

Nutrition RA Roles	Details of Duties
Weekly nutrition counseling call	Prior to the counseling call: <ul style="list-style-type: none"> <li>● Analyze participants' food records</li> <li>● Brainstorm possible discussion points/ questions</li> </ul> During the counseling call: <ul style="list-style-type: none"> <li>● Set a SMART goal to help participant achieve the large 8-10 cup goal</li> <li>● Utilize skills in motivational interviewing to evoke motivation and respond to sustain talk or change talk</li> </ul>
Home visits	<ul style="list-style-type: none"> <li>● Deliver basic nutrition education based on MyPlate or focuses on increasing fruit/vegetable intake</li> <li>● Perform anthropometric measurements on mom and baby</li> <li>● Provide instructions for the completion of 24-hour recalls and food records</li> <li>● Ask personalizing questions that aim to gain more information about the intervention participant's food choices and eating patterns</li> </ul>
Produce box preparation	<ul style="list-style-type: none"> <li>● Create weekly produce box menus and design recipe cards on Canva</li> <li>● Assemble produce boxes and track inventory</li> </ul>
REDCap	<ul style="list-style-type: none"> <li>● Enter data and information</li> </ul>
ASA24 Dietary Assessment Tool	<ul style="list-style-type: none"> <li>● Analyze and enter the food record information into ASA24</li> <li>● Generate weekly datasheets using Excel</li> </ul>
Anthropometric measurement (remote)	<ul style="list-style-type: none"> <li>● Guide participants to measure their own waist circumference</li> <li>● Lead group and individual training sessions for other student RAs</li> <li>● Record a tutorial video on self-measurement of waist circumference</li> </ul>