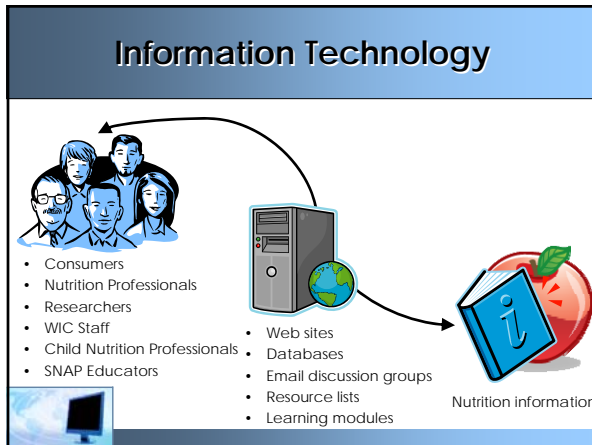
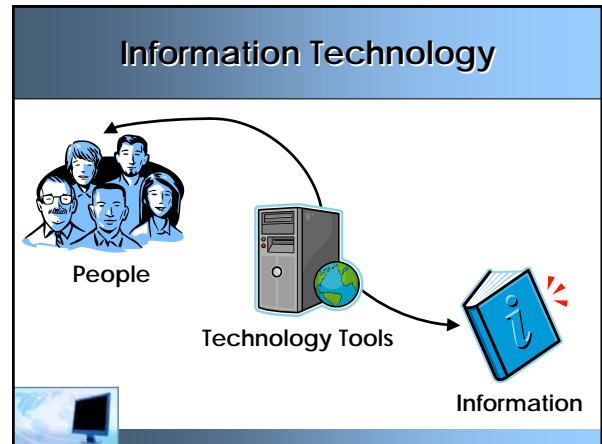


## Using Technology to Manage and Disseminate Nutrition Information

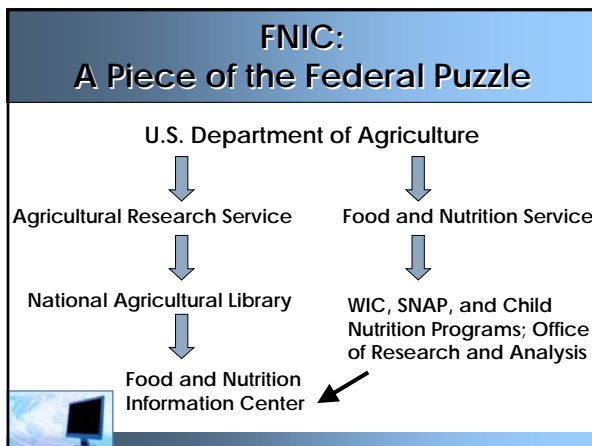
**Sara Wilson, MS, RD**  
 University of Maryland Dietetic Internship Joint Class Day  
 February 23, 2009

Adapted from presentation by Corey Scarpero, RD



### Food and Nutrition Information Center (FNIC)

- Leader in online food and human nutrition information dissemination since 1971
- Provides credible, accurate, and practical resources



- ### FNIC Teams
- Healthy Meals Resource System
  - SNAP-Ed Connection
  - WIC Works Resource System
  - Web and Reference
  - International Bibliographic Information on Dietary Supplements (IBIDS)
  - Nutrition Evidence Library

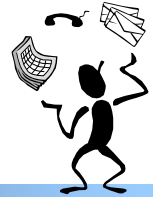
## Who Works at FNIC?

- Nearly a dozen trained nutrition professionals, most of whom are registered dietitians (RDs) and/or have advanced degrees.
- University of Maryland College Park undergraduate students and dietetic interns also work at FNIC throughout the year.



