



The

Dish

With the
GWAAR
Nutrition Team



Week of November 16, 2020

2020 Nutrition Program Staff and Volunteer Training Recordings

Presentations, videos and the link to BADR Livestream are up and running on GWAAR's website. Watch Nutrition Network Best Practices, Red Flag Training, Senior Medical Patrol Scams and an inspirational Ted Talk! We will add presentations through the end of the year. Please visit <https://gwaar.org/nutrition-trainings-conferences> and select the subhead: 2020 Nutrition Program Staff and Volunteer Training for the video links. If you have issues streaming the videos, please contact your GWAAR Nutrition Representative we can send them in a different format. Happy viewing to you and your staff!



GWAAR Nutrition Peer Sharing Calls

Please visit <https://gwaar.org/nutrition-program-management> for the notes and recording from the first Nutrition Peer sharing call and the notes from the second, posted under "2020 Peer Sharing Calls." If you have any thoughts or questions, please let us know.

Ask Nick!

Nick Musson, Transportation Specialist with GWAAR was a hit at the WAND Training. If you have ideas or questions on HDM routes and mapping, please feel free to contact him at Nick.Musson@gwaar.org. His presentation will be posted shortly to the GWAAR website.

Emergency Preparedness Plan Ideas

As you know, the Nutrition Team has been working with the counties/tribes on plans to deal with staff and volunteer shortages due to COVID. We have asked all of you to share your plans and thoughts with us. Here are a couple ideas we recently received:

- I worked with my local technical college to provide meals as a backup in the event of a COVID staffing issue with my caterer.
- We are using the staffing idea of two weeks on/two weeks off for the office and it is working!
- Use a coat rack with a plastic sheet in between workers to minimize contact. The coat racks are on wheels so they can be moved as needed.
- Worked with Kwik Trip and they are able to sell us the Take Home Meals if needed.

We also have new technical assistance documents posted under "Emergency Preparedness" at <https://gwaar.org/nutrition-program-management>.

Sustainable Kitchens Proposal

Proposal deadline has been extended to Monday, 5:00 p.m. November 23, 2020.

Self Care Nook

During this pandemic it is important to remember to take time for yourself. To help staff manage during these challenging times, several large corporations are recommending and/or providing "Living Beautifully with Uncertainty and Change" by Pema Chodron for their staff. Check it out!

