

***Oregon SNAP-Ed Adapts  
Evidence-based Adult  
Curriculum for Remote  
Education in Response to  
COVID-19***



**Oregon State University**  
**Extension Service**





# *Agenda*

1. Project introduction
2. Best practices remote teaching and implementation
3. Remote curriculum toolkits:  
Plan, Shop, Save & Cook  
Eat Together, Eat Better
4. Evaluations
5. Questions

# 1. Project Introduction

Remote resource workgroup

SNAP-Ed curricula rubric

Nutrition educator survey





# 1. Project Introduction cont.

## □ Surveyed nutrition educators

What adult or older adult curricula is most important to have adapted to remote delivery?	<ul style="list-style-type: none"><li>• Plan, Shop, Save, Cook</li><li>• Stand-alone lessons delivered remotely by SNAP-Ed</li></ul>
In what languages does your unit teach adults and older adults?	<ul style="list-style-type: none"><li>• English</li><li>• Spanish</li><li>• Russian</li></ul>
What type of resources would be helpful to conduct adult and older adult remote teaching?	<ul style="list-style-type: none"><li>• Handout</li><li>• Pre-recorded videos</li><li>• Access to software</li><li>• Training</li></ul>





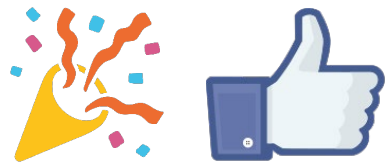
# 2. Remote Teaching Best Practices

## 1. Physical Environment for Virtual Learning



## 2. Virtual Engagement Tips

- 1. Zoom Interaction Functions
- 2. Team teach when possible
- 3. Slide tips



## 2. Remote Teaching Best Practices

### 1. Physical Environment for Virtual Learning



### 2. Virtual Engagement Tips

1. Zoom Interaction Functions
2. Team teach when possible
3. Slide tips

**Serving Size**  
Amount of  
food the  
Nutrition Facts  
are based on

**Calories**  
How much  
energy you get  
from this food

### Food Labels to Compare Products

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	2/3 cup (55g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	13%
Dietary Fiber 4g	14%
<b>Total Sugars</b> 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

**% Daily Value\***  
• 20% DV or more is a good amount to aim for.  
• 5% DV or less is a small amount.

**Nutrient Sugars.**  
Aim low.

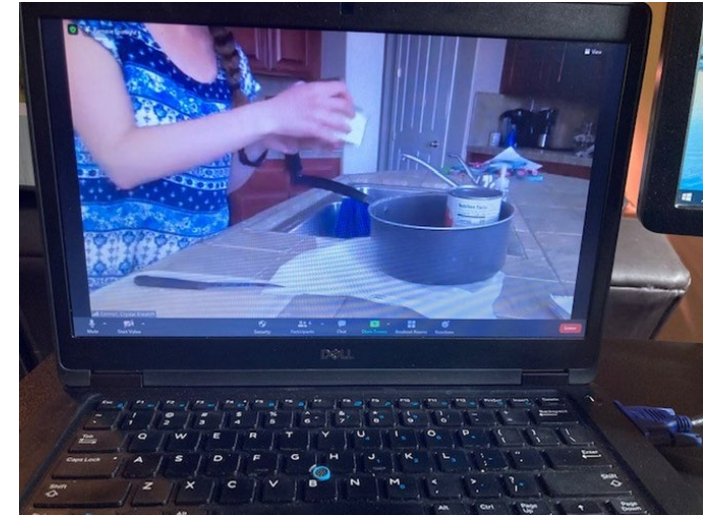
**Nutrient Vitamins.**  
Aim high.

## 2. Remote Implementation Best Practices

Goal: flexibility to support experienced educators and newer educators while maintaining curriculum fidelity

- ❑ Peer training on technology platforms
  - ❑ (PPT/Zoom)

- ❑ Created Presentation Materials



# 3. Virtual Curriculum Toolkit

## Remote class set-up information

- How to register participants
- How to attach surveys
- How to link to surveys through on-line SNAP-Ed reporting
- Email/text templates to participants



**How to Set Up a Zoom Registration for Meetings**

**Overview**

Scheduling a meeting that requires registration will allow you to have your participants register with their e-mail, name, other questions, and custom questions. You can also **generate meeting registration reports** (see below) if you want to download a list of people that registered and enter that data into PEARS.