## What Types of Skills?

- Broad Knowledge of Food and Nutrition
- Secondary Research and Literature Search Skills
- Public Speaking and Networking
- Web Development Skills
- HTML Coding
- Various Software



## Tasks and Projects

- Reference
- Resource Lists
- Web site design and management
- Database development and management
- E-mail discussion groups
- Networking and marketing



## Have a Question?

- FNIC staff respond to over 4000 reference requests a year
- Requests come from USDA scientists and policy makers, college personnel, teachers, students, consumers, and many more
- Via phone, email, snail mail, and from our Web sites



## Yes or No? Evaluating Materials

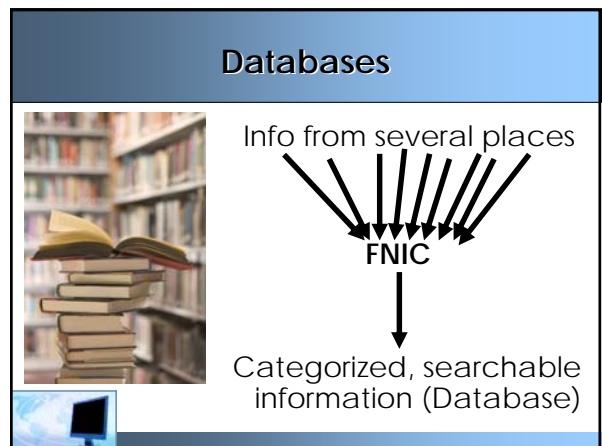
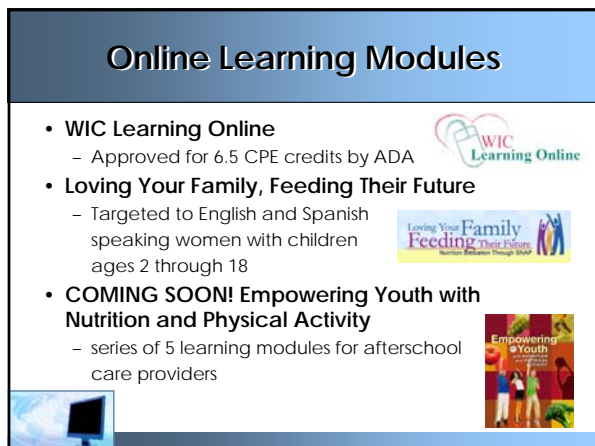
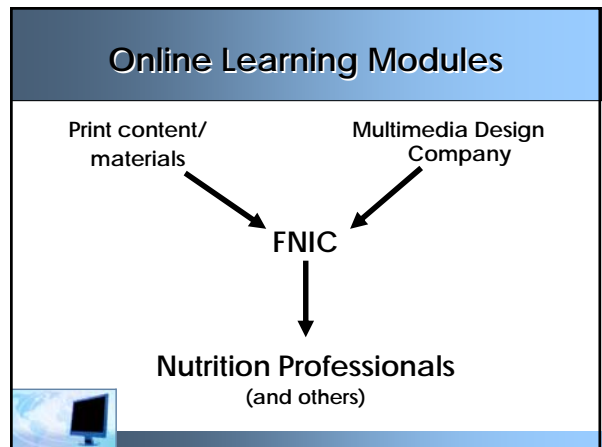
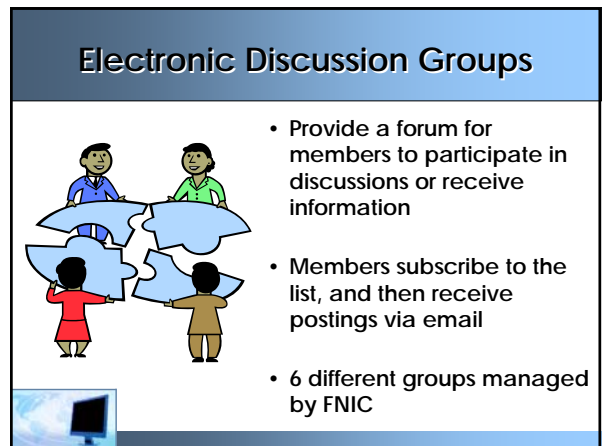
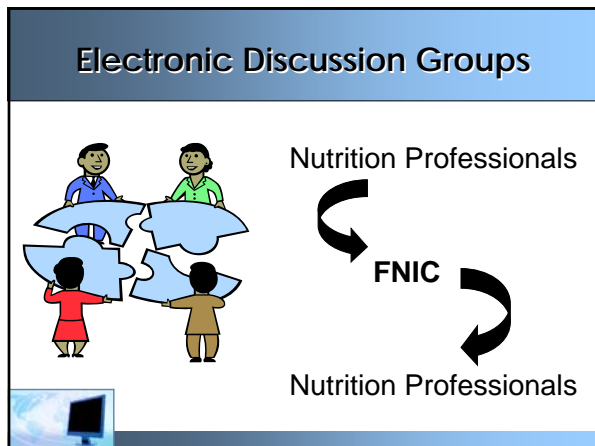
- Gather and evaluate education and training materials for use by consumers and professionals
- Resources can then be included in:
  - Web sites
  - Databases/resource lists
  - Listservs, mailings, trainings, etc.



