

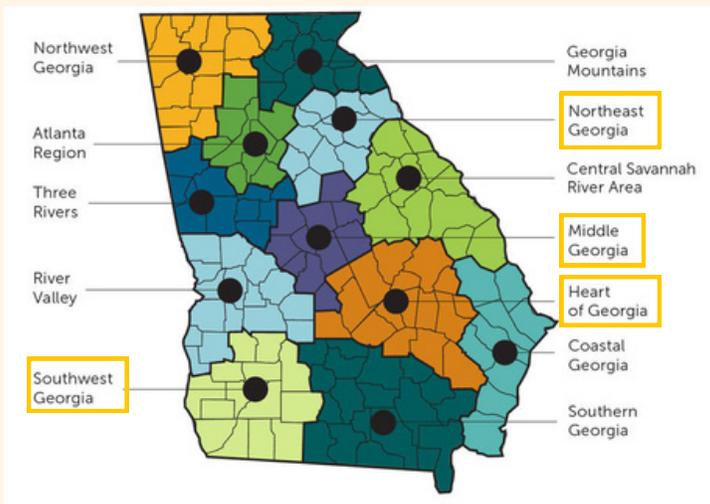


# Georgians Receiving Insightful Telenutrition Services (GRITS)

## Program Goals

- Increase nutrition knowledge among Georgia older adults by connecting those at highest nutrition risk with a Registered Dietitian Nutritionist (RDN) for Medical Nutrition Therapy (MNT)
- Develop and standardize virtual nutrition presentations appropriate for use in senior centers across the state.

## AAA Regions Served



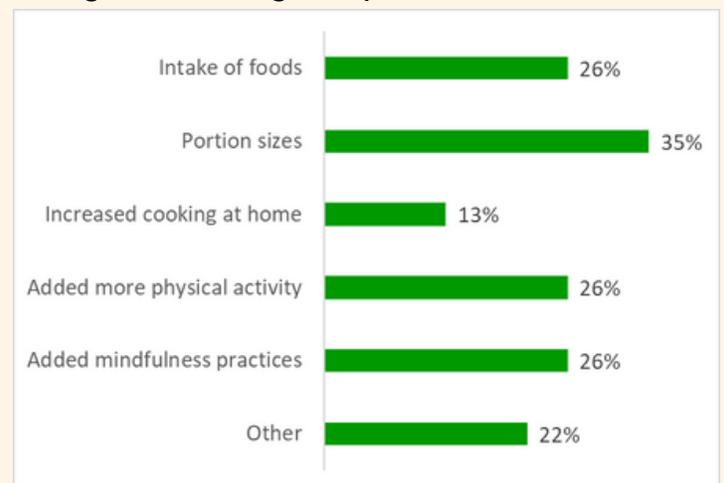
## Outcome Highlights

Feedback has been overwhelmingly positive with 86% of participants indicating that they'd like to continue lessons in this virtual format.

I have been trying to find a dietitian for a long time and couldn't get a hold of anyone to help me. This has been a dream come true!  
- Heart of GA MNT Client

Average knowledge improvement across group education sessions: 2%

Figure 1. Changes reported after MNT

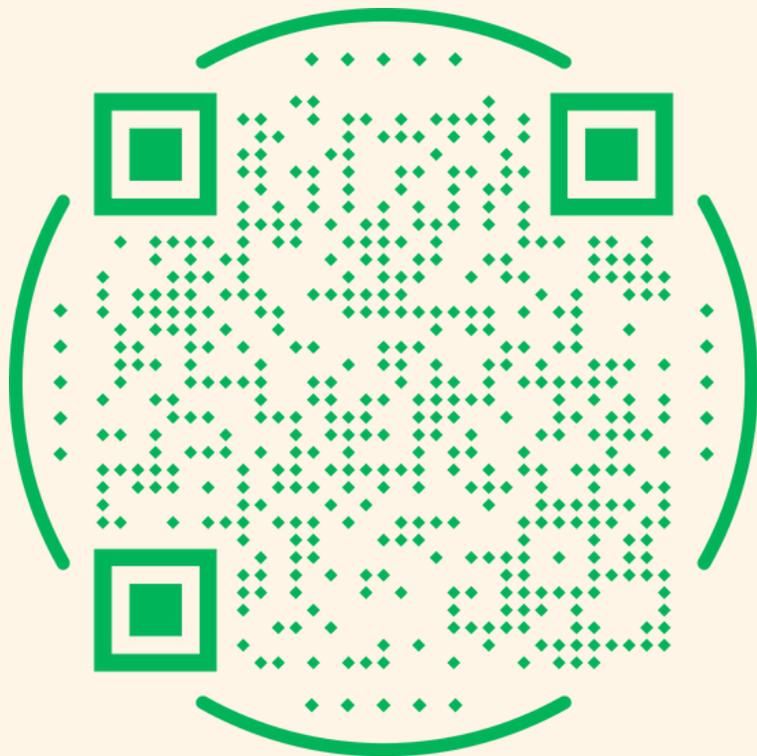


For more information on GRITS or Open Hand services, contact Laura Samnadda, Director of Nutrition Services: [lsamnadda@openhandatlanta.org](mailto:lsamnadda@openhandatlanta.org)



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Learn more about  
our program here:



***For more information on GRITS  
or Open Hand services, contact Laura Samnadda,  
Director of Nutrition Services:  
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