



## Module 7

# Providing Advice - Offering Nutrition Education

### Handout:

## Handouts the Participant Centered Way

**Instructions:** Review this handout and use it during your observation for this module.

### How to offer handouts?

- ♦ Just like we limit the amount of information provided, we need to limit use of printed materials.
- ♦ Ask permission to provide any handouts or materials first.
- ♦ Use a pamphlet if specific information in the pamphlet was requested, for example - referrals.
- ♦ Limit the number of materials you give to one or two key items.
- ♦ If you do end up providing handouts, review the key points in them with the participant.
- ♦ Have the participant interact with the information, for example - check items from lists and highlight things they identify as important.