



3.6.20 / [Nutrition](#)

## 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!



4.6.21 / Nutrition

## **Our RDNs designed a Low-Sodium Homemade Spice Blend to Enhance Flavor**

Spice blends add flavor to many of your favorite foods, and are one of the easiest ways to customize recipes while giving your dishes a healthy boost. Instead of paying top dollar for spice mixtures, why not make your own?? M...



3.30.21 / Nutrition

## **RDN-made Chicken Meals from Around World: Samgyetang (Korean Ginseng Chicken Soup)**

This National Nutrition Month, we'll be featuring chicken meals designed by our Registered Dietitian Nutritionists from around our world to celebrate diversity, inclusion, and the importance of delicious healthy eating....



3.19.21 / Nutrition

## **RDN-made Chicken Meals from Around World: Chicken Milanese with garlic mashed potatoes and mixed salad (Milanesas de pollo con pure de papas y ensalada mixta)**

This National Nutrition Month, we'll be featuring chicken meals designed by our Registered Dietitian Nutritionists from around our world to celebrate diversity, inclusion, and the importance of delicious healthy eating....