

Community SEL competency 6.3 reflection

I worked and completed this competency at the Bolingbrook site but on 3 different occasions. The food waste study I described before fulfilled this competency along with designing a new menu that align with the title II- C standards and my PowerPoint on microbes and illnesses that included my own research and Richard's feedback. All three of these tasks include an evidenced based research and content to ensure that the clients on meals on wheels were receiving safe and adequate food and services.

The food waste study was implemented to ensure I applied an evidenced based methods from the original Bolingbrook audit. After the audit, I incorporated the proper guidelines and statistical analysis to not only understand the data but generate solutions and sustainment's for the Bolingbrook site. While using all this new information I gained from both pre and post audit, I was able to create menu changes based on Age Guide standards and client feedback, but I need to illustrate that both are crucial for the menu. If we just follow the Age Guide requirements, the food and service would be within the standards but not informed by the clients and they would not enjoy both. This would be important not to fail the standards and mitigate any adverse events that could from this. However, without incorporating the clients, we would not fully understand their wants and needs, and this is why their input in my audit was so crucial. While I worked at many sites and talk to most of the clients, it came clear that meals on wheels follows this philosophy because they have made several vendor changes because the clients were not satisfied with the menu or the services. I was honored with being included within these changes and talking and listening to the clients and not only receiving their input but also getting to hear all their stories.

The next task was done separately from the food waste audit and the menu design, but I took what I learned from this and created a new menu program for the Bolingbrook site. For the food waste study, I created a menu for that meal and service but with this task, I compounded off this experience and created the entire menu for the month for meals on wheels. We found a discrepancy with the lactose free menu and not aligning with both Age guide and Title II- C standards along with other issues that were related to clients wants and needs. This site, however, is separate from the other sites because of their location. This location pays for 1/3rd of the vendor price because they use a separate vendor. This choice was made because the main vendor for meals on wheels did not meet the clients wants and they saw a decline in clients because of the menu options. However, the other sites cannot make this change because of Meals on Wheels' budget does not align with this change. So, this menu design was easier than if I did it at other locations because it had less budget constraint. The main issue I had to resolve was the lactose free option and making the proper substitution to ensure the clients still received 1/3rd of their RDA for

protein. I used an evidenced and client-based approach to resolve this issue by implementing more entrée or sides in the meals of lactose free clients. We also had to made major adjustments because the paperwork illustrated 1/3rd RDA for all macronutrients but after I reviewed the previous menu and did the calculations, they in fact didn't meet the RDA. I presented these findings to Richard but towards the end of my rotation, I am not aware of any changes or implementations that were made from this observation. They may have made the changes, but I ran out of time during my internship to follow up on my changes.

The last task which was also mentioned before was the microbes and illness PowerPoint I presented to Richard at first then the site managers. This was designed this way so I could present the original presentation to Richard with a more science forward approach, then let Richard give me feedback on how I could improve this and made the proper changes to ensure that it was designed so the site managers could understand the information. While making these changes, I also included a more audience centric presentation to not only make sure they understand the information but also keep their attention with activities. I did this because I was the 3rd person to present and I wanted to make the presentation interactive, fun and knowledgeable. While I did this presentation, I made sure to include the current research and evidenced informed practices but also let the site managers to ask questions when needed because this was crucial information for them to keep their clients safe. After the presentation, the CEO talked to me and told me that she would love for me to do more of these because she learned a lot but also had a lot of fun while learning.