



# Virtual Healthy Habits:

## An Innovative Nutrition, Cooking, and Social Connection Program for Older Adults

### Overview

Virtual Healthy Habits is a ten-session virtual program designed to support healthier eating among older adults. Over three years, 328 adults 60 and older participated in the program. Each cohort included no more than 10 participants and met twice weekly for five weeks, with sessions lasting one to two hours. Eligible participants needed access to a kitchen, basic cooking supplies, and an interest in improving their eating habits. Participants:

- Received a workbook with recipes and educational content
- Viewed cooking demonstration videos
- Received weekly deliveries of fresh ingredients
- Attended live, facilitator-led virtual sessions
- Participated in shared meal preparation and discussion



### Goals

- ✓ Enhance understanding of nutrition
- ✓ Build confidence in healthy meal preparation
- ✓ Promote meaningful social connections

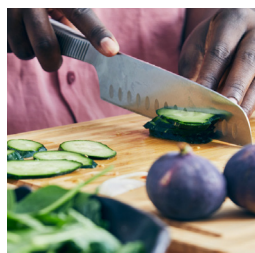
“This was a wonderful experience for me. I am much more aware of healthy eating and being proactive about my choices for better physical well-being!”

### Outcomes

The program achieved a 92% completion rate. Overall, participants reported increased motivation, enjoyment in meal preparation, and improved dietary practices.



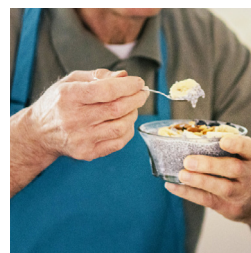
**68.4%**  
Reported improved nutrition knowledge



**60.2%**  
Found dietary changes easy to make



**64.2%**  
Felt positive changes were manageable



**56.7%**  
More confidence in maintaining a healthier diet



**43.4%**  
Reported less social disconnectedness

Learn more about Virtual Healthy Habits and other [technology-based nutrition innovations](#) from the Nutrition and Aging Resource Center.