

Family Support Services for Nutrition Instructions

- **During the first Family Assessment, review and give the form to the parent when covering Nutrition Awareness.**
- Document this in the Nutrition Awareness comments. This is an opportunity for you and the family to create a goal. The family may want to decrease their pop consumption. They may want to become more physically active. Their goal may be to start making grocery lists and better plan for healthy meals.
- I will randomly monitor assessments to ensure that this information is being addressed.
- When you schedule a parent training for nutrition, request that the speaker covers one of the following nutrition topics: The Importance of Physical Activity, Healthy Eating and How to Select and Prepare Nutritious Foods on a Budget, and the Health Consequences of Sugar-Sweetened Beverages. If the speaker could cover all 3 in 10 minute increments, it would be a great opportunity for the parents to hear beneficial information.