

How to use Zoom

You can join Zoom using your web browser or the Zoom app on either your computer, tablet, or internet browser (Internet Explorer, Safari, Google Chrome, etc.). You do not need to create an account through Zoom in order to join a meeting. See below for instructions on the different ways to use Zoom.

Joining Zoom on a computer or phone using your internet browser

Open your internet browser - Safari, Google Chrome, or whatever browser you use.

1. Go to <https://zoom.us/join>
2. Enter the Meeting ID (which can be found on your recipe packet)
3. Click join
4. On the next screen, click "Launch Meeting"
5. You're now in the waiting room for the Food as Medicine class! Instructors will allow you to enter the meeting once class has started

Join Meeting

Meeting ID or Personal Link Name

Enter Meeting ID or Personal Link Name

By clicking "Join", you agree to our [Terms of Services](#) and [Privacy Statement](#)

Join

Joining Zoom on a computer using the Zoom app

1. To download the Zoom app on your computer, go to this website to download Zoom:
<https://zoom.us/download>
2. Once the app has downloaded, open it on your computer desktop. You should see this screen. Click "Join a Meeting"
3. After clicking, "Join a Meeting," you will see the screen appear. Enter the Meeting ID (which you can find on your recipe packet) and under "Your Name" Enter your full first and last name.

zoom

Join a Meeting

Sign In

Join Meeting

Meeting ID or Personal Link Name

Your Name
18 Reasons

☒ Remember my name for future meetings

☐ Don't connect to audio

☐ Turn off my video

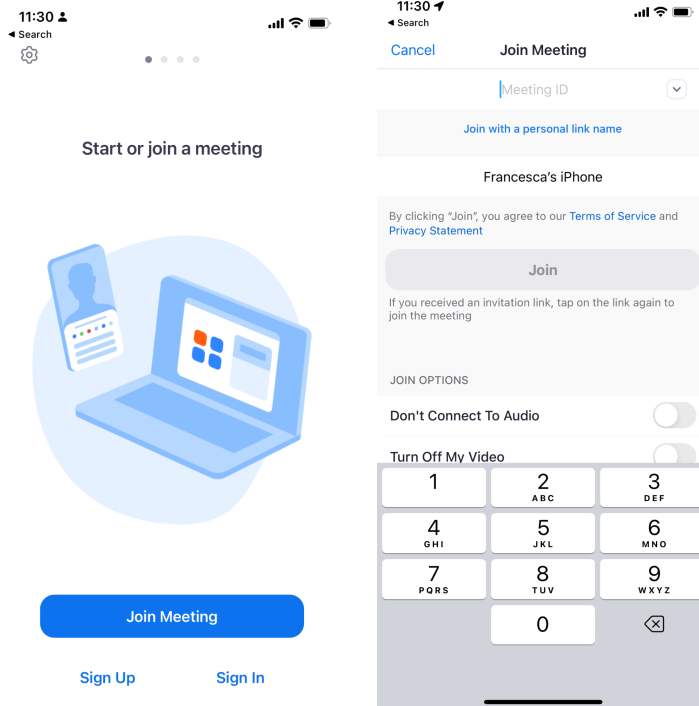
By clicking "Join", you agree to our [Terms of Service](#) and [Privacy Statement](#).

Cancel

Join

Joining Zoom on your Phone using the Zoom app

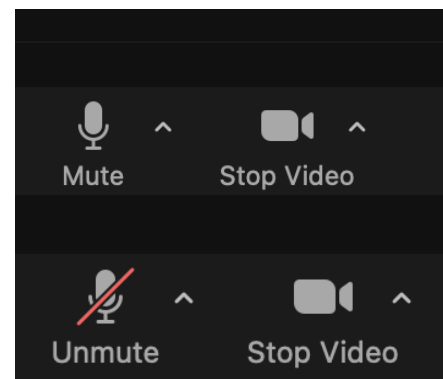
1. On a phone, go to your app store (Apple Store or Google Play) and search for “Zoom”
2. Once the app has downloaded, open it
3. You will see the “Start or join a meeting” screen. Click “Join Meeting”.
4. Enter the Meeting ID which you can find on your recipe packet.
5. Click “Join”
6. You’ll enter the waiting room. The instructors will admit you once class starts.



Once you’ve joined the meeting, there are a couple of Zoom features that are helpful to understand:

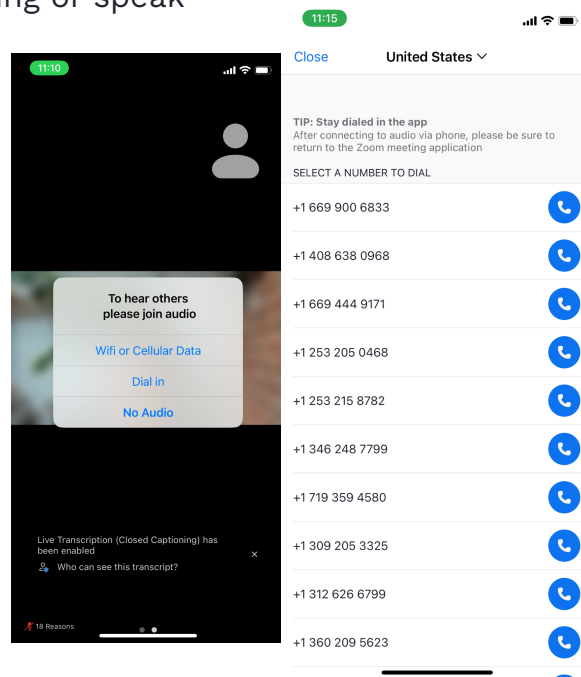
Joining Audio on a computer: In order to hear the meeting or speak during the meeting, you will have to “Join Audio”:

1. Click Join with Computer Audio
2. Click Mute / Unmute in the bottom-left corner of the meeting controls toolbar as needed to control your microphone. The facilitator will place you on mute to reduce background noise. If you’d like to speak, you will need to click unmute.



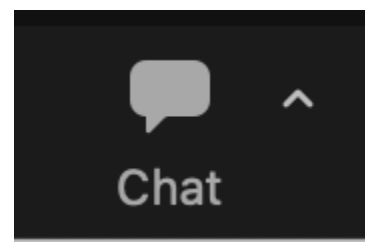
Joining Audio on a phone: In order to hear the meeting or speak during the meeting, you will have to “Join Audio”. On your phone, there are two ways to do this:

1. WiFi or Cellular Data: If your phone is connected to the internet, click WiFi or Cellular Data.
2. Dial in: If you're not connected to the internet, you can join the audio on Zoom through a phone call. Click “Dial in” - a screen will appear with different phone numbers. Click the first one. You will then hear a prompt to enter the meeting ID again. This is the ID found on the recipe packet and the same one you entered to join the meeting



Using the chat box on your computer:

During class, the facilitator may share links or information using the chat box. You can also ask questions in the chat box if you're unable to unmute yourself. To find the chat box, move your mouse cursor to the bottom of the screen.



1. Click on the “Chat” icon
2. Once you click, the chat box will open. Here you can read what others have shared or share your own message. You can send a private message to the facilitator by selecting their name under the “To” category

To: Everyone

Type message here...



Using the chat box on your phone

1. Click the “More” option at the bottom of your screen
2. More options will appear - click “Chat”.