**Prerequisites**

- Host user type must be Licensed (i.e. have your own account with Zoom – we all have an account through OSU.)
- The meeting you are enabling registration for cannot use your Personal Meeting ID (PMI)

**Instructions**

- 1) Sign [into](#) the Zoom web portal and click **Meetings** on the left-hand Vertical menu. You will be able to see the list of your scheduled meetings here. You can either schedule a new meeting or edit an existing meeting.
- 2) In the description box, under the meeting “Topic” bar, type your description of the nutrition class or series. **There is a limit to the number of characters; you can include in the description.**
  - a. Here is an example: “WELCOME and thank you for registering for this nutrition education session. I look forward to having a fun, informative, discussion-styled lesson. Please feel free to have your children attend and participate with you. Don’t hesitate to contact me with any questions.”
  - b. [Also](#) in the description, please include a statement like: **“The following registration information is voluntary (you are not required to respond to the questions), except for your first name and email. You may list your initials in place of your first name if that is more comfortable for you.”**



**PSSC -Email Template - Welcome and Lesson 1 (PLAN)**

For individual participants (free living participants)

*Before Lesson 1: Plan Discussion with participant(s), copy and paste the information below into an email. Recipe videos, preparation, and ingredient availability will vary with each situation. Please edit that paragraph to fit your lesson accordingly.*

**Subject Line:** Information About OSU Extension Nutrition Education Classes – Welcome & Lesson One – Please Read

**Copy, paste and fill highlighted sections of the template:**

Welcome to Plan, Shop, Save and Cook!  
**(Instructor Introduction)**  
We would like to teach these classes in person, but for now, to keep us all safe from COVID-19, we are providing classes using the Internet with a combination of live discussion and videos. Each week we will send you links to our online classroom and to the lesson videos.

**Before Each Live Discussion:** I encourage you to watch the lesson videos and prepare the recipe provided. For Lesson One, please watch the Cutting Vegetables Using the Rocking Method video and prepare the Fried Rice recipe before **(Date)**.

- Cutting Vegetables Using the Rocking Method: [HTTPs](#)
- Fried Rice: [HTTPs](#)

**Live Discussion:**

Our Live Discussion for Lesson One will be held on **(Date)**. During this discussion we will:

- Review the topics included in the lesson series
- Review the lesson content and materials for Lesson One
- Review the knife skills and safety information from the lesson video
- Discuss food safety and food preparation tips for making the Fried Rice
- Explain how and when to complete our program paperwork and this week's handouts. When it's time, click the following link to join the Discussion: **(Classroom Link)**

**After Each Live Discussion & Handouts:**

- Set Goals from lesson one
- Handouts for lesson one are attached to this email

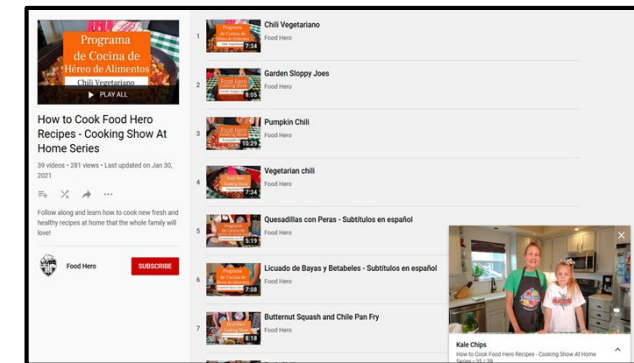
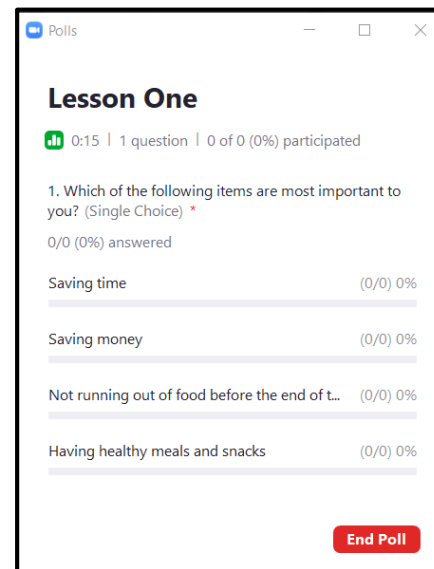
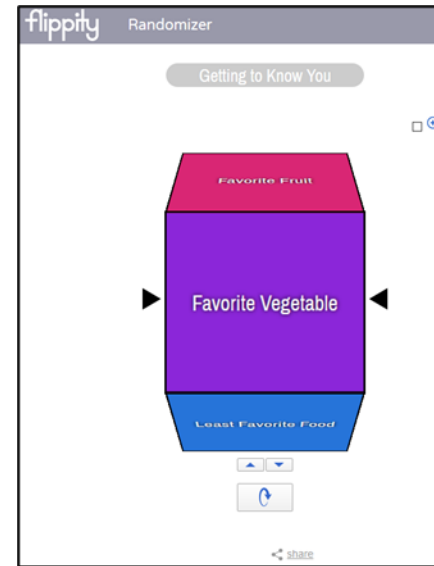
We are so excited to have you in our class and look forward to getting to know you!

