

# CNEP Produces Nationally Recognized Learning Packages

The need for nutrition education assistants' (NEAs') in-service education has resulted in the development of three video learning packages. Each includes a facilitator's guide and videotape produced by Community Nutrition Education Programs (CNEP) of the Oklahoma Cooperative Extension Service. The learning packages have been well received by the nutrition education community in Oklahoma and across the nation, confirming they are an important tool for improving the skills of NEAs.



## The Learning Journey

Perhaps the largest audience an NEA faces today is the adult learner. Strengthening the learner-educator relationship and developing mutual respect brings a wealth of experience to the learning environment. *The Learning Journey* reinforces the importance of building these relationships and translating knowledge learned into positive behavior changes.

Visit [www.fcs.okstate.edu/cnep/tools](http://www.fcs.okstate.edu/cnep/tools)

to download an order form, preview video clips,  
or read the curriculum review.



## **The 24-Hour Food Recall: *An Essential Tool in Nutrition Education***

*"...highly recommended as a resource for all facilities and professionals that rely on accurate dietary recalls to meet their objectives."*

Nutrition educators have long used the 24-hour food recall as a way to learn about a person's eating patterns. However, a teaching/learning tool to help nutrition educators learn how to conduct an accurate food recall did not exist. To meet this need, CNEP developed The 24-Hour Food Recall: An Essential Tool in Nutrition Education which has garnered a "thumbs up" review by the Journal of Nutrition Education.

## **Tailoring Nutritional Education to Older Adults**

There are more older adults now than at any other time in history. Today, one out of every eight Americans is 65 years or older. NEAs who understand the aging process and challenges faced by older adults can adapt a teaching style to improve the amount of learning and behavior changes achieved by the older enrolled families.

*"...a useful resource, with reliable, interestingly presented information that nutrition education assistants can put to use..."*

### **Community Nutrition Education Programs**

**Oklahoma State University**

**Nutritional Sciences - Cooperative Extension**

**304 HES Building**

**Stillwater, OK 74078**

**Phone: 405.744.6283 Fax: 405.744.1461**

**[www.fcs.okstate.edu/cnep](http://www.fcs.okstate.edu/cnep)**

# LEARNING PACKAGE ORDER FORM

**Bill To:**

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**Ship To:** *if different from billing address*

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Item	Qty.	Unit Price	Extended Price
24-Hour Food Recall		\$35	
Tailoring Nutritional Education to Older Adults		\$35	
The Learning Journey		\$35	
Payment Method: <input type="checkbox"/> Check <input type="checkbox"/> Purchase Order		Total :	

**Purchase Order #:** \_\_\_\_\_

**Make checks payable to:**

OSU - NSCI/CNEP  
FEI# 73-6017987

**Send to:**

**Community Nutrition Education Programs**  
**Oklahoma State University**  
**304 HES Building**  
**Stillwater, OK 74078**  
**Phone: 405.744.6283**  
**Fax: 405.744.1461**  
**[www.fcs.okstate.edu/cnep](http://www.fcs.okstate.edu/cnep)**



*Thank you for your order!*  
*Please contact us if you have any questions.*

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This material was funded in part by USDA's Food Stamp Nutrition Education Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Oklahoma Department of Human Services.