



How to Create Online Videos on a Budget: Supplement handout

*****Note to attendees: please watch a few of these featured videos prior to the conference.**

Presented by Michelle Dudash, RDN, President of Chef Dudash Nutrition
Arizona Dietetic Association Annual Conference 2015

California Avocado's (sponsor) featured video:

How to Cut and Peel an Avocado

<https://youtu.be/9KbRq1Ar9w8>



Sample videos from RDs

Kathleen Zelman, MS, RD for United Healthcare

http://www.uhc.tv/uhc_video/losing-50-pounds-safely

Shot on Logitech Webcam.

Megan Roosevelt, RD, Founder, CEO, Host & Producer at Healthy Grocery Girl® LLC

Her most viewed video: <https://www.youtube.com/watch?v=tRzGy-6Ciw8>

Her favorite video: <https://www.youtube.com/watch?v=aoqTOor-muc>

Michelle Dudash, RDN

YouTube channel: https://www.youtube.com/channel/UCMM6No_FnKJ1Tcx585EZpw

Earlier videos shot on Canon Vixia HF10 camcorder, recent ones on iPhone 6.

Regan Miller Jones, RD, Healthy Aperture

https://youtu.be/g5Y-I_Ds2tk

<https://youtu.be/F8HamZBjNh8>

Shot on Canon Vixia camcorder, edited with Final Cut Pro.

Christy Wilson, RD

<https://www.facebook.com/christywilsonnutrition/videos>

Shot on iPhone, edited with iMovie.

Jamila Rene Lepore, MS, RD/N

<http://www.nononsensenutritionist.com/12monthchallenge/intro-12-month-healthy-habit-challenge/>

Others in food field (non-RDs) doing an excellent job with online videos:

www.Weelicious.com

www.Foodwishes.com

Search for Podcast episodes about creating good YouTube videos:

- Social Media Examiner
- The Chalene Show
- Smart Passive Income

Articles about online videos:

Video for writers

http://www.profnetconnect.com/stephaniederuiter/blog/2015/05/11/video_for_writers

About all things social media: www.Mashable.com