"?

- Dyes → Macaroni and cheese, breakfast cereals, processed breads
- Flavor Enhancers → Chips, canned soups, processed meat
- Sugar → Flavored yogurt, granola bars, instant oatmeal

**Natural:** This means that at one point the manufacturer worked with a natural source like apples or rice, despite potentially having additives to it.

**Gluten Free:** This means the product doesn't contain wheat, rye, spelt or barley. Many foods are labeled gluten-free for marketing despite never containing gluten in the first place.

**Lightly Sweetened:** There are no FDA regulations for this term. To understand sugar content, be sure to look at "added sugars" on the label. Dietary Guidelines for Americans 2015-2020 recommend added sugars add up to no more than 10% of daily calories.

**Low Fat or Fat Free:** A product is legally allowed to claim "fat free" if it has .5 g fat or less. Typically means the fat has been removed and sugar has been added.

**Wheat or Multi Grain:** This sounds very healthy but only means that a product contains more than one type of grain, most likely refined grains.

**Organic:** This claim says very little about whether the product is healthy. For example, organic sugar is still sugar.





## Lentil Tacos



Serves 6, 2 tacos per serving, \$1.09 per serving

### Ingredients:

- |   |                          |
|---|--------------------------|
| 1 tablespoon oil (canola or vegetable)                    | 3 cups water             |
| 1 onion, diced  | 12 corn tortillas        |
| 2 cloves garlic, diced (or ¼ teaspoon garlic powder)      | 1 cup salsa              |
| 1 cup dried lentils                                       | 2 cups lettuce, shredded |
| ½ package (1.25 ounces) of 40% less sodium taco seasoning |                          |

### Instructions:

1. Heat the oil in a skillet over medium high heat.
2. Add the onion and garlic and cook for 4-6 minutes or until they become soft and fragrant. Stir several times during cooking. Add the lentils and seasoning. Stir so that the seasoning is mixed in.
3. Slowly add the water and bring to a boil. Reduce heat to medium low and cover. Cook for about 30 minutes or until the lentils are tender.
4. Uncover and cook for 5 minutes more until the mixture has thickened and the liquid is absorbed. Mash slightly with a fork.
5. Heat corn tortillas according to package directions.
6. Spread ¼ cup lentil mixture onto each tortilla.
7. Serve with salsa, cheese, and lettuce.

Freeze any lentil mixture leftovers up to 3 months.

Nutrition Information (per 2 tacos): 350 calories, 11 g fat, 480 mg sodium, 8 g fiber, 16 g protein, 51 g carbohydrates

This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the online Smart, Eat Smart website at <http://iowastate.edu/extension/smart-eat-smart>. Spend Smart: Eat Smart, is a registered trademark of Iowa State University.



## Word Search

Lentils	Caffeine	Microbiome
Prebiotic	Garlic	Fatigue
Fiber	Electronics	Exercise
Insomnia	Pasta	Walnuts

S G Z T O P Q I U A D W  
V T G P J O N U T P F E  
L H U F R S P K Q C R F  
A Q Y N O E Q A I D A I  
U D R M L Y B L S T P R  
G Z N T R A R I I T F T  
R I O M K A W G O S A U  
A D F I G D U X U T I E  
E S I C R E X E Y A I U  
R J B R L E N T I L S C  
W X E O G I D J Q H D E  
R H R B L H Z Y I H L N  
P R F I S F A A R K Z I  
I N G O E Q L D C H L E  
R A V M N S W U C I B F  
E B K E H W G Q O G Q F  
H Z J M X K J G O Y Z A  
E L E C T R O N I C S C

Puzzles and games in the newsletter reinforce educational content of each newsletter!

The recipe provided in the newsletter coincides with the first (preferred) tasting option in the facilitator guide. Puzzles and games in the newsletter reinforce educational content of each newsletter.

Did you know a dietitian writes the **Fresh Conversations** newsletter? A team of more dietitians and health professionals also provides edits and feedback before it is published!

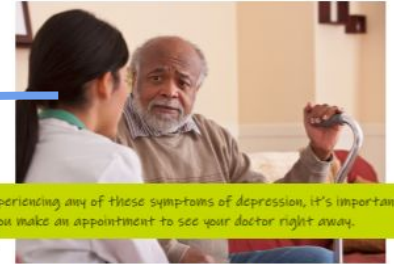
The newsletter provides a take action section, where participants can write their goal to work towards.

## Depression

Depression can happen at any age. It is more than just feeling sad or blue. It is a common but serious mood condition. Depression is a real illness; it is not a sign of a person's weakness or a character flaw. It is also not a normal part of aging.

### Signs & Symptoms:

- Loss of interest in activities you once enjoyed
- Lethargy
- Excessive weight gain or weight loss
- Irritability
- Problems concentrating
- Overwhelming feelings of sadness & hopelessness
- Anxiety
- Loss of appetite



If you are experiencing any of these symptoms of depression, it's important that you make an appointment to see your doctor right away.

