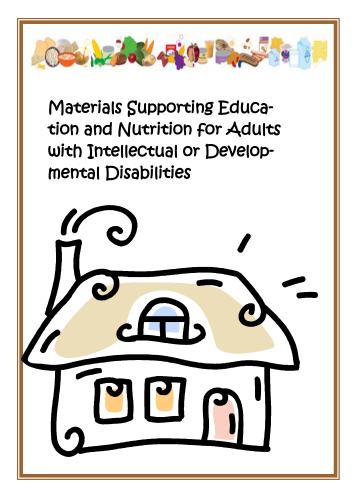


## Good Nutrition Ideas Nutrition Ideas Nutrition P.O. Box 2412 Missoula, MT 59812

## MENU-AIDDs means better nutrition in DD group homes



Nutrition plays an important role in supporting health and a higher quality of life for community-dwelling adults with intellectual or developmental disabilities.

## Nutrition-related health and wellness, such as maintaining a healthy weight or keeping blood sugar within normal range, can maximize an individual's independence in community life.

MENU-AIDDs is a unique nutrition program designed specifically for adults with IDD and the group home setting.

The MENU-AIDDs program has been shown to improve the food systems of group homes, leading to:

- Healthier foods planned and served
- Improved weight management consumers gained or lost weight as needed
- Better bowel health and habits
- No food cost increase
- High acceptance by staff and residents

## Two parts of MENU-AIDDs

- **1.** The MENU-AIDDs **materials** include a 180-page coordinated resource for menu planning, appropriate and tasty recipes, shopping assistance, and nutrition education for group home staff and residents.
- **2. In-person training** is a fun and valuable full-day, workshop format. The MENU-AIDDs content is taught and practiced at the training, where addressing trainees' real-world issues is key to the success of the program.

MENU-AIDDs is based on wellestablished nutrition recommendations and principles, like USDA's *Dietary Guidelines*. It is <u>not</u> a therapeutic diet. It is a system of policies, procedures, tools and practices that are taught to group home managers and direct care staff.

Visit our website for more information about MENU-AIDDs:

www.goodnutritionideas.com

