

NYC Aging Nutrition Education and Information Guide

Note: This guide is intended as a resource and supplement to the current Program Standards ([Older-Adult-Center-Program-Standards-Final-Draft 6-8-2023-v2.pdf](#))

Nutrition Education Requirements

Unless otherwise stated in your contracts with the agency, a minimum of six nutrition education sessions must meet the following criteria as per NYSOFA. Nutrition Education Sessions must be conducted by:

- Registered and/or Certified Dietitian-Nutritionist (RD/RDN or CDN)
- Dietetic interns or other providers under the supervision of a registered dietitian
- Approved Nutrition Education Programs (listed below)
- Other health professionals (Nurse, Physician Assistant, Nutrition/Wellness Coach, Community Organizations) - **PRIOR APPROVAL IS REQUIRED**
- For each session, the following documents should be submitted to Nutrition via PRISM:
 - Sign-in sheet
 - Presentation outline
 - Handout(s) provided
 - Copy of presenter's RD card and/or other credentials
 - Approval email from Nutrition Advisor for sessions conducted by other health professionals.
- Virtual sessions must be live and interactive, not pre-recorded, so the audience has an opportunity to ask questions. For more information, please see standards on virtual programming virtual sessions.

Nutrition Education Approval Procedure (for other health professionals)

1. Send request to Nutrition Advisor **at least two weeks** prior to class date
2. Documents to send for approval:
 - a. Outline of presentation
 - b. Credentials of presenter
3. Nutrition Advisor reviews and sends approval via email

Programs Approved to Count towards Nutrition Education Requirements

Each workshop below counts as one nutrition education session unless otherwise noted:

- GrowNYC Nutrition Education: [Adult Education | GrowNYC](#)
 - Fresh and Local Market Tour - Greenmarket tours count twice per year (April-July, September-November)
 - Let's Talk and Eat Vegetables - In-person sessions or virtual series – (virtual series counts as one session)
- Just Say Yes to Fruits and Vegetables - Stellar Farmers Market Workshops: [Nutrition Education Programs and Resources - NYC Health](#)
- Plant Powered Metro NY: [FOOD FOR LIFE](#)
- Harvest Home Eating for Good Health Program: [Programs - Harvest Home Farmers Markets](#)
- NY Common Pantry Live Healthy! Nutrition Education: [Live Healthy! NY Common Pantry](#)
- Cornell University Cooperative Extension NYC: [NUTRITION & HEALTH | New York City](#)
- City Harvest – Cooking Matters: [Nutrition Education Programs and Activities - City Harvest](#)
- Plant Joy – <https://plantjoy.nyc/nutrition-programs>
- SNAP Ed/SHINE Grant Nutrition Education Sessions – provided by NYC Aging
 - For more information contact: jcabrera@aging.nyc.gov (Site must be SNAP-Ed eligible)

Nutrition Education Information (Handouts) Requirements

- Congregate Programs – Posted, emailed or distributed monthly
- Home Delivered Meal Programs – Distributed monthly
- Maintain log of handouts posted and/or distributed by using the Nutrition Handout Distribution Form. Include:
 - Date posted/distributed
 - Title/topic
- Topics should vary from month to month
- Should be from a reputable source:
 - Government website
 - Universities and/or Professional Organizations
 - Written by an RD, MD, health professional
 - Newsletters from reputable organizations or entities
 - Can be taken from nutrition education sessions

Nutrition Education Information Resources

- ACL Community Living – Older Adult Nutrition: [Nutrition Education | ACL Administration for Community Living](#)
- NYC Department of Health Nutrition Resources: [Nutrition Tips - NYC Health](#)
- NYC Health – Just Say Yes to Fruits and Vegetables: [nutrition-education-handouts-adult-workshops.pdf](#)
- USDA – Nutrition.gov: [Printable Materials and Handouts | Nutrition.gov](#)
- USDA – MyPlate: [MyPlate Tip Sheets](#)