

Yearly Participant Nutrition Education Plan for Fiscal Year :  
Center:

	Topic	Date to be scheduled	Who will conduct the training
Quarter 1			
Quarter 2			
Quarter 3			
Quarter 4			

*s 7638.11. Nutrition Education Services for Participants.*

*(a) Nutrition education shall be provided a minimum of four (4) times per year to participants in congregate, **grab and go<sup>1</sup>**, and home-delivered meal programs. Nutrition education for congregate sites is defined as demonstrations, presentations, lectures or small group discussions, all of which may be augmented with printed materials. Printed material may be used as the sole nutrition education component for the **grab and go<sup>1</sup>** and home-delivered meal participants, as well as in conjunction with a congregate meal nutrition education presentation.*

*(b) A Registered Dietitian shall provide input, review, and approve the content of nutrition education prior to presentation.*

*(c) Nutrition education services shall be based on the particular need of congregate and home-delivered meal participants. An annual needs assessment (nutrition survey) shall be performed by the nutrition services provider to make this determination.*

*(d) A yearly written nutrition education plan shall be developed, implemented, monitored, and kept on file by the nutrition services provider as required in subsection 7636.7(c) above.*

E-mail completed plan with education and outlines to: [twhelen@smcgov.org](mailto:twhelen@smcgov.org) and your contract manager by June 15<sup>th</sup> for approval.

Preapproved materials for the trainings are found at <http://www.smchealth.org/older-adult-providers>

1-added grab and go for San Mateo County expectation Providers (not written into code yet as of 5/9/23)