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5 Ways We Care for our Clients’ Nutrition

By Lisa Zullig, Director of Nutrition Services, MS, RDN, CSG, CDN

Happy National Nutrition Month! Nutrition is, naturally, our focus year-round, but we like to take this opportunity to celebrate a nation-wide focus on improving the health and well-being of our population. The Academy of Nutrition and Dietetics suggested 20 tips to “Eat right, bite by bite in 2020”. You can read all 20 here, but we’re highlighting the following five to demonstrate how we serve our clients with these particular goals in mind.

1. Always eat breakfast: Did you know that we send breakfast kits to all of the children of our clients on our program?
2. Make half your plate fruits and vegetables: All of our soups are vegetable-based, and all of our entrees come with a generous vegetable component. We’re committed to providing our clients with all of the nutrients that come from plant-forward foods in every meal.
3. Consult an RDN: As soon as our clients come onto our program, they have a consultation with an RDN. Our RDNs are also available to offer nutrition education throughout a client’s time on our program and adapt their meal plan based on their developing needs. Every six months, our clients have a reassessment with our RDNs, to ensure that their nutrition needs are being met every step of the way on their journey with God’s Love.
4. Follow food safety guidelines: While this is important for everyone, it is especially important for people living with chronic illness, like our clients. Our RDNs review safe food handling with each client verbally, and reinforce these conversations with written information in multiple languages.
5. Eat seafood twice a week: We’ve recently switched all of our fish dishes to wild-caught pollock and salmon, which is healthier for our clients and more sustainable for the earth. We’ve also just developed a new pescatarian menu!
How We Meet the Needs of Individuals Living with Severe Diabetes

At God’s Love We Deliver, all clients receive a complete medically tailored meal intervention that includes Medical Nutrition Therapy (MNT) and Medically Tailored Meals (MTM). Conducted by a Registered Dietitian Nutritionist,...

Behind the Scenes with our RDNs
Our team of RDNs works to improve the health and well-being of our clients with serious illnesses every day. Here's how they do it!

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