### What can I do to lower my risk of depression?

- Try to prepare for major changes in life, such as retirement or moving from your home.
- Stay in touch with family.
- Let someone know when you feel sad.
- Be physically active (find something you enjoy!)
- Eat a balanced diet.

Source: [healthline.com/health/depression-early-symptoms](https://www.healthline.com/health/depression-early-symptoms)

Source: [nia.nih.gov/health/depression-and-older-adults](https://www.nia.nih.gov/health/depression-and-older-adults)

### Be Active. Eat Healthy!

This month, I will take action by...

## Where do I find vitamin D?

### How Much Do I Need?

Older adults 70 years and above have higher vitamin D needs than younger adults. They are the same for both men and women.

**Recommended Dietary Allowances (RDA) for vitamin D:**  
Ages 1-70: 600 IU, Age 71+: 800 IU

**#1 Sunlight is your best source!**

Food Source	Serving Size	Amount Per Serving
Fatty Fish (Salmon)	3 ounces	566 IU
Fortified Orange Juice	8 ounces	137 IU
Fortified Milk	8 ounces	124 IU
Egg Yolk	1 egg	41 IU
Fortified Cereal	1 cup	40 IU

### What are some things I can do to optimize my vitamin D intakes?

- Read food labels for vitamin D content.
- Breakfast is a good opportunity for high vitamin D foods, from eggs to cereal.
- Include fish at least 2 days of the week in menu planning.
- Vitamin D is a fat soluble vitamin. Eat fat containing foods with vitamin D to optimize the absorption.

Source: [niaa.org/economic-security/benefits/food-and-nutrition/seasonal/nutrition](https://www.niaa.org/economic-security/benefits/food-and-nutrition/seasonal/nutrition)

Source: [ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/](https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/)

Source: [www.heart.org/healthycare/optimization/when-to-take-a-and-a-getting-enough-vitamin-d/](https://www.heart.org/healthycare/optimization/when-to-take-a-and-a-getting-enough-vitamin-d/)




Fresh Conversations is developed by: Iowa Dept. of Public Health [dph.iowa.gov/inn](http://dph.iowa.gov/inn)  
Iowa Dept. on Aging [iowaaging.gov](http://iowaaging.gov)



# Pop Quiz!

**We write the Fresh  
Conversation newsletter based  
on what we see on social  
media, from Dr. Oz and health  
related blogs.**





**The answer is False!**

**Fresh Conversations is a research tested evidence based program. The newsletters are written based on recent topics and evidence-based research around nutrition and physical activity.**





## Conducting a Meeting

- Arrive 10-15 minutes before the meeting begins.
- Greet participants as they arrive and have them sign in.
- Set up any props or supplies needed for the meeting.





- Encourage participant conversation by asking for comments, asking questions and engaging everyone in activities.
- Provide plenty of pauses and opportunities for participants to chime in.
- Use your own words to communicate meaning and important points.

- Answer questions appropriately. If you don't know the answer to a question, it is ok to say, "I don't know but I will get back to you on that."
- You do not need to be an expert on nutrition or physical activity to be a facilitator. Connect with your coordinator to ask the question.
- Make sure you get back to the participant who asked the question.



- Encourage participation from all meeting attendees but have a method to control people who talk too much or too little.
- Positively reinforce participants by providing positive feedback or encouragement.

Let's brainstorm together  
on the next slide!







**Let's brainstorm some ways how to encourage participation at a meeting.**

**How would you control an over talker?**



## Over talkers:

- Provide group rules at the beginning of the meeting. This could include making sure people are concise in their answers taking turns in sharing.
- Take turns calling on people so everyone gets a chance to talk and it isn't always the same person.
- Encourage them to tell their story after meeting.

Ask your coordinator or program manager for more examples or techniques!





**Let's brainstorm some ways how to encourage participation at a meeting.**

**How would you encourage participation from someone who doesn't talk often?**



## Encourage participation:

- They might not be very comfortable talking in front of a group, you could ask them their preference before or after a meeting.
- Make sure comments made by the facilitator and other participants are positive and encouraging throughout the meetings, they might just need some time to warm up!
- Calling on someone to give an example or answer a question (if they are comfortable talking in a group setting). Make sure it is one they can answer!

Ask your coordinator or program manager for more examples or techniques!





- Meetings should be at minimum 30 minutes and should cover the whole guide.
- The facilitator should stick around for at least 5-10 minutes after the meeting or until participants have left to answer any questions.
- Plan at least an hour for a meeting between showing up early and staying afterwards.

The facilitator's presentation style should be engaging and professional yet fun, friendly and likeable.



# Things to keep in mind...

- Stick to the topic. But make sure you are creating a lively discussion with lots of smiles and positive words!
- Don't yuck someone else's yum!  
Keep words around food, nutrition, physical activity and health positive. Encourage participants to do the same.





- Stick to your scope of practice. Encourage participants to seek health guidance from their primary care provider.
- Do not recommend weight loss. Weight loss is not necessarily beneficial for older adults.
- Do not recommend any nutritional supplements, or non-evidence based health websites, blogs, articles, TV shows, etc.



