

Submission

Name/Title of Submitter:	Robert Scharmann/Frances Bucholtz
Facility/Organization Name:	John Knox Village of Florida, Inc.
Address:	651 SW 6th Street, Pompano Beach, FL 33064
Phone:	954-784-4798 Frances Bucholtz
FAX:	954-783-4043
E-mail:	fbucholtz@jkvfl.com
Date of Submission:	3/2/07
Title of Innovation:	Food for Thought...
Topic for Submission: (Please choose a topic from the list included in the attached submission guidelines which best describes the innovation you are submitting.)	Topic: Quality of Life
Audience: (Choose one or more, as appropriate.)	HUD Housing Communities <input checked="" type="checkbox"/> Retirement Communities (CCRC or fee for Service) <input checked="" type="checkbox"/> Assisted Living Facilities <input checked="" type="checkbox"/> Nursing Homes
<p>1. Description of Innovation: Please succinctly describe the innovative program or service, creative idea or best practice and the resulting benefits to your organization or the consumers you serve. Limit the narrative to three pages, excluding attachments such as forms.</p>	
<p>John Knox Village of Florida, Inc. has committed to providing comprehensive nutritional information on the food served in the Village thus allowing residents the information necessary to make smart food choices. Manuals have been created and are available in the Dining Room that provide a nutritional analysis of foods served for residents, staff and visitors.</p> <p>John Knox Village of Florida Inc. is committed to wellness in all areas of operation. Residents and employees participate in ongoing screenings, exercise and educational programs throughout the year where they meet friends, get fit and learn healthy living habits. Often these programs integrate information about wise food choices as related to wellness and illness prevention. Residents are also frequently advised by their physicians to modify their diets in many areas to promote wellness or in response to individual illness or clinical indicators.</p> <p>Although John Knox Village of Florida, Inc. has a progressive and innovative dining program that has made many changes due to their strong Wellness focus, it was felt that more could be done to give residents the information necessary to make wise food choices. The Village had made many changes such as replacing shortening has been replaced with Canola Oil and Olive Oil. A full-time registered</p>	

dietician is available for consultation to all Independent Living residents as well as those residing in Assisted Living and our Skilled Nursing Facility.

But as our residents became more “savvy” regarding their health and the relationship that diet plays in wellness, it was apparent that there was a need to provide more information regarding the food served on campus. Residents eat in the Dining Room frequently and needed some guidance in selecting appropriate items. In this way, residents would be able to make appropriate food choices for themselves not only at the grocery store by reading labels but in the Dining Room at the Village as well.

The issue was raised at the Food committee level, which has resident representation from all levels of care. This group meets with the Director of Dining Services, Dining Services Management and our full-time registered dietician on a monthly basis to discuss concerns and concepts related to Dining Services. It was determined that the Management team would research the availability of software capable of doing the job and the feasibility of providing Nutritional Analysis of foods served from a labor standpoint.

An appropriate software program was chosen at an affordable price. It is called Nutritionist Pro by Axxya Systems. It was determined that each week of a twelve week menu cycle would take approximately twenty hours to input into the system and retrieve the data created. Because staffing and budget are always a consideration, the residents and Management team agreed that the program would be initiated one week of the menu cycle at a time until all menu items were completed. Then only changes and new additions would need to be added. We have completed the eighth week of our twelve-week cycle and have placed the information in manuals dividing the foods into categories such as entrees, desserts, starches, vegetables, soups etc. Each section is then alphabetized.

Foods are listed in a large easy to read font and include nutritional information such as Serving Size, Calories, calories from fat, Total fat including saturated and transfats, cholesterol, sodium, Total carbohydrates, fibers and sugars, protein and vitamins. These Nutritional Analysis Manuals are kept at the front desk in the Dining Room so that someone is always available to assist the residents if necessary.

This has been found to be a wonderful adjunct to the many wellness focused dietary services already provided at the Village and by the Registered Dietician. Comment cards and reports from residents have shown that residents appreciate the efforts the Village has made to allow them to choose foods based on this information. Residents are now free to make choices based on appropriate information. Whether they choose wisely or not is up to them but we have definitely given them Food for Thought....

2. ***Budget:*** Provide information about the annual budget or total cost of your innovation (if a one-time expense) and the number of staff or volunteers used to implement it. If your innovation did not require a budget or staff, please indicate.

The cost of implementing this Nutritional Analysis program was far less than anticipated. The software program cost was \$600.00. Because labor costs must be considered, it was agreed that the program would be rolled out slowly so as not to increase labor costs. One staff person inputs items as time allows approximately 20 hours per week. Once the 12-week cycle is completed, only changes and additions will need to be added thereby decreasing the labor time to minimal or none.

