

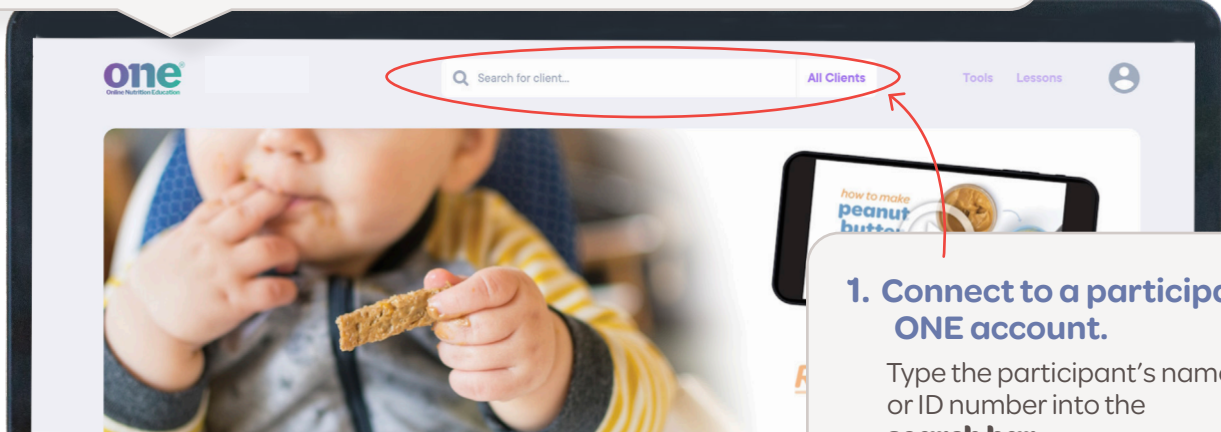
# Quick Start Guide

Follow these steps to share nutrition education with participants.

**Log in at [www.nutrition-one.com](http://www.nutrition-one.com).**

ONE will work best on a new internet browser like Chrome, Safari, Edge or Firefox.

home page



client details page

## 1. Connect to a participant's ONE account.

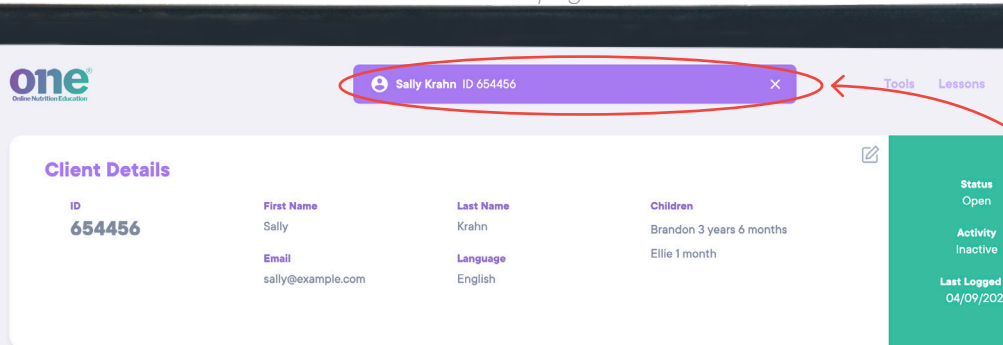
Type the participant's name or ID number into the **search bar**.

**OR**

Click on **All Clients** to see a list of all your clinic's participants.

Add a new participant or locate the participant in the list. Click on the icon in the Select Client column.

Once selected, the participant's name will be highlighted in purple.



### Client Details

**ID**  
654456

**First Name**  
Sally

**Last Name**  
Krahn

**Children**  
Brandon 3 years 6 months  
Ellie 1 month

**Email**  
sally@example.com

**Language**  
English

**Status**  
Open

**Activity**  
Inactive

**Last Logged In**  
04/09/2021

### Shared

Title	Sent To	Date	Status	Undo
First Few Weeks - Latch	Email	1/25/24		
First Few Weeks - Vitamin D	ONE	1/25/24	Unopened	X
Cooking with WIC Foods - Beans	ONE	4/9/21	Unopened	X
Mealtime Parenting - Mealtime Roles	ONE	4/9/21	Unopened	X
Why Breastfeed - Learn More	ONE	3/25/21	Opened	X