Sincerely,  
**(Instructor Name)**



# 3. Virtual Curriculum Toolkit cont.

- Participant engagement activities
  - Flippity games
  - Kitchen item show and share
  - Zoom tools: poll feature
  - Fillable handouts
- Educator demonstrations
- Videos





**Vamos a conocernos...**

# 4. Evaluations

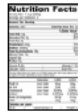
First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

## Nutrition Education Survey – Adult Programs

Today's date: \_\_\_\_\_  Pre  Post  Follow-up

Please circle **only one** answer for each question.

1. On most days, I eat vegetables...	0 times a day	1 time a day	2 times a day	3 times a day or more
2. On most days, I eat fruit...	0 times a day	1 time a day	2 times a day	3 times a day or more
3. I eat two or more <u>different</u> kinds of <u>vegetables</u> in the same day...	Almost never	Some days	Most days	Almost every day
4. I eat two or more <u>different</u> kinds of <u>fruits</u> in the same day...	Almost never	Some days	Most days	Almost every day
5. I cook or prepare meals at home...	Almost never	Some days	Most days	Almost every day
6. I can afford healthy food...	Almost never	Some days	Most days	Almost every day
7. I compare prices before I buy food...	Almost never	Less than half the time	More than half the time	Almost always
8. I use a list when I shop for food...	Almost never	Less than half the time	More than half the time	Almost always
9. I plan meals ahead of time...	Almost never	Less than half the time	More than half the time	Almost always
10. When I want to know if a food is a healthy choice, I read the nutrition facts on the package...	Almost never	Less than half the time	More than half the time	Almost always
11. I let cooked food sit out at room temperature for more than 2 hours...	Almost never	Less than half the time	More than half the time	Almost always
12. I thaw frozen food at room temperature...	Almost never	Less than half the time	More than half the time	Almost always



Page 2

13. Usually, I do physical activity that makes me breathe hard (such as brisk walking, exercise, or playing sports)...	1 day, or less, in a week	2 or 3 days in a week	4 or 5 days in a week	6 or 7 days in a week	
14. When I do physical activity that makes me breathe hard, I usually do that activity for...	Less than 10 minutes	10 to 30 minutes	31 minutes to 1 hour	More than 1 hour	
15. Usually, the amount of screen time that I do outside of work each day (such as TV, computer, tablet, smart phone, or video games) is <b>about how much</b> ?	30 minutes or less each day	About 1 hour	About 2 hours	About 3 hours or more	
16. The <b>MyPlate</b> symbol tells me that about half my plate should be...	Protein	Dairy	Fruits and vegetables	Grains	
17. Usually, when I use milk, I choose...	Whole milk	2% milk	1% milk or Non-fat milk	I don't know	I don't drink milk
18. Are you 60 or over?	Yes	No	Prefer not to say		

Please answer questions 19 to 21 **if you currently have a child in your care between the ages of 5 and 18**. If you have more than one child, answer for your youngest child. If the question doesn't apply to you, please leave it blank.

Your youngest child's age:  5 – 10 years old  11 – 18 years old

19. My child helps me prepare snacks or meals at home...	Almost never	Less than half the time	More than half the time	Almost always
20. My family eats meals together at home...	Almost never	Some days	Most days	Almost every day
21. Usually, the amount of screen time that my child does outside of school each day (such as TV, computer, tablet, smart phone, or video games) is about how much?	30 minutes or less each day	About 1 hour	About 2 hours	About 3 hours or more

FFY 2020 – Adult Programs  
(Revised November 2018)

Paid for in part by Oregon SNAP.  
Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