## Tools

- Electronic Discussion Groups
- Online Learning Modules
- Databases
- FNIC Web Sites





## WIC Formula Database

- General information about WIC-eligible infant formulas and medical foods
- Saves valuable time for WIC Nutritionist
- Contains information on ~400 products

**Product:** Ensure® Pediatric  
**WIC Eligible:** Medical Food  
**Category:** Medical Food  
**Description:** Complete, balanced nutrition in pudding form.  
**Manufacturer:** Ross Products Division  
**Use in WIC:** For adults with dysphagia. Prescribed due to a medical condition (e.g. Cancer, HIV, cerebral palsy, etc.) that restricts or precludes the use of conventional foods.  
**Form:** Pudding  
**Product Type:** Adult/Older Child Supplements

**Product:** Foghorn Junior® with Protein™  
**WIC Eligible:** Medical Food  
**Category:** Medical Food  
**Description:** Nationally complete, elemental liquid diet; may also be used as a dual feeding with TPN or as a transition diet from TPN.  
**Manufacturer:** Hormel®/Chick® Nutrition  
**Use in WIC:** For the nutritional management of children ages 1 to 18 with chronic diarrhea/malabsorption, growth failure, short bowel syndrome, bowel transplants, combined gait, Crohn's disease, HCV/AIDS and cyclic fibrosis, or with other conditions causing impaired gastrointestinal function.  
**Form:** Ready To Feed  
**Product Type:** Adult/Older Child Supplements

## Recipe Databases

### Healthy Meals Recipe Finder

Recipes and Menu Planning

Find standardized recipes, quantify recipes, USDA recipes, recipes from industry and more. You may even download free recipes to use community food! Please see help for more information.

Search by:  Search for a recipe

Search Type:

Filter by:  Breakfast  Lunch  Dinner  Dessert  Snacks  Beverages  Soups  Salads  Snacks  Desserts

### SNAP-Ed Connection Recipe Finder

Recipe Finder

38 Recipes(s) were located matching one or more of your choices.

Recipe Name	Rating
Any Days a Pican Chicken Salad	Not Rated
Baked Chicken	Not Rated
Baked Chicken Nuggets	★★★★
Baked Chicken with Vegetables	★★★★
Baked Lemon Chicken	★★★★

## Directory of Chefs

- Chefs who are willing to volunteer their time in a school, or with children or staff, submit their contact info

**Directory of Chefs**

**MARYLAND**

- Chief Jack A. Batton**  
 Nations Capitol ACF  
 7223 Irvine Turn  
 Upper Marlboro, MD 20772  
 Phone: 301-627-4486
- Chief Francis Disonot**  
 L'Academie de Cuisine  
 14006 Industrial Drive  
 Gaithersburg, MD 20877  
 Phone: 301-670-8670, ext. (301) 664-CHEF  
 Fax: 301-670-2450
- Chief Stewart Eidel**  
 944 Kleea Hill Road  
 Westminster, MD 21157  
 Phone: 410-549-2663  
 seidel@amsa.umd.edu
- Chief Tony Hilligoss**, Instructor  
 1010 Seaside Park Cir  
 Salisbury, MD 21804  
 Phone: 410-546-3155  
 Fax: 410-677-5105  
 chehilligoss@yahoo.com

## Databases: Education and Training Materials

- Database items are reviewed by FNIC
- Organized by subject, audience, format, etc.
- Different databases depending on the audience: SNAP-Ed, WIC, Child Nutrition, Native American

