



# COST EFFECTIVE RD

NUTRITION AND MANAGEMENT CONSULTING

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## CLIENT HOME COOKING



### RECOVERY MEALS



Does your client need complete, nourishing meals that promote a body's ability to heal & recover after surgery or a stay at the hospital? **Recovery Meal Service** offers personalized menu planning, grocery shopping and meal preparation delivered to the clients home by a licensed registered dietitian. Weekly and MOnthly packages are available.

### NUTRITION ASSESSMENT



Maintaining energy and strength is critical to clients when they desire to live well at home. Eating balanced and nourishing meals daily is key to successful client home residency. Wellness @ Home Service offers personalized menus, grocery shopping and meal preparation support. Package pricing depends on the number of meals, length of service & portions.



## CLIENT NUTRITION SUPPORT



### NUTRITION SUPPORT



In one appointment a basic individualized, wellness plan will be created with a client. 1 hour appointment includes nutrition, activity and basic weekly grocery/meal planning.

### STEPS TOWARD WELLNESS



Let's Get Started! Package includes 1 - 60 minute Nutrition Assessment appointment plus 3-45 minutes Follow-up appointments. Follow-up appointments provide supportive coaching of implemented individualized wellness plan.

### LIVING WELL WITH DIABETES



Nutrition Assessment & planning based on where the client is with diabetes self management. Four personalized appointments designed to support client in successful diabetes living over 3 months.



## STAFF & CLIENT GROUP SUPPORT



### CREATIVE COOKING



Dietitian lead culinary basics and nutrition session shared in small groups in school kitchen. Knife skills, preparing healthy recipes and learning proper techniques are always included in each Creative Cooking session. Max. group size is up to 15. Cooking session is 2 hours.

### STAFF DEVELOPMENT



Customized evaluation, training, and coaching services that meet each school's individual needs in all areas of the National School Lunch Program, School Breakfast Program and Summer Feeding. Back2School or during the school year hands-on training sessions.

### STUDENTS W/ SPECIAL DIETS



Consulting program designed to train school nutrition and student support staff on how to implement student special needs diet with care and privacy.

### NUTRITION ANALYSIS



This service offers straight-forward & complete computer generated nutrition analysis of client food diaries. Contact to arrange for consulting proposal to meet your home care service business.

### CLIENT FAMILY SUPPORT



Consulting service designed to offer nutrition education, training and coaching for your client's family and support caregivers in order to improve wellness knowledge and proactive awareness of your client's changing needs. Contact to for a proposal to meet your home care business needs.

### GRANT-WRITING & RESEARCH



Looking to advocate for funding or health care policy change? This service offers the grant-writing & research expertise necessary to support businesses' desire to grow, expand and improve to meet your client's needs.