

Food Service Nutrition Reflection

I chose to include the prerequisites reflections for my Food nutrition SEL, because it brings you along my journey of learning what I had to learn before doing my Food SEL with Meals on Wheels. I think looking back, if I would have just started my rotation, I would have been extremely lost with a lot of aspects because while these modules were online, they prepared me for almost all situations I encountered throughout my time at Meals on Wheels. I think if I had to choose my favorite module, I would choose the how to reduce sugar at breakfast because it directly transferred to some of the information I have to the clients. The most challenging aspect of these were finding the time to get every in depth with these modules because of the way I learn while also completing my actual course work for the class I was in at the time. Overall, I think most everyone at meals on Wheels including the clients, workers and volunteers were probably the most grateful for these because it allowed me to dedicate most of my time to them instead of trying to learn as I went during my SEL.