


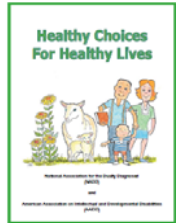





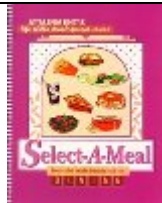




Nutrition Education and Food Skills for Individuals with Developmental Disabilities


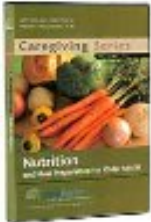

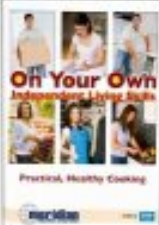
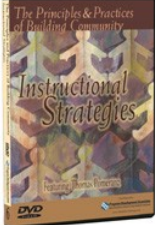
List of Relevant Resources

Prepared by Chwen Johnson, 2012
List available @ www.healthyeatingaddsup.com

Title	Description	Image	Link
Articles			
Providing Nutrition Services for People with Developmental Disabilities and Special Health Care Needs	The American Dietetic Association has published an updated position paper that addresses the nutrition aspects of health care for people with developmental disabilities and special health care needs. It emphasizes prevention, coordination of care, the increasing role of technology and the importance of services provided by Registered Dietitians and dietetic technicians. J Am Diet Assoc. 2010;110:296-307.		www.eatright.org/About/Content.aspx?id=8379
Primary Care of Adults with Developmental Disabilities – Canadian Consensus Guidelines	These guidelines synthesize general, physical, behavioural, and mental health issues of adults with DD that primary care providers should be aware of, and they present recommendations for screening and management based on current knowledge that practitioners can apply. Canadian Family Physician 2011; 57:541-53.	 	www.cfp.ca/content/57/5/541.abstract
Books			
Choices For Healthy Lives	This booklet shows people how and why they should make healthy choices.		www.aamr.org/ehi/media/HC_booklet/Healthy%20Choices.pdf



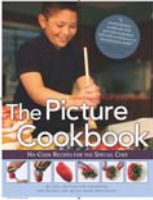


The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles	This handbook provides nutrition information for people with Down syndrome.		www.downsyndromenutrition.com/tools/books.html
Health Matters for People with Developmental Disabilities: Creating a Sustainable Health Promotion Program	This book is intended for providers of direct service to people with intellectual disabilities. It is about how to increase supports for health education, exercise and nutrition.		www.healthmattersprogram.org/products/
Look Cook Book: A Guide To Healthy Eating	This book covers basic nutrition and healthy in an easily accessible form and is based on the experience of a group of active people with disabilities.		www.bild.org.uk/pdfs/01news/look_cook.pdf
Curricula			
Healthy Eating Adds Up™	A nutrition education and food skills program curriculum for adults with developmental disabilities. The program contains two levels. Each level consists of 20 lessons; each with leader scripts, hands-on activities and participant workbook. The materials are highly visual.		www.healthyeatingaddsup.com 
Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities	This book explains healthy living. Most of the book is a curriculum useful in teaching people with disabilities about nutrition and exercise.		www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg2-cid63.htm
Health Advocacy Curriculum	The curriculum consists of 20 one-hour lessons, each with teacher scripts for discussions, and hands-on activities and student worksheets.		www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg2-cid63.html

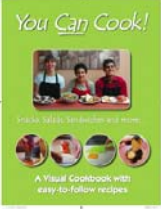

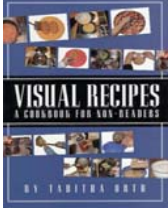






Living Well with a Disability, 4 th edition	The Living Well program was developed by the Research and Training Center on Disability in Rural Communities at the University of Montana and the RTC/IL at the University of Kansas. The living Well workshop includes 10 sessions to teach people with disabilities ways to live a healthy life.		www.livingandworkingwell.org/living_well_program/default.cfm
Select-A-Meal Curriculum	The curriculum covers dining at fast food or table service restaurants, school cafeteria or home.		www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg2-cid63.htm
Shopping Smart Curriculum	This guide features illustrated step-by-step sequences of grocery and department store shopping.		http://www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg3-cid63.html
Shopping Cards Package	The package includes shopping cards in vinyl pockets to answer prepared questions.		www.attainmentcompany.com/product.php?productid=16647&cat=0&page=1
DVDs			
Eat Right for a Long and Healthy Life	The DVD is designed for people with an intellectual disability. It includes nine lessons about eating healthy and staying healthy.		www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg1-cid63.html
Fruit Rainbow	The DVD is designed for people with an intellectual disability. It contains two parts about the importance and tips of eating more fruit.		www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg1-cid63.html

Look 'n Cook Package	The package includes three components: Cookbook, Lesson Plans and DVD Set.		www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg2-cid63.htm
Nutrition and Meal Preparation for Older Adults DVD	The DVD teaches important information about nutrition for older adults and presents skills and tools that enable care providers to develop enjoyable, healthy meals that suit the particular needs of each client.		www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg2-cid63.htm
On Your Own Shopping Smart DVD	The DVD shows viewers to read a recipe, measure out ingredients, prepare all sorts of meats and vegetables, package up and store leftovers, and clean up the kitchen so everything is sanitary and neat.		www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg2-cid63.htm
On Your Own: Practical, Healthy Cooking DVD	The DVD guides viewers smoothly through the process of planning balanced meals, making a shopping list, clipping coupons, and setting (and sticking to!) a budget.		www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg2-cid63.htm
Principles & Practices: Instructional Strategies DVD	The DVD focuses on the fundamental strategies of promoting independence and self-determination. The instructional strategies address: verbal prompting, training materials usage, physical queuing, physical prompting, backward chaining, graduated guidance, successive approximations, proximity control and environmental engineering.		www.disabilitytraining.com/product-info.php?Principles_Practices_Universal_Language_DVD-pid279.html

Recipe Books









<p>Color Coded Cookbook</p>	<p>The Color-Coded Cookbook is a cooking aid designed for use by children and adults with cognitive disabilities. This system includes recipes with color-coded measurements to match the included color-coded measuring cups and spoons. Designed to ensure cooking success, the recipes offer a visual measurement in a red, green, yellow or blue picture of a cup or spoon along with the traditional measurement amount.</p>		<p>www.abledata.com/abledata.cfm?pageid=19327&top=14583&deep=2&trail=22,11436,11456&ksectionid=0</p>
<p>Home Cooking Curriculum</p>	<p>The cookbook includes 37 healthy, easy-to-prepare conventional and microwave recipes, printed in color and black line. Cookbook pages are laminated for protection and displayed in an easel binder for easy viewing.</p>		<p>www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg2-cid63.html</p>
<p>Lifestyle Easy Cook Book</p>	<p>Large format spiral bound books with step-by-step recipes beautifully photographed in full colour with wipe-clean laminated pages. Recipes include microwave, vegetarian, soups, main meals, salads, