

Making Food Come Alive

through Virtual Nutrition Education

Cooking Demonstrations and Classes

Show & Discuss Filmed Grocery Store Tour

Fridge or Pantry Tour

Online Grocery Shopping Demonstration & Practice

Walk through Nutrition-related Smartphone Apps

Culinary Technique Demonstration

Kitchen Appliance/Gadget Assessment

Digital Surveys & Questionnaires

Watch a Virtual Farm Tour & Discuss

Walk 'n' Talk Sessions

Eat a Meal Together Virtually & Discuss Intuitive Eating

Eating Disorder Patients: Make a Challenge Food

Practice Label Reading with Foods in their Kitchen

Demonstrate Formula Blenderizing or Texture Modifications

Hold Virtual Healthcare Team Meetings