Using Visual Images to Teach Nutrition

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Based on a collaborative program with:
Alice Henneman, MS, RD
University of Nebraska-Lincoln
“Color directly influences the soul. Color is the keyboard, the eyes are the hammers, the soul is the piano with many strings. The artist is the hand that plays, touching one key or another purposively, to cause vibrations in the soul.”

~ Wassily Kandinsky, Concerning the Spiritual in Art
“Be interesting or be invisible.”

~Andy Sernovitz, author of Word of Mouth Marketing
Social Media Visual Possibilities

- Pinterest
- Facebook
- Twitter
- Flickr
- Vimeo
- YouTube
- SlideShare
- Blogs
Social Media
Visual Possibilities

Pinterest
A study by Sharaholic indicates Pinterest is driving more referral traffic than Google+, LinkedIn, and YouTube.
Vimeo pinning work-arounds

Pin from Vimeo on Firefox browser

Upload a picture and pin same as pdf files
Which post would you most likely read ... and SHARE?

Alice Henneman
June 11

My husband likes this recipe for Spinach Lasagna! Before I post a recipe, I always pass it by my toughest critic, my husband. He likes this easy recipe for Spinach Recipe ... I hope you like it too!
http://food.unl.edu/web/fnh/spinach-lasagna
Social Media
Visual Possibilities

Twitter
Which person would you follow on Twitter?

Janet Helm, MS, RD

@JanetHelm

I'm a writer, registered dietitian, mom of twins, nutrition blogger, founder of Nutrition Blog Network & #RDChat, co-founder of Healthy Aperture.

Chicago • http://www.nutritionunplugged.com
Visuals on Twitter

Joanne Kinsey @justjokins
Here is my favorite super snack for the Super Bowl party crowd.
Roasted Garlic Hummus vimeo.com/38227210

Easy Snack Recipe: Roasted Garlic Hummus
from Get Moving, Get Healthy NJ

Hummus is made from chick peas that contain protein. When chick peas are combined with roasted garlic the result is an excellent delicious and healthy
Using images is interesting
Healthy on the Job
Workplace Wellness

Super snacks for the Super Bowl

People are already thinking ahead to the Super Bowl and the snacks to serve for this annual feasting event. Why not prepare a snack or two that can also serve as a quick energizers for the days following the Super Bowl party? Set aside small amounts in snack-sized plastic bags and take to work along with fresh red peppers or broccoli as a special tasty treat while on the job.

Here is my favorite recipe: Roasted Garlic Roasted Hummus

Facebook Badge

Joanne Kinsey
Enjoy the Flavor and Ease of Eating Fresh, Local Foods

Posted on June 22, 2012 | 2 Comments

My husband and I enjoy eating healthy foods, but they must taste good and be quick to prepare.

Follow along as I share recipes and kitchen tricks that help you enjoy the same types of foods. And though I am a registered dietitian and extension educator all my recipes pass inspection by my toughest critic... my husband!
Background images to provide more information
Social Media Visual Possibilities

Flickr
Social Media
Visual Possibilities

Vimeo
Healthy Herbs...Basil Pesto

By using herbs in your cooking you can add a zap of flavor and reduce the need for salt. Basil pesto is simple to make and can be used in a variety of ways. Make some pesto today and freeze for later use.
Making inexpensive videos

- Camera / smart phone photos made into movies
- Camera / smart phone videos
- iMovie (Apple)
- Windows Live Movie Maker (Windows 7)
- PowerPoint 2010
- Picassa
- Proshow Gold (cost item)

http://www.photodex.com/
Social Media
Visual Possibilities

YouTube
Healthy Herbs: Fresh Herb & Couscous Salad

Healthy Herbs...
Fresh Herb
Couscous Salad
Choose MyPlate: Selected Consumer Messages

39,000 views on slideshare!
make your day healthy with colorful fruits & vegetables
Bambooed
JUNE 26, 2012

Today’s the day that the Five Bamboo shirts go on sale at OpenSky! When Five Bamboo came to me with interest in collaborating on a t-shirt, “I Eat Real Food” was, of course, the perfect phrase to capture our healthy blog-reading world. I’m sure many of you “Eat Real Food” on a daily basis - so share the message with your body! These were custom made of soft sustainable bamboo and come in two colors - coral and grey. Check out the back!!
Strategies for creating visual images
Google for photo ideas

Search

brussels sprouts

Related searches: brussels sprouts plant, brussels sprouts recipe, brussels sprouts cartoon, roasted brussels sprouts, cooked brussels sprouts
Take LOTS of pictures!
“Social media can change at an intimidating speed. But, today's latest social sharing trend can help guide your brand promotions and optimize your social presence. That explosive trend? VISUAL CONTENT”.

~ WOMMA at http://vitruewebinar.eventbrite.com/
What do people see in YOUR social media?
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- www.youtube.com/FCHSdepartmentRCE
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