



MENU-AIDDS means better nutrition in DD group homes



Materials Supporting Education and Nutrition for Adults with Intellectual or Developmental Disabilities



Nutrition plays an important role in supporting health and a higher quality of life for community-dwelling adults with intellectual or developmental disabilities.

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Nutrition-related health and wellness, such as maintaining a healthy weight or keeping blood sugar within normal range, can maximize an individual's independence in community life.

MENU-AIDDs is a unique nutrition program designed specifically for adults with IDD and the group home setting.

The MENU-AIDDs program has been shown to improve the food systems of group homes, leading to:

- Healthier foods planned and served
- Improved weight management — consumers gained or lost weight as needed
- Better bowel health and habits
- No food cost increase
- High acceptance by staff and residents

Two parts of MENU-AIDDs

1. The MENU-AIDDs **materials** include a 180-page coordinated resource for menu planning, appropriate and tasty recipes, shopping assistance, and nutrition education for group home staff and residents.
2. **In-person training** is a fun and valuable full-day, workshop format. The MENU-AIDDs content is taught and practiced at the training, where addressing trainees' real-world issues is key to the success of the program.

MENU-AIDDs is based on well-established nutrition recommendations and principles, like USDA's *Dietary Guidelines*. It is not a therapeutic diet. It is a system of policies, procedures, tools and practices that are taught to group home managers and direct care staff.

Visit our website for more information about MENU-AIDDs:

www.goodnutritionideas.com

