



Nutrition

Part 1: Making the Healthy Choice the Easy Choice



Featuring: Karla Shelnutt

Main Ideas

- Dietitians are nutrition professionals who provide counseling on nutrition.
- Through Extension, agents provide education to communities on improving nutrition.
- Income level plays a role in food access and health risks.
- The Family Nutrition Program (FNP) and the Expanded Food and Nutrition Education Program (EFNEP) work with families to educate them on how to improve nutrition.
- Supplemental Nutrition Assistance Program (SNAP) is a federally funded program that provides low-income households with food assistance, access, and education.
- FNP provides nutrition education to families receiving SNAP benefits.

Discussion Questions

1. What role does food play in communities?
2. How can Extension benefit communities in relation to nutrition?
3. How can learning tools like the food pyramid or MyPlate assist the public in understanding nutrition?
4. How does the SNAP program help families make healthier choices?
5. How can you make healthy food choices?

Tips from the Speaker

1. Food is central to communities, relationships, and happiness.
2. Make every bite count by making healthy changes in your diet.
3. Nutrition is key in maintaining good health.

Other Resources

<https://familynutritionprogram.org/>
<https://efnep.ifas.ufl.edu/>

PIECENTER.COM/MEDIA/PODCAST



Nutrition

Part 2: Learning from the Guilt-Free RD

Featuring: Melissa Joy Dobbins



Main Ideas

- Dietitians are licensed nutrition professionals who provide nutrition therapy.
- Dobbins' podcast, Sound Bites, communicates the science behind nutrition.
- If the public does not understand a topic fully, they may become afraid and reject it completely.
- Public speaking and media skills aid professionals, like dietitians, in educating the public.
- Media can be a valuable tool in communicating science, like nutrition, to the public.

Discussion Questions

1. How is food related to culture, community, and health?
2. What media sources do you receive nutrition education from? Which sources do you view as the most credible? Why?
3. How are sustainability and nutrition connected?

Tips from the Speaker

1. Food should not make you feel bad.
2. Different people have different needs and preferences when it comes to nutrition.

Other Resources

<https://soundbitesrd.com/>

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