

Community SEL 2.3 reflection

For competency 2.3, I completed 3 tasks at 3 different locations within meals on wheels of Will County. During the assessment and planning process I conducted a food waste study on 5/14/25 of the Bolingbrook location. After the study was completed, I did an audit of the findings to analyze the menu items with Age Guide requirement. I assessed the macronutrients to focus on the 1/3 RDA requirement for the population. Then after I audited the findings, I designed a replacement menu that would meet the requirements for this specific population. This menu encompassed the nutritional assessment created by an outside company when the clients were first admitted to meals on wheels. Using this data, I comprised a menu that would not only have their RDA needs in mind, but also the individuals need that would be able to serve the entire group. While it was not realistic to make a different menu for each client in the group, after reviewing all client's needs, I was able to create a menu that would be inclusive for all the clients and more importantly abide by the Age Guide regulation of 1/3 of the RDA.

The next task I completed was the intervention aspect of the nutrition care process. I had to implement meal deliverers for the fire victims of the Bolingbrook site that were hotel bound for an extended period of time. I had to create and adjust meal delivery schedules to ensure the clients had access to their meals. After the schedule was complete, I addressed their nutritional needs by having them fill out nutritional screening paperwork and working with them to complete as needed. Once this was completed, we sent the nutritional needs to the caterer to create a meal plan and schedule for all clients at the hotel. During the delivery process, I ensured I had meal alternatives for the clients to make sure they received meals that not only met their needs but also their nutritional needs of 1/3 of their daily RDAs. This was included because many of these clients are lactose intolerant but to ensure they still receive the proper nutrients we

had to make the proper substitutions to their menus. We also had to explain to them why this substitution was made and ensure they understood the changes and made sure they were part of the customization process to meet their needs.

The last task I had was among all the sites of will county and by taking all the meal data from the site managers. The site managers must track all meals delivered and missed every day and send their reports at the end of the week. I took this data and was task with trying to find how many meals are not being delivered and why. By taking this data and analyzing it, it would help meals on wheels not only reduce waste but also help mitigate putting the clients at risk for nutritional deficiencies. Once I analyzed the data, I proposed solutions fort both of these problems. Most of the problems was clients being in the system that no longer wanted the meals or no longer applicable for the program. I could not provide any information of why these clients were no longer in the program, but I could work with the clients who were still in the program but were not receiving meals. I had to develop a program that also followed the Age Guide regulation of the type of meals we could deliver but also give them the meals they needed throughout the week.