

WINNER! National Nutrition Month® Contest

Congratulations to Jillian Schoening, MS, RD, LDN of Carolina Meadows, for winning our NNM® contest!



Jillian Schoening, MS, RD, LDN and her interns engaged the residents of Carolina Meadows throughout the month with a Nutrition Social, NNM® Cooking Challenge, and nutrition trivia. Jillian also presented to precinct and interdisciplinary meetings about NNM® and provided, via presentations and emails, practical tips for developing and maintaining healthy habits to employees and residents. The Nutrition Social was an interactive and educational virtual meeting focused on writing SMART goals, discussing healthy snacks, and answering resident questions. It targeted over 700 independent living, early advantage, and assisted living residents. The meeting was recorded and provided to all residents to watch at a later time in case they missed it. Throughout March, residents were invited to participate in nutrition trivia and a cooking challenge. The Wellness department tested the residents' nutrition knowledge while exercising in the Fitness Center. A virtual cooking challenge completed the fun. Residents watched a cooking video on how to make a quiche and were provided with a recipe and nutrition tips. Residents watched the video, made a quiche, and submitted photos to win a fresh fruit basket. A quiche was chosen since it is customizable, easy to make, and packed with nutrition. Here's a picture of one of the delicious entries!

