

# Hannah's Story

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I first became interested in the nutrition field when I was 8 years old. My sister was diagnosed with celiac disease and we went to visit a Registered Dietitian. After seeing the drastic improvement in her health, I knew I wanted to help people in the same way. The idea that food could have such an impact was (and still is) amazing to me.

Teenagers have become my favorite group to work with. I teach a monthly teen cooking class and it is my absolute favorite program. I will never forget making lentil veggie tacos with a bunch of teenagers. Most of them had never even heard of lentils before. Despite some hesitation, I had many teens requesting seconds (and thirds) by the end of the class. It was so rewarding to see teenagers try an unfamiliar food and enjoy it!

I really enjoy taking intimidating information and making it approachable and understandable for my audience. Food and nutrition myth-busting has become a fun challenge for me. Once, I had a table about added sugars at a health fair. It was so rewarding discussing things like honey, maple syrup, agave, etc. as sources of added sugar. For many people, this was the first time they had heard this information.

I love group education in nearly any area of nutrition. I frequently teach cooking classes with several kids at a time. Despite the chaos, I know I am where I am meant to be. The open discussion that takes place in group classes is my happy place. I thrive when questions and comments are bouncing back and forth in the room.

I have learned to never make assumptions about someone's knowledge base. Many pieces of nutrition information that may seem common sense to me have turned out to be completely eye-opening for the people I teach. It is important that I always ask questions to gauge my audience's knowledge.

I am currently working on providing nutrition education via live streams. For many people, this is an accessible medium of education. My goal is to provide regularly scheduled live streams to discuss quick pieces of nutrition information. Overall, I want to be a go-to source for credible nutrition information in the communities that I serve.

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