## When in doubt...

Encourage participants to reach out to their primary care physician.

Bring questions to your coordinator or program manager.





# Things to keep in mind...

- Know your audience! The program is targeted at individuals with low income so be sure to avoid recommending foods that might be expensive or not available where participants may shop, or physical activity that requires expensive subscriptions, memberships or equipment.



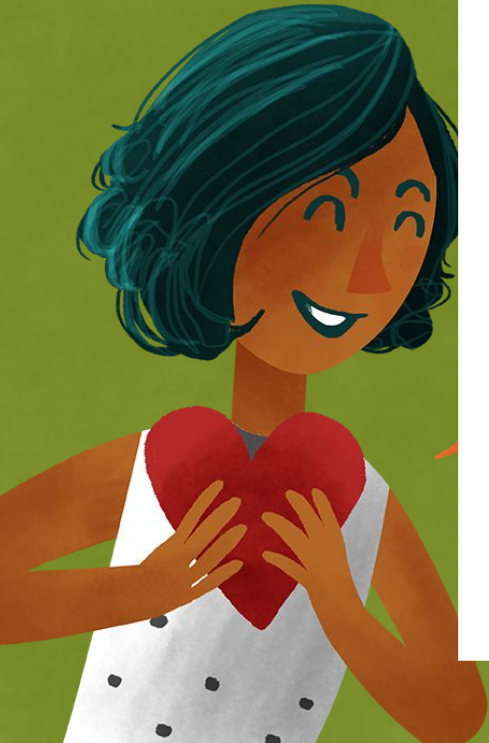
- Do not recommend any brand names for food products. As a SNAP-Ed program, this is not allowed by USDA.
- Do not show brand names on food items. Food items should be in a different container or without a label.



## **Fresh Conversations participants LOVE Fresh Conversations!**

This program is more than just nutrition and health, it is an opportunity to socialize and boost mood!

Make it fun and exciting and always have a positive attitude!



# Next Steps:

You will receive additional training from your coordinator or program manager.

## Topics will include:

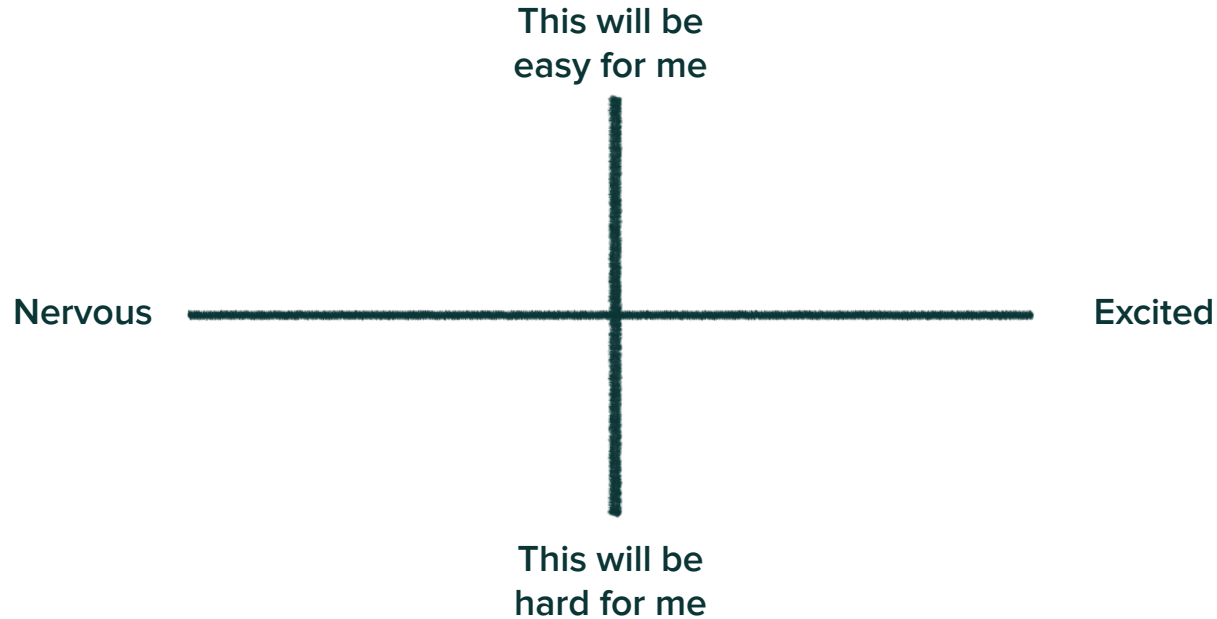
- Food Safety and Food Handling
- Making the recipe and displaying the tasting
- Practice using the guide and facilitating a meeting
- Special instructions for conducting a meeting in-person or virtually
- Specific implementation details related to the agency





# How are you feeling?

*Are you feeling any different now that you have learned more information about how to conduct a meeting?*



**Thank you** for your time! We are looking forward to having you as a **Fresh Conversations** Facilitator!

Do you have any final thoughts, questions or feelings?