# 4. Evaluations cont.

Topic	Survey questions		Remote Delivery				In-person Delivery				Comparison of Remote vs In-person			
	Item	Item response range	N	Pre score mean	Post score mean	Mean gain	N	Pre score mean	Post score mean	Mean gain	Gain score difference	t	degrees of freedom	p
MyPlate	16. Identified the fruit and vegetable recommendation of MyPlate symbol	0-1	7	0.86	0.57	-0.29	37	0.92	0.89	-0.03	-0.26	-1.61	42	0.12
	4. Ate more than 1 type of <u>fruit</u> at least some days of the week	0-3	9	1.00	1.78	0.78**	42	1.29	1.55	0.26**	0.52	1.65	49	1.10
	3. Ate more than 1 type of <u>vegetable</u> at least some days of the week	0-3	9	1.67	2	0.33	42	1.55	1.83	0.28**	0.05	0.17	49	0.87
	17. Consumed 1% or non-fat milk	0-1	6	0.33	0.33	0	31	0.26	0.39	0.13**	-0.13	-2.11	30	0.043**
Fruit and vegetable Consumption	2. Frequency of eating fruits, times per day	0-3	9	1.33	1.78	0.44**	41	1.54	1.71	0.17	0.27	0.88	38	0.40
	1. Frequency of eating vegetables, times per day	0-3	9	1.56	2	0.44	40	1.58	1.75	0.18	0.27	1.02	47	0.31
Physical Activity	13. Frequency of physical activity that "makes me breathe hard"	0-3	7	1	1.14	0.14	40	1.1	1.08	-0.03	0.17	0.39	45	0.70
	14. Time engaged in physical activity that "makes me breathe hard"	0-3	7	1.29	1.29	0	41	1.15	1.20	0.05	-0.05	-0.12	46	0.90
	15. Amount of screen time per day outside of work	0-3 §	7	2.14	2.14	0	40	2.08	2.20	0.13	-0.13	-0.32	45	0.80
Shopping Behaviors and Food Security	9. Planned meals ahead of time	0-3	9	1.56	2.11	0.55	41	1.68	1.83	0.15	0.41	0.95	48	0.34
	10. Read nutrition facts label	0-3	8	1.75	2.5	0.75**	41	2.27	2.41	0.15	0.60	1.88	47	0.07
	7. Compared prices before buying food	0-3	8	2.5	2.63	0.13	41	2.44	2.54	0.10	0.03	0.10	47	0.92
	8. Used a list for food shopping	0-3	8	2.25	2.5	0.25	42	1.95	2.36	0.41**	-0.16	-0.49	48	0.62
	5. Cooked or prepared meals at home	0-3	9	2	2.67	0.67	42	2.26	2.36	0.10	0.57	1.73	49	0.09
	6. Able to afford healthy food	0-3	7	1.71	2.14	0.43	42	1.81	1.93	0.12	0.31	1.02	47	0.31
	11. Let cooked food sit at room temperature for more than 2 hours	0-3 §	8	0.63	0.25	-0.38	42	0.48	0.64	0.17	-0.54	-1.33	48	0.20
	12. Thawed frozen food at room temperature	0-3	9	1.33	1	-0.33	39	1.36	1.28	-0.08	-0.26	-0.41	9	0.70

# 4. Evaluations cont.

Survey questions	Remote Delivery				In-person Delivery				Comparison of Remote vs In-person			
	N	Pre score mean	Post score mean	Mean gain	N	Pre score mean	Post score mean	Mean gain	Gain score difference	t	degrees of freedom	p
4. Ate more than 1 type of <u>fruit</u> at least some days of the week	9	1.00	1.78	0.78**	42	1.29	1.55	0.26**	0.52	1.65	49	1.10
3. Ate more than 1 type of <u>vegetable</u> at least some days of	9	1.67	2	0.33	42	1.55	1.83	0.28**	0.05	0.17	49	0.87
17. Consumed 1% or non-fat milk	6	0.33	0.33	0	31	0.26	0.39	0.13**	-0.13	-2.11	30	0.043**
2. Frequency of eating fruits, times per day	9	1.33	1.78	0.44**	41	1.54	1.71	0.17	0.27	0.88	38	0.40
10. Read nutrition facts label	8	1.75	2.5	0.75**	41	2.27	2.41	0.15	0.60	1.88	47	0.07
8. Used a list for food shopping	8	2.25	2.5	0.25	42	1.95	2.36	0.41**	-0.16	-0.49	48	0.62



## Participant comments on lesson goals met:

“I compared my usual portion of a soda beverage with the serving size listed on the food label. I then decided to limit my sodas and drink more water each day.”

“I checked the serving size on a large pistachio bag. I portioned out several snack bags of single serving to eat once a day.”

# 5. Questions?



**Katie Ahern, MS**

Deschutes-Crook

[katherine.ahern@oregonstate.edu](mailto:katherine.ahern@oregonstate.edu)

541-306-6067

**Joanne Lyford, RD, LD, CDE**

Multnomah County

[Joanne.Lyford@oregonstate.edu](mailto:Joanne.Lyford@oregonstate.edu)

503-657-7385

**Tina Dodge, MPH**

Linn-Benton

541-730-3541

[tina.dodge@oregonstate.edu](mailto:tina.dodge@oregonstate.edu)

**Family and Community Health**

**College of Public Health and Human Sciences**

**Oregon State University**



**Oregon State University**

**Extension Service**