

## Good Grinding for Wise Dining Instructor Guide Introduction

Good Grinding for Wise Dining is a nutrition education curriculum for older adults that can be used in a group dining setting. Based on the dietary guidelines and food guidance system, the Good Grinding curriculum promotes healthy eating attitudes and behaviors using simple, targeted messages.

The evidence-based approach to creating Good Grinding includes successful components or best practices of nutrition education for older adults. Messages throughout the curriculum include simple, “catchy phrases” that are reinforced throughout the lesson. Lessons were created to be fun, fast-paced, and interactive. Participants are actively engaged and are encouraged to share their experiences and problem solve. Older adults are also encouraged to practice healthy behaviors in their daily lives. Participants can then support each other in the group dining setting by promoting a healthy food environment.

Good Grinding for Wise Dining has been developed with input from Area Agencies on Aging (AAA’s) and their Nutrition Service Providers (NSP’s). Three series of pilot testing were completed at Alu Like and Lanakila sites on Oahu over two separate time periods. Over 150 older adults from Alu Like participated in the first series of pilot testing and over 200 older adults from Lanakila provided input during the second series of testing. Alu Like and Lanakila staff were also consulted and involved in developing this manual.

Good Grinding for Wise Dining (GGWD ) provides a total curriculum of 24 nutrition education lessons consisting of 4 modules with 6 lessons in each module:

- Module 1: Strategies for Eating
  - Easy meals
  - Sharing meals
  - Food storage
  - One-Pot Meals
  - Microwave Meals
  - Meals in Minutes
  
- Module 2: Choosing Foods
  - Fruits and veggies
  - Eating out
  - Eating for wellness
  - Seasonality of Fruits and Veggies
  - Spending Less Eating Better
  - Meal Planning
  
- Module 3: Regular Eating
  - Healthy bones
  - Nutritious snacking
  - Whole grains
  - Fruits & Veggies - All Forms Matter
  - Protein-Rich Foods
  - Breakfast
  -
  
- Module 4: Celebration Foods
  - Favorite foods
  - Sugars/fats/salts
  - Living local
  - Local Healthy Snacks
  - Delicious Desserts
  - Get Together

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