



Nutrition Tips for Caregivers

Caregivers balance many daily activities including preparing and sharing meals. Keeping your loved one nutritionally healthy can enhance both quality of life and physical well-being, and it also can be a source of comfort and connection. Preparing healthy meals does not have to be complicated. This booklet provides information to guide nutritional choices, help manage concerns, and hopefully make caregiving a little easier.

Multiple copies are available to agencies or individuals. Please contact the Nutrition Services Department at nutrition@glwd.org or [212.294.8103](tel:212.294.8103) for further information.

