

Tips for Using the FDPIR Sharing Gallery

TIP: Use Handouts to Provide Nutrition Education



There are a variety of [handouts](#) on the FDPIR Sharing Gallery. Some handouts target specific age groups, while others target nutrition concepts. Use handouts to provide quick and easy nutrition education to FDPIR participants by doing the following:

1

Pick a topic you think your FDPIR participants would like to learn about.

For example:

- whole grains
- heart health
- My Native Plate

2

Find a handout that provides information on your chosen topic.

Some examples include:

[What's the Big Deal About Whole Grains?](#)

This two-page handout from the Indian Health Service (IHS) provides basic information about whole grains and a short quiz for readers to test and apply their knowledge.

[Keeping Your Heart Healthy](#)

This one-page fact sheet from the IHS provides tips on how to keep your heart healthy including staying active and making healthy food and drink choices.

3

Print a copy of the handout and include it in the monthly food package.

- Consider using the handout content as “talking points” to provide basic nutrition information to participants – via phone, text, or safely in-person.
- Host a virtual meeting and lead a discussion about the handout.
- If your program uses social media, post a link to the handout with a targeted nutrition-related message, photo, or video.

4

Remind participants that many foods in their FDPIR food package align with the nutrition message on the handout.

For example, if you choose a handout on the health benefits of whole grains, remind participants of the various whole grain items in the FDPIR food package, such as whole wheat pasta, tortillas, and blue cornmeal.

