

Nutrition for Nutrition!

Nutrition and Food Services | Parnassus

FY 2024 Cycle

Overview

The PFS department works hard to serve patients with nourishing and healing meals. The Nutrition for Nutrition program provided UCSF's Patient Food Service employees with nutrition education classes, grocery assistance, and engaging group discussions with Registered Dietitians. This program aimed to support food service workers with the power of nutrition, just as they do for UCSF's patients.

Data Snapshot

30 Participants
5 Volunteer Registered Dietitians
3 Nutrition classes
3 Discussion sessions

100% of survey participants answered "True" or "Very True" to the following statements:

- This program helped to improve my overall wellbeing.
- I found this program to be valuable and would recommend it to another co-worker.

Resources

<https://nutrition.ucsf.edu>



Project Details

The NFS Department at UCSF's Parnassus campus hosted a 6-part series aimed at enhancing the personal nutrition and wellness journey of food service employees. Over the span of 3 months, the series aimed to achieve the following goals: deepen nutritional knowledge, support effective grocery budgeting, and foster intrinsic motivation to prioritize healthy eating habits. Each month featured a class covering one of three topics: introduction to general & healthful nutrition, budgeting tips, and preventative nutrition. These classes were developed with consideration for the diverse backgrounds and cultural food preferences of the participants. Following each class, participants received \$75 grocery gift cards, empowering them to apply their newfound and/or refreshed knowledge towards themselves. Participants were encouraged to utilize these cards thoughtfully and engage in meaningful group discussions held 2 weeks after each class. Through this series, participants were challenged to create healthy choices that will hopefully make a lasting impact.

Participant Statements

"Nutrition for Nutrition helped me to be cautious in choosing nutritious foods when I do my grocery shopping. I learned a lot and I'm thankful that I signed up for this class".

"I also was glad to hear about how we should eat well for health inside rather than just dieting for the outside. I've been having this same conversation with myself lately, so it was supportive for me in my health goals".

"I learned a lot about self balance with my diet and budgeting myself when I go shopping for food...I think we should continue with this class if possible".

Project Challenges

UCSF sets itself apart from traditional hospitals by offering room-service styled meals, giving patients the flexibility to order any time between 7:00 AM and 8:00 PM instead of sending standard meals at set times. However, working around the schedules of our ongoing services set some challenges, making it difficult for all participants to attend classes/discussions simultaneously. Recognizing this obstacle while also considering individual limitations, we provided the option for participants to join via ZOOM or watch recordings. While this ensured access to the information, it unfortunately limited some participants' ability to ask questions and/or engage in meaningful conversation. Additionally, some technical difficulties arose, especially with 1 discussion session where we were unable to post the recording due to missing audio.

Lessons Learned

Throughout this series, we've been reminded of the vital role community plays and have learned plenty of valuable nutrition insights from sharing knowledge with each other. Even though members of the nutrition team are constantly immersed in food and focused on providing nutritious meals to patients, it is crucial for us as food service team members – and all other hospital staff, to pause and prioritize our own health and wellness. By taking care of our own wellbeing, we will be better equipped to care for our patients.