



## Nutrition Education Modules

Program requirements and verification form must be met and submitted to employee wellness by  
October 31, 2020

\*Caregivers and spouses covered under the INTEGRIS Medical Plan are eligible for the 2020 cash incentive

Have you ever wondered... Should I avoid gluten? How do I eat healthy on a budget? What options are the best to choose when eating out? These nutrition modules were created by registered dietitians to help give insight on today's most popular nutrition topics. This program is 8 weeks long and it completed entirely online. Computer, tablet, or smartphone is required to complete this course.

### Module Descriptions:

- Plan, Purchase, Prepare, and Plate. This module will give insight on to how to easily plan nutritious meals, purchase healthful foods on a budget, prepare a nutritious meal on limited time, and how to eat more mindfully.
- Get the Facts. This module will give you the hard facts on some hot nutrition topics like gluten, supplements, and nutrition labels.
- How to Navigate. This module will help you better learn to navigate the grocery store, cafeteria, restaurants, and non-traditional stores.

### Program Requirements:

- Complete pre-assessment documents
- Listen and watch all 11 videos
- Complete 3 corresponding quizzes (must score 80% or higher)
- Complete post-assessment documents
- Submit verification form

This program is at no cost.

To enroll, please submit interest form or email [Meagan.ballard@integrisok.com](mailto:Meagan.ballard@integrisok.com)