### Lessons

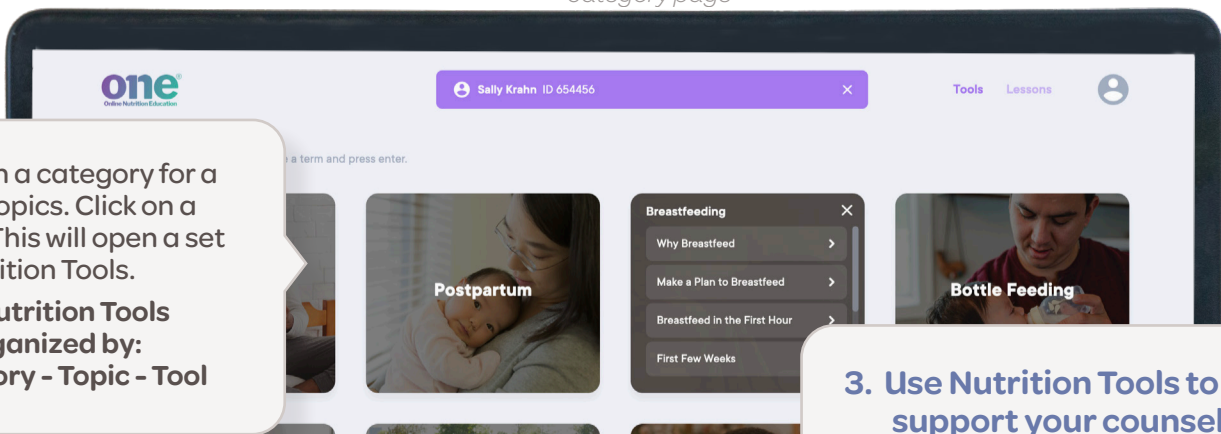
Title	Date	Progress
Tips for Your Baby's First Weeks	1/25/24	Recommended
Snacks for Kids	4/9/21	Completed
Make a Plan to Breastfeed	3/25/21	Recommended

## 2. Find a Nutrition Tool

to support your nutrition education based on the participant's needs and interests. **Click on View Nutrition Tools.**

[View Nutrition Tools >](#)

[View Lessons >](#)

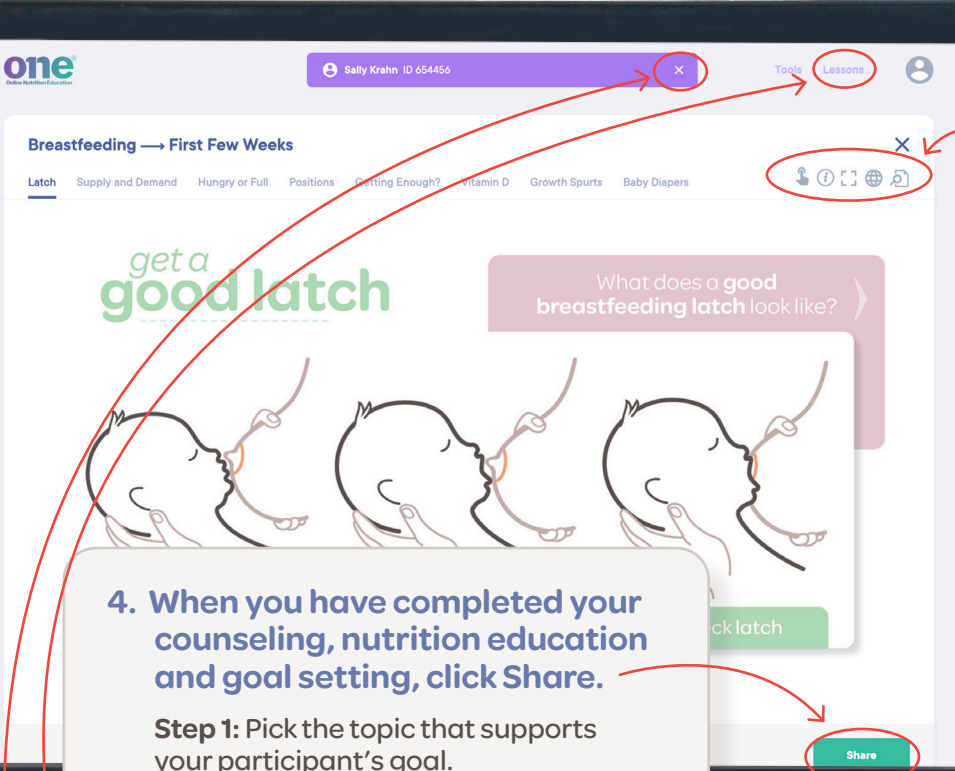


Click on a category for a list of topics. Click on a topic. This will open a set of Nutrition Tools.

**ONE Nutrition Tools are organized by:**  
**Category - Topic - Tool**

**3. Use Nutrition Tools to support your counseling or nutrition education.**  
 When possible, share your screen with the participant to support engagement and visual learning.

nutrition tool page



**Tool features:**

- Full screen:** Maximizes the Tool and helps your participant focus on the visuals.
- Information:** Talking points and sample questions to reference before sharing your screen with the participant.
- Interactive:** Describes what is interactive and is only on Tools that have interaction.
- Language:** Choose a language for your participant to see when sharing the visual Nutrition Tool.
- PDF Preview:** Displays a preview of the PDF that would be shared with the client.



**4. When you have completed your counseling, nutrition education and goal setting, click Share.**

**Step 1:** Pick the topic that supports your participant's goal.

**Step 2:** Choose if you would like to send the corresponding article to the participant's ONE account or share a PDF by email, textable link or print.

**5. If appropriate, recommend a self-paced online \*ONE Lesson that supports your participant's goal by clicking Recommend. You can reverse this by clicking Remove.**

*\*Optional Feature*

**6. Exit the participant's account.**  
 Click the **X** in the search toolbar.

