



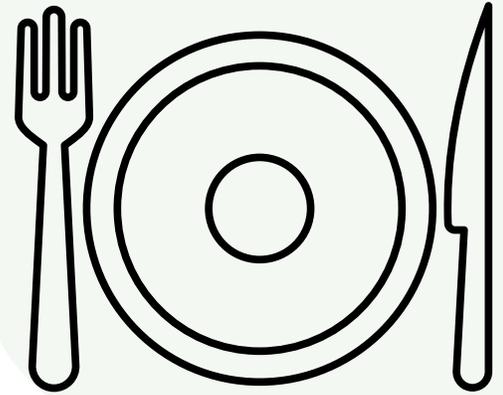
SOCIALLY NUTRITIOUS

**A pilot study of a “virtual supper club”
for older adults in East Tennessee**

**A 7 week long nutrition education program
that provides:**

- Nutrition education on topics like cooking for one, brain health, and muscle and bone health.
- Recipe demonstrations of easy, budget-friendly, nutritious meals.
- Interactions and intergenerational relationships with high school and college students.
- The opportunity to learn Zoom and Facebook platforms.

Socially Nutritious



What is this program?

Socially Nutritious is a “Virtual Supper Club” for older adults hosted by university students with additional support by youth Nutrition Ambassadors.

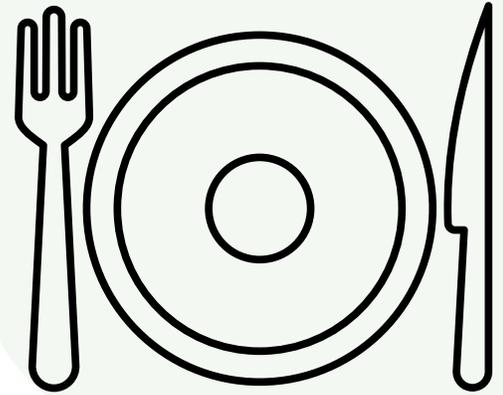
Who is this?

This program is brought to you by East Tennessee State University, University of Tennessee Extension in partnership with First Tennessee Area Agency on Aging and Disability.

What are the goals of this program?

- To decrease food insecurity and loneliness among congregate meal participants in Northeast Tennessee
- To enhance food resource management skills and connection to resources
- To Increase social opportunities for outside of daytime senior center programming
- Participants will receive additional touch points each week to assess current challenges and needs

Socially Nutritious FAQs



Is Socially Nutritious part of the congregate meal program?

No. Socially Nutritious is supplemental information that individuals can participate in additional to the congregate meal program.

What do I need to do?

Leave it to us! All you need to do is share information with your client, and we will take it from there.

Why is this program needed if we want on-site programming?

This program helps to extend beyond senior center walls, provides additional resources and support for older adults outside of normal senior center programming hours, reaches older adults who are working part-time and unable to attend senior center programs, and supports older adults living alone.

This project is considered research, as we will determine program effectiveness through multiple evaluation methods, such as pre-test, post-test, interviews, and focus groups. Participation is voluntary and does not impact participants' ability to receive any benefits to which they are entitled.

For more information...

Contact Whitney Bignell, PhD, RDN, LD/N
Bignell@etsu.edu
(423) 439-7537



**EAST TENNESSEE STATE
UNIVERSITY**

Nutrition

The logo for the UT Extension Institute of Agriculture, featuring the text 'UT EXTENSION INSTITUTE OF AGRICULTURE' in large, bold, green and orange letters, with 'THE UNIVERSITY OF TENNESSEE' in smaller, black letters below it.

UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

This project was supported, in part by grant #90INNU0031 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by ACL/HHS, or the U.S. Government.

VIRTUAL VOLUNTEER OPPORTUNITY!

SOCIALLY NUTRITIOUS

What is Socially Nutritious?

Socially Nutritious is a “Virtual Supper Club” for older adults hosted by university students with additional support by Nutrition Ambassadors. Ambassadors can volunteer to buddy up with an older adult as they learn about nutrition.

What is required?

- Complete a 3 hour in-person or virtual training prior to starting the program.
- Attend weekly classes, which will be held on Zoom in afternoons and early evenings over the course of 7 weeks.
- Communicate with older adults throughout the week to check in and support each other’s goals.
- This is a research project, so a signed consent form is required to participate.

Who can participate?

East Tennessee State University undergraduate students. Participants will have the opportunity to earn up to 50 volunteer hours over a 7-week period.

What are the topics?

- Nutrition for Brain Health
- Nutrition for Muscle and Bone Health
- Nutrition for Heart Health Hydration
- Tips for Shopping and Cooking

For more information:

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Bignell@etsu.edu
(423) 439-7537

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SOCIALLY NUTRITIOUS: A VIRTUAL SUPPER CLUB FOR OLDER ADULTS

Socially Nutritious is a "Virtual Supper Club" for older adults hosted by university students with additional support by youth Nutrition Ambassadors.

This program is brought to you by East Tennessee State University and University of Tennessee Extension in partnership with the First Tennessee Area Agency on Aging and Disability

IN THIS 7-WEEK PROGRAM YOU WILL:

1. Learn about foods that support your body.
2. Learn how to use Zoom to connect with others.
3. Learn how to use Facebook Groups to make new friends and connect with family and older adults.
4. Connect with a Nutrition Ambassador Buddy (undergraduate and high school students) to support each others' goals.

SOCIALLY NUTRITIOUS LAYOUT:

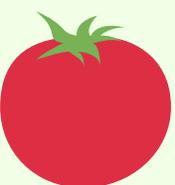
- Topics included in this program will cover Nutrition for Brain Health, Nutrition for Muscle and Bone Health, Nutrition for Heart Health, Hydration, and Tips for Shopping and Cooking.
- Classes will be held on Zooms in afternoons and early evenings over the course of 7 weeks. Technical assistance and guidance will be provided!

**CLASSES
START THE
WEEK OF
MAY 22ND!**

This project is considered research, as we will determine program effectiveness through multiple evaluation methods, such as pre-test, post-test, interviews, and focus groups.

Participation is voluntary and does not impact participants' ability to receive any benefits to which they are entitled.

FOR MORE INFORMATION: CONTACT DR. WHITNEY BIGNELL, PHD, RDN, LD/N
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(423)-439-7537



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Classes

Offered
afternoons
and evenings
(7 sessions)

Classes will
begin the
week of May
22nd

This project is considered research, as we will determine program effectiveness through multiple evaluation methods, such as pre-test, post-test, interviews, and focus groups. Participation is voluntary and does not impact participants' ability to receive any benefits to which they are entitled.

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Food.
Friends.
Fun.

SOCIALLY NUTRITIOUS

A VIRTUAL SOCIAL
SUPPER CLUB
FOR OLDER
ADULTS

Free
Online
Class!



Topics

Session 0: Getting to Know Each Other and Zoom

Session 1: Healthy Food and Friendships

Session 2: Nutrition for Brain Health

Session 3: Nutrition for Bone and Muscle Health

Session 4: Nutrition for Heart Health

Session 5: Healthy Tips for Hydration

Session 6: Time Planning, Shopping, and Cooking

In this 7 week long nutrition education program, you will...

1

Learn about foods that support your body

2

Learn how to use Facebook groups to make new friends and connect with family and older adults

3

Connect with a Nutrition Ambassador Buddy (undergraduate and high school students) to support each others' goals

4

Learn how to access and use Zoom

Socially Nutritious

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Who is this?

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What are the goals of this program?

- To decrease food insecurity and loneliness among congregate meal participants in Northeast Tennessee
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- To increase social opportunities for outside of daytime senior center programming
- Participants will receive additional touch points each week to assess current challenges and needs



**Socially
Nutritious**

Virtual Volunteer

YOUTH OPPORTUNITY

What is this program? Socially Nutritious is a "Virtual Supper Club" for older adults hosted by university students with additional support from youth Nutrition Ambassadors. Youth ambassadors can volunteer to buddy up with an older adult as they learn about nutrition.

WHO CAN PARTICIPATE?

East Tennessee high school students 15 years and older. Participants will have the opportunity to earn up to 50 volunteer hours over a 7-week period. This opportunity may be beneficial for students interested in nutrition, cooking, or working in healthcare.

WHAT IS REQUIRED?

- Complete a 3 hour in-person or virtual training prior to starting the program.
- Attend weekly classes, which will be held on Zoom in afternoons and early evenings over the course of 7 weeks.
- Communicate with older adults throughout the week to check in and support each other's goals.
- This is a research project, so a signed parental consent form and youth participant assent form is required to participate.

TOPICS INCLUDE:

Nutrition for Brain Health, Nutrition for Muscle and Bone Health, Nutrition for Heart Health, Hydration, and Tips for Shopping and Cooking

FOR MORE INFORMATION:

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