

Nutrition Provider Training Recap

We have recapped some of the “highlights” of the training for future reference. We realize there was a great amount of information discussed that day and we hope the following list will be helpful in sorting through it all.

1. PSA 2 Menu Suggestions by Susan Maloney, R.D. – **See Enclosed**

Please also note:

- Refrain from adding salt to food; leave salt shakers on tables. Try using herbs and spices to flavor foods instead.
- Utilize Program R.D. to help prepare menus and start with current recipes to try to find ways to cut out sodium
- Rinse canned goods to remove excess sodium/sugary syrup, but remember that rinsing also removes nutrients- frozen is better
- It was suggested that providers share menus and recipes
- USDA (ndb.nal.usda.gov) website can be used to find out levels of nutrients and sodium in foods

2. Provider Registered Dietician Reports

- As stated in the Title 22 California Code of Regulations, program R.D.’s are required to monitor nutrition sites quarterly
- Quarterly monitoring reports, as well as the provider’s Corrective Action Plan, must be sent to the AAA. The AAA will then forward the quarterly reports to Susan Maloney for review. Use of the sample quarterly monitoring reports provided by the AAA is requested (unless the provider’s RD already uses a similar report)
- Susan Maloney’s visit can be counted as one visit and then the Program R.D. would only need to visit 3 more times
- Environmental Health Inspection Reports (Public Health) are to be forwarded to the AAA for review - as well as Corrective Action Plans related to noted findings

3. Menus and menu changes are to be submitted to the AAA office in a timely manner. Public menus are also to be submitted to the AAA for RD review.

4. Monthly Financial Report cover sheet will be revised to help make it easier to track Cash Match needed for the Program.

5. Food Program Expenses: YTD Average Food Program Expenses –

	<u>C-1</u>	<u>C-2</u>
• Salaries	47%	46%
• Consultants	1%	
• Food Costs	29%	30%
• Other	23%	24%

6. Reducing Food/Program Costs Ideas:

- Research Food Programs - Med Assets is a food purchasing program which can be used to reduce costs of food and may offer discounts. (Membership fees apply)
- Establish partnerships – with community businesses (grocery stores, etc.)
- Shop around for Worker’s Comp Insurance provider to get the best rates
- Use local dry cleaner to have linens cleaned rather than a commercial vendor
- Purchase supplies through catalog rather than in-store to save money
- Consider reducing staff hours
- Utilize volunteers, Community Service workers, temporary personnel agencies, etc. Service providers may consider having contracts in place with volunteers and community workers to avoid miscommunications with job responsibilities. (See attachments from Shasta Senior Nutrition Program).
- Talk to service clubs about partnerships
- Work with utility company to change light fixtures so they are more energy efficient. Some utility companies will reimburse for costs of supplies.

7. Fundraising Ideas - It is important to do outreach in the community so that organizations know who you are and become aware of the importance of your program. The following organizations and resources may be useful:

- Rotary clubs
- Supermarket clubs
- Churches- the Lutheran Church has a program called Thrivent
- Community organizations/foundations
- Funding Factory- e-waste recycling program
- One Cause.com
- Adopt-a-Senior program
- Banks - Ask for the Community Reinvestment Act (CRA) Officer
- Cities
- Hospitals
- Local merchants - may be able to donate food
- Fire Camps - for donation of surplus supplies
- Inspection Stations - may have excess food to donate
- Consider catering meals in the center for outside organizations (to promote multi-generational interaction)
- Plan a “Senior Prom”
- WalMart
- Meals on Wheels Association of America - resources are available if you are a member
- Local businesses - ask to set out a donation box in support of your program

Thank you, again, for your participation in the training and suggesting these great ideas. Should you have any questions or require further information on a topic of discussion, please feel free to contact our office.