**2019-2021 Nutrition Goal Topic Areas for Consideration**

These are some big picture ideas that you can consider having as single year goals or you can pick 1 area, such as Revitalization of Congregate Nutrition Program as your objective for the 3 years. Then for each year of the plan you could have a specific measurable goal that is more focused. For example:

*Overall objective for Nutrition Program 2019-2021, is to revitalize your Senior Dining program. This will be accomplished thru the following:*

*2019: To increase attendance at X Senior Dining site, a salad/food bar will be added at least twice a month, by May 30, 2019. This will result in a 25% increase in attendance on the days the salad bar is served.*

*2020: To support local growers and local food sourcing, the nutrition program will purchase local food items from at least 2 local vendors by June 30, 2020 that will be highlighted on the monthly menus.*

*2021: In collaboration with local Master Gardeners, some of the fresh produce for the salad bar will be sustained/augmented by adding a raised bed garden will be added to X location by May 30, 2021.*

This is one example; the possibilities are endless with big picture issues that were identified thru your local input gathering. Then think about how the nutrition program can be used to help addressed the issues. Some of the large areas to consider that are based in the Social Determinants of Health, the OAA Purpose and Objectives of the Title II Program and help improve the quality of the meals and overall program are:

* **Promoting Socialization and Decreasing Isolation and Loneliness**
  + Dining buddy/Companion, Friendly visitor or phone buddy for HDM folks
  + Training HDM and Senior Diners on Sip & Swipe Tablet Training program to get them digitally connected and engaged
  + Use the Conversation Stater Kit materials at the Senior Dining Sites (Available from GWAAR)
  + Provide 1 Life Journaling/Question Page weekly to both Senior Dining and HDM participants along with a 3-ring binder. Encourage them to share with their families and others as a way to record their life story. (Available from GWAAR)
  + Support Positive Thinking by:
    - Providing Words of encouragement (GWAAR has available)
    - Positive thought or quote of the of the day/week
* **Transition to “Wellness Focus”, not just Nutrition Focus”** 
  + Promote fruit and veggie consumption. GWAAR has “Veggielicious Campaign” idea or Vilas County has great success with Food and Veggie Bingo
  + Offer and promote Nutrient Dense menu items.
  + Plan menus around of the health eating patterns, such as the DASH, Mediterranean or MIND Diet
* **Access to Healthy Food (food security)**
  + Grocery Shopping Trips
  + Partnering with local food pantry to deliver food to HDM folks
  + Assisting people to enroll for Food Share
  + Offering weekend or holiday meals
  + Provide transportation to local farmers markets
  + Provide Senior Farmers Market Vouchers
  + Food Trailer
  + No reservations
  + Restaurant Site
  + My Meal, My Way site to offer choice of foods and dining times
  + Begin Dining at 5 program to reach older adults who still work
  + Offer Emergency Meals
* **Managing Chronic Conditions**
  + Offer special diets
  + Offer Nutrition Counseling
  + Market the meal pattern and nutrient analysis of our meals
* **Caregiver Support**
  + Provide Eat Well, Care Well monthly education materials
* **Wholesome, Delicious and Safe Meals & Food Handing**
  + Detailed plan on how you will improve the food taste scores
  + Cooks training for salt-free seasoning ideas
  + Offer choice on the menus, this can be thru offering an entrée salad once a week, offering an alternative entrée X times a week. Offering a choice for dessert or fat free or 1% chocolate milk,
  + Traditional ethnic foods highlighted and offered on menus
  + Incorporate local foods and food sourcing
  + Education series on Food Borne illnesses to staff and participants
  + Scratch Cooking/Sustainable Kitchens
    - Utilize the Menus, Recipes, Cooking Training and other items that Sustainable Kitchens is developing.
    - Change from catered to cooking site
  + Offer Cooking Classes and Education series around the following based on the 2017 Satisfaction Survey Results:
    - Cooking for 1 or 2
    - Nutrition and Brain Health
    - Healthy Recipe Exchange
    - Healing Foods
* **Malnutrition**
  + Add additional screening questions to address the many factors that contribute to malnutrition
    - Food Security Screening
    - EAT-10 Swallow Screening
    - Depression Screening
    - Malnutrition Screening
  + Offer additional training materials to people identified at high risk for Malnutrition
    - Hi Protein/High Calorie booklet included in Welcome Packet
    - Utilize Eat Well, Age Well or Beneficial Bites Materials to highlight nutrient dense foods
  + Offer Adaptive Equipment if needed to assure the person can eat the food, i.e. padded spoon, plate guard, etc.
  + Offer educational and awareness materials to participants and their families in Welcome Packets
* **Safety and Wellness Check/Environmental Conditions- Enhanced for HDMs Participants**
  + Utilize the In-Home Safety Assessment Materials from Meals on Wheels America
  + Make referrals to local volunteer groups that do home repairs and home modifications to make homes more Age Friendly
  + Add Falls Risk Assessment as part of HDM assessment
  + Utilize “Age Friendly Checklist” as part of the HDM assessment and make appropriate referrals.
  + Provide training to HDM drivers about the other programs and services the ADRC/Aging Unit offers so they are aware and can help connect participants back to the office for concerns they hear voiced, i.e. frustration with bathing, let them know about adaptive equipment available to they can tell folks to contact the office for more information.
  + Train HDM drivers and Site Managers on Caregiver Support Program so they are aware when they see or hear caregivers that are burned out, so appropriate follow-up can be done by the office.
  + Provide education in Welcome Packets on ADLs and IADLs and additional supports available.
  + Host health and wellness checks at the congregate sites, i.e.
    - Balance testing
    - Bone Density
    - Cane Checks
    - Vision Checks and eye glass repair
    - Provide eye glass cleaner and rag in Welcome packet
* **Health Literacy/Literacy**
  + Review all articles to assure appropriately worded to communicate to add audiences
  + Offer alternative forms of education, such as picture based, video based or large font.
* **Care Coordination/Partnership with Health Care**
  + Work with local healthcare systems to provide meals for at least 30 days post discharge to help prevent readmission
  + Enhance services you already provide (Meal Delivery, nutrition ed/counseling, enhanced assessments, meal and fitness packages
  + Collect more health-and nutrition related information from participants.
  + Expand use of technology to track red flags changes and communicate back to the office so appropriate and timely follow up can be done to prevent clinic, ER or Hospital visit.
* **Civic Participation/Purpose and Meaning**
  + Senior Dining can serve as the hub for various civic groups to meet for lunch X days a month, before or after their event for the day.
  + Initiate a local Self-Directed Volunteer Team to address an issue in the community, with seniors taking the lead.
  + Offer opportunities for HDM participants interested in giving back. I.e. letter writing campaign, sharing of their history and stories for the local newsletter, knitting and donating blankets for local cause, etc….
* **Food Waste**
  + To decrease cost and to be more environmentally responsible, develop plan around decrease food waste production at cooking sites and over ordering at dining sites.
* **Leveraging Resources & Increase Community Awareness Through “Smart Partnerships”**
  + Select partnerships that align with the nutrition programs mission
  + Consider catering opportunities for jail meals, children’s programs, other MOWs programs, and more….
* **Advocacy**
  + Nutrition Advisory Council training on Advocacy and intentional Advocacy initiatives
  + Utilize testimonials from satisfaction surveys to communicate with legislators
  + Invite legislators to Senior Dining and to ride along with HDM routes
* **Emergency Preparedness**