**WIC Databases**

Search the Education and Training Materials Database

Native American Nutrition Education Database

Healthy Meals Resource System

United States Department of Agriculture

SNAP-Ed Connection

Resource Library

## FNIC Web Sites

Information overload

↓

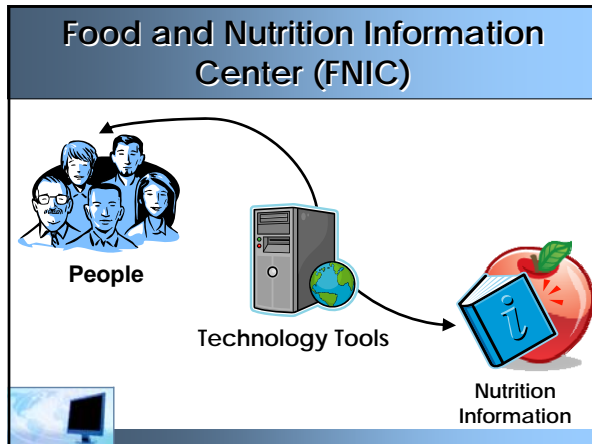
FNIC Info Specialists

↓

6 Target Audiences

## FNIC Web Sites

- Food and Nutrition Information Center**  
 → Nutrition and health professionals, educators, government personnel and consumers
- Nutrition.gov**  
 → Consumers
- SNAP-Ed Connection**  
 → SNAP Educators
- Healthy Meals Resource System**  
 → Child Nutrition Professionals
- WIC Works Resource System**  
 → WIC Staff
- IBIDS**  
 → Researchers, health professionals



## Technology Tools

# YOU

Can Use

For **FREE** and with **limited** experience

*Corey Scarpero, RD*  
*University of Maryland Dietetic Internship Joint Class Day*  
*February 23, 2009*

The slide features three logos on a blue background. At the top left is the "dimdim" logo with colorful dots above the letters. In the center is the "sliderocket" logo with a yellow rocket icon. At the bottom right is the "Pageflakes" logo with a blue star icon. A small computer monitor icon is in the bottom left corner.

## DimDim

- Free Web conferencing service
- Each participant sits at his or her own computer and is connected to other participants via an Internet connection
- Collaborate with others anywhere; the free version allows you to connect to up to 20 computers

## DimDim

- Users can:
  - Share their desktop
  - Show slides
  - Chat
  - Talk (either using a microphone, or via DimDim's conference line)
  - Broadcast via Webcam

## DimDim

- Signing up is easy; go to **dimdim.com**
- Click on **Sign Up Free** in the upper right corner

The screenshot shows the dimdim.com homepage. An arrow points to the "Sign Up Free" button in the top right corner. The page includes a banner for "Dimdim 4 is here" and various navigation links. A small computer monitor icon is in the bottom left corner.

# DimDim

- Create a DimDim ID and password and **sign in**
- First time: you will need to set your preferences
- Tab through the choices and select the options that best suit your computer setup



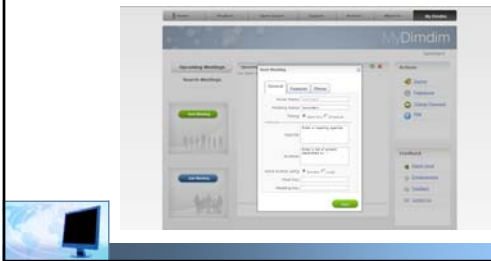
# DimDim

- After setting your preferences, you will return to the main DimDim screen
- To schedule a conference, click on **Host Meeting**



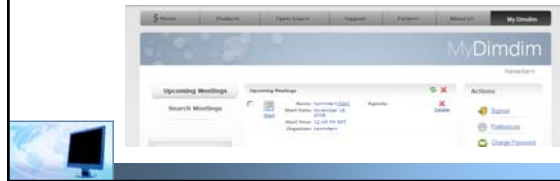
# DimDim

- Enter participants' emails in the **Invitees** box
- Click on **Schedule** to set the time of the meeting



# DimDim

- After seeing a popup alerting you that the meeting has been scheduled, you will return to the main DimDim screen
- You should see the meeting you just created listed in the **Upcoming Meetings** box



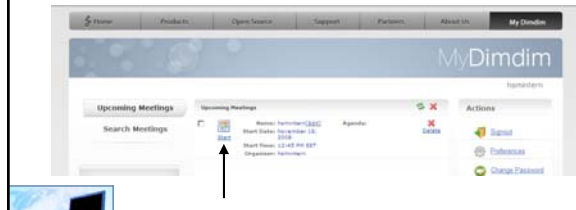
# DimDim

- Invitees will receive an email message providing them with all necessary information to join the meeting when it begins



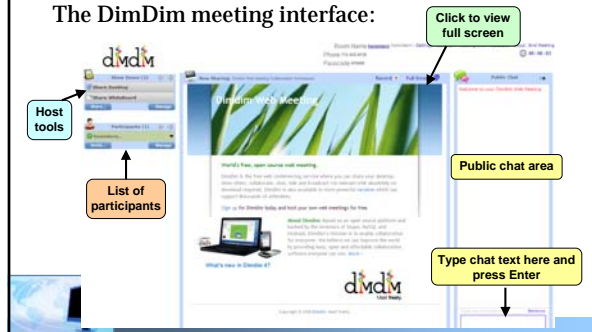
# DimDim

- To start the meeting, click on the **Start** icon to the left of the meeting listing in the **Upcoming Meetings** box



# DimDim

The DimDim meeting interface:



# DimDim

- You can share your desktop simply by clicking on **Computer Screen** in the upper left corner



# DEMONSTRATION

**How could DimDim be used in the field of dietetics?**



# Slide Rocket

- Online presentation software
- Create presentations from scratch or upload an existing PPT file (which can still be edited in SR)
- Easy-to-use interface similar to PowerPoint
- Can insert tables, charts, add speaker's notes
- Some functions are not available in the free version but most basic presentation features are available



# Slide Rocket

**So... what's the difference?**

- Your work is stored online: presentations can be edited or viewed from any computer with an Internet connection
- Users can create a general login and work with others on a single presentation without emailing files back and forth



## Slide Rocket

- Share your presentations by simply sending a link; no need to worry about compatibility of fonts, software, etc.
- Can embed the presentation into a blog or Web site easily by copying and pasting the code provided
- Variety of options for animations and slide transitions; something *different!*



## Slide Rocket

- Signing up is easy; go to **slidrocket.com**
- Click on **Sign Up** in the upper right corner



## Slide Rocket

- The **Presentations** tab allows users to create a **New Presentation** from scratch or to **Import a PowerPoint**



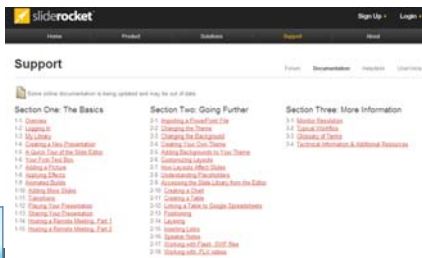
## Slide Rocket

- Use an existing template, create your own, or import one from PowerPoint
- Elements can be edited easily using the various tools available
- Most functions available in PowerPoint are also available in Slide Rocket, though sometimes in a different way



## Slide Rocket

- The comprehensive **Support** section is very helpful in learning to use Slide Rocket



# DEMONSTRATION

## What are some benefits of using Slide Rocket to create presentations?



## Pageflakes

- Personal information management tool
- Users can create a start page for news of interest to them
- Information is organized using “flakes” or tabs
- Flakes can contain RSS feeds, calendars, notes, Web searches, weather forecasts, bookmarks, photos, social networking tools, and more!



## Pageflakes

- There are thousands of flakes that can be added
- Content is self-updated
- The drag and drop interface is easy to use
- Highly customizable to fit your needs
- Can easily share your page with others by providing them with your link



## Pageflakes

- Signing up is easy; go to **pageflakes.com**
- Click on **Sign Up** in the upper right corner



## Pageflakes

- New pages have some flakes to help you get started
- Drag and drop flakes to position them on the page
- Edit each flake individually to add content
- Add more flakes as needed



# DEMONSTRATION

**How could Pageflakes  
be useful for dietitians?**



## Free ePortfolio Tools

- A variety of free tools are available for creating an online portfolio of work in school, your internship, and your career
- **Creating ePortfolios with Web 2.0 Tools**  
*Dr. Helen Barrett, leading ePortfolio researcher*
- **Guide to Using Free Tools to Create an Online Portfolio for Work or School**  
*Michelle Martin, certified Career Development Facilitator*

