

The Impact of ICN's Nutrition 101: Voices of Participants

In research conducted with individuals participating in ICN's Nutrition 101 online course, several themes emerged as they discussed the impact the course had on their personal and professional lives.*



Improved Personal Health

- “I have learned how to eat healthfully.”
- “I choose to eat more foods with less sodium.”
- “I incorporate more fruits and vegetables into my diet.”
- “I started making healthier food choices outside of work.”



Improved Family Health

- “I brought home nutritional information to share with family.”
- “I'm giving healthy food to my kids.”
- “I'm sharing better eating habits with my daughter and grandson.”
- “I use it for myself and help my family talking about what I have learned in this course.”

*NOTE: Some comments were edited for grammar and clarity.

REFERENCE:

Institute of Child Nutrition. (2022). Evaluation of ICN training program: Nutrition 101 (online mode). University, MS: Author.

The University of Mississippi is an EEO/AA/TitleVI/Title IX/Section 504/ADA/ADEA Employer.

For more information and the nondiscrimination statement in other languages:

<https://www.fns.usda.gov/cr/fns-nondiscrimination-statement>



Professional Empowerment

- “I have gained momentum in my department and earned the knowledge necessary to take on more responsibilities in my role.”
- “I am able to train more confidently.”
- “I am able to provide education for foodservice workers to share in their schools.”
- “I am teaching my peers all the applications that I learned so that we can run a better organized kitchen.”
- “I went back to school to learn more.”



Earning SNA Certification

- “I have completed enough courses to earn my certification.”
- “I completed Level 1 certification.”
- “I accomplished my goal of having a certification; my next goal is to earn a Level 3 certification.”



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