



Network Practices: Nourish

Sharing Fresh Produce

Multiple Communities

Team members may be grateful for the generosity that members show by bringing in baked goods and sweet treats, but realize that the temptations do not fit into a culture of whole-person wellness and physical health in particular. Encourage members to find healthier options. One result was members sharing the bounty from their own gardens. The fresh produce of apples, tomatoes, zucchini, peppers and more were received with great enthusiasm. This creates the opportunity to talk about healthy eating, recipes and gardening tips.

Healthy Living Lunch

Multiple Communities

Host a monthly Healthy Living Lunch. A special healthy menu is designed and a speaker presents during lunch on a variety of health topics.

Blue Zone Meals

Multiple Communities

“Blue Zone” meals are highlighted at each dining opportunity. Healthier options are also highlighted on the permanent menu.

Juice bar

Multiple Communities

Set up a juice bar as a monthly or weekly offering is a great way to create a supportive culture of healthy eating. Juice bars are also a great healthy snack for events and programs.

TomatoPalooza

Acacia Creek

The director of dining services maintains a tomato garden each year. The produce is used in the meals, and residents help with harvest. TomatoPalooza was designed to bring the community together in a fun, social atmosphere to highlight the various components of successful aging and celebrate the community tomato crop with a parade. The event consistently draws a large number of attendees, both team members and residents.

Nutritional Information

Multiple Communities

Make nutritional information of menu items available for residents to review. Residents can access the binder at any time to review nutritional information.

Masterpiece Meals

Multiple Communities

Designate more nutritious meal options with the Masterpiece Living logo to help residents make healthy food choices.

“Eat This, Not That”

Multiple Communities

Led by dining services, this program demonstrates healthy substitutions to residents. Shows how making modifications with healthier options don't necessarily impact taste.

Cooking competition

Multiple Communities

Create cooking competitions for healthy items to be added to the menu (Iron Chef/Chopped theme). Residents and team members vote for the winners which will be added to the menu.

Cookbook

Multiple Communities

Have an intern facilitate Nourish. After its completion, the intern compiles a cookbook of recipes submitted by those who participated. (Please see "REAL Healthy Cookbook" under Master Practices Supporting Documents.)

Interns as Teachers

Multiple Communities

Offer internships for students from the local college to help them with their community projects. One example is a Diet Tech student who taught the 4-week Nourish class. This gave her experience preparing and speaking in front of a group while educating residents on nutrition. This may be promoted through newsletters, bulletin boards, in-house TV and a nutrition display.

Nutrition Demonstrations

Multiple Communities

Chef demonstrations of one food prepared in a healthy way and the same food in an unhealthy way. We then have the group guess if they can tell the healthy one.

Sugar Quiz

Multiple Communities

Arrange a display of common beverages in the Fitness Center and encourage residents to rank the sugar content. This incorporates the intellectual component into an otherwise physically-focused environment.

Customized Pre-Program Survey

The Barrington

Customize or add questions within the pre-program survey, such as: "What nutrition goals do you have in mind for yourself?" "What topics about nutrition would you enjoy learning more about?" and "How can our community help you to meet your nutrition goals?"