

Nutrition Education Plan

For my fieldwork I have been working at Vectors. Vectors is a housing facility for veterans that have had a difficult time returning to society. Vectors is alcohol and drug free and in order to live at Vectors you basically have to be considered homeless. Living at vectors is supposed to be temporary, around one year in order for them to save up some money and begin living on their own, however the specific rules are not clear and some stay much longer.

After working at Vectors for several weeks I decided that one of the areas that the residents were lacking knowledge in was food safety. I saw many posters already up about the importance of different vitamins and a well balanced diet, so I thought something different would be good. From first hand experience I know that they are unaware of food safety and all the risks that go along with it. For example the cupboard was full of food that expired many years ago, their refrigerator had moldy fruits and vegetables, and their eggs were expired. I also noticed that they were thawing chicken by setting on the cupboard and when I arrived it was no longer cold. After all this I decided that food safety would be an important topic that they would benefit from learning more about.

The target group is older men around the ages 50-70. These men have expressed that they really like meat and they eat it every day so I believe that

should be my main area of focus. Most days they have a cook so I would like my nutrition education plan to also reach him. He lives at the facility yet has never come out to eat dinner when I am there cooking. They also are really into leftovers so I want to be able to talk to them about proper ways of re-heating and critical temperatures that need to be reached.

My goal is for them is to be interested in the information I present and want to change the way they currently do things. In order to do this I want to inform them how dangerous it can be and also easy alternatives to ensure they eat safe food. I also want to teach them how throwing stuff away when it gets moldy or expired can help keep microbes out of the refrigerator/kitchen.

My objective is to present to the residents an informative poster board that has information about food safety. One night when I am done cooking and they are all eating I will talk about it and have them give me their feedback. I also want to show them the four safe ways of defrosting meat. I will take a frozen piece of meat and go through the different ways that it can be defrosted and then cooked to the correct temperature. Another objective is to lead by example. I want to make sure that when I am cooking for them that I use proper technique, so that when they are watching me they see how easy it is.

The materials that I will need will be mostly items to create an easy to read, informative poster board. I also will need the information that I am going to put on the poster board, which I will get from my NFSC 431 lectures and servsafe material.

The way I plan to implement my nutrition education plan is to give them facts like the percentage of chicken that has salmonella on it. They usually are all pretty interested in talking to me so I don't think it will be hard to get their attention, plus I will do this during the time they are eating dinner so they are all present. One problem I am going to have is getting the cook to come out and participate and also making it casual enough that they don't think I am talking to them like they are less intelligent or don't know anything. In order to do this I am going to say things like; "not too many people know that..." or "I used to do this, but it's really easier this way...". Hopefully by doing this they will feel comfortable and not judged.

To evaluate I will mainly just be talking to the residents after my lesson and asking them if they liked anything I showed them, or if they have changed anything they were doing. I will also be able to see the kitchen each week and if anything has improved.

On the following page is a draft of the poster board I will make.