

# *What Others are Saying*

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*I have completed my review of ... **Food First! Enhancing the Nutritional Value of Meals with Fortified Food**. As you know, I was an early adopter of the Pioneer Dining Standards so this is a topic near and dear to my heart. ... Your program is exactly what is needed to impact a change in the practice... Your implementation materials provide the participant with all the necessary tools to bring this program to fruition in their community. It is inclusive and very thorough. I look forward to having it available in the long-term-care communities I work with.*

***Janice Raymond, MS, RDN, CSG**, Director of Clinical Nutrition Services,  
Thomas Cuisine, Co-Editor, Krause Nutrition 13<sup>th</sup> & 14<sup>th</sup> ed.*

*It was a pleasure to review your book, **Food First! Enhancing the Nutritional Value of Meals with Fortified Food**. The following are points of interest for this review:*

- *Thorough review of the population and need for the **Food First!** program*
- *Very informative with easy-to-use examples for implementing this program*
- *Wonderful tools to use for this program implementation and monitoring*
- *Easy to use recipes for any individual to use for this program implementation*

***Elaine Gower, MS, RD**, Dietitian Consultant*

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*“One cannot think well, love well, sleep well, if one has not dined well.”*  
Virginia Woolf, *A Room of One's Own*

# CHAPTER I

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## **COURSE OBJECTIVES**

Throughout this course the participants will meet the following learning objectives, and by the end of the session will be able to:

1. Define a **Food First!** program
2. List five goals of a **Food First!** program
3. List six steps to implement a **Food First!** program

### **Definition of the Food First! Program**

The **Food First!** program is a non-invasive nutrition program for weight loss prevention and pressure ulcer prevention and treatment that meets individual nutritional needs in small volumes. It is based on using real food that is fortified to increase calories and protein. It respects person directed care and personal preferences. Because of its versatility and ease of use it is appropriate for all stages of life and conditions that cause loss of appetite and decreased intake. Implementing this program helps decrease, or eliminates completely the indiscriminate use of commercial supplements, controlling or reducing the costs of expensive commercial nutritional supplements. By preventing or delaying the need for invasive interventions, quality of care and life are improved. Using real food that is well prepared provides comfort, and improves satisfaction with meals.

*“The only real stumbling block is fear of failure. In cooking you've got to have a what-the-hell attitude.”* Julia Child

## CHAPTER II

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### PLANNING

To ensure success of the **Food First!** in the healthcare settings program it is necessary to have an orderly and systematic implementation plan. Devoting sufficient time to the planning processes and obtaining accurate data will make the planning and implementation go smoother.

#### ***Critical Planning Steps***

Whenever projects of this scope are planned, it is important to develop a planning checklist and implementation timeline. This helps ensure that important steps are not missed and that implementation remains on target. The checklist should include these simple steps.

#### ***Scope of the Project and Budget Available***

1. The goals of the **Food First!** program are to:
  - Increase the caloric density of foods
  - Use real food instead of commercial products
2. List of deliverables:
  - Tasks
    - List of tasks required to complete the project
    - Establish responsibilities and assign positions

*“Training is everything. The peach was once a bitter almond; cauliflower is nothing but cabbage with a college education.” Mark Twain*

## CHAPTER III

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### IMPLEMENTATION

The redundancy of the thorough planning process is your best asset towards a flawless start-up. By completing the preliminary steps correctly and allowing sufficient time for planning before launching the new process, success is ensured. Conduct a final check for any loose ends that may lead to later difficulties. Review the implementation steps below for completion and check off every line of the project timeline to ensure no steps were forgotten. Review the work plan timeline chart, notes and checklists to ensure all systems are ready. If there were any weaknesses in the plan, verify they were corrected and obstacles have been removed. Now you're ready to implement the program. Let's review some of the steps for implementation. See Table III-18.

#### **Implementation Steps**

1. Plan development and implementation strategy
2. Develop timeline
3. Plan and provide education and training
4. Assign team members and responsibilities
5. Establish information flow
6. Develop and implement formal data gathering tools
7. Collect and analyze data
8. Review data and plan revisions and improvements

## *Resources and References*

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