



3.2.21 / Nutrition

Nutrition is our Signature Difference: National Nutrition Month is All Year at God's Love

By Natasha Bunzl, Communications Associate

Nutrition is our signature difference, and it has set God's Love We Deliver apart from other food organizations from our beginning in 1985. Our small but mighty team of 7 Registered Dietitian Nutritionists take care of our clients by designing medically tailored menus to address each of their specific diagnoses, treatments, and preferences. They also lead community nutrition education events, create multi-lingual resources, and train community nutritionists to care for NYC and beyond with our food is medicine approach. Browse our nutrition resources, read our nutrition blog posts, check out the delicious menus our RDNs develop with our Kitchen team, and follow us on social media for recipes, nutrition tips, and general advice from our RDNs.

At God's Love we counsel, nourish and educate. This year, our RDNs:

- Worked with people with over 200 diagnoses in multiple languages
- Provided nutritional counseling to 6,093 individuals
- Distributed 7.118 nutrition education materials
- Led 22 nutrition education workshops for 515 people

For our community, our RDNs have produced:

- 16 fact sheets in three languages (English, Spanish, and traditional Chinese)
- 16 nutrition booklets, 1,159 of which have been distributed to individuals and organizations here in NYC and outside of the City

Our RDNs are here for our clients and they're here for YOU, with nutrition education and information materials for all. Meet the team in our recent blog post celebrating American Heart Month.

See how our Nutrition Department Works:

RDN

Client

Continuously assesses the nutritional needs of clients, dependents and caregivers



Receives culturally competent nutrition counseling



Works hand in hand with culinary team to create culturally diverse, nutritionally balanced menus



Benefits from robust menu tailored to individual needs



Delicious meals safely delivered from our kitchen clients' homes



Writes and publishes nutrition education materials for clients and for global distribution



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Provides nutrition education to clients, caregivers and families



Conducts community workshops & teleconferences in multiple languages



Results

For the Client: Able to remain at home Well-nourished with fewer complication Increased nutrition knowledge Improved quality of life

For the Community: Improved community health - fewer hospitalizations and reduced health care costs **Enhanced cooking &** food skills **Increased nutrition** knowledge

Related Posts



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National Nutrition Month: Happy RDN Day!

God's Love celebrates our dedicated team of RDNs who make sure our clients get meals that are nutritious and delicious.



National Nutrition Month: Sustainability

God's Love Bilingual RDN Catherine Hibbitt talks about how food impacts our environment and how nutrition can be sustainable.



2.9.24 / Nutrition

National Heart Month: Strategies for Heart Health

This National Heart Month, our Registered Dietitian Nutritionists offer tips for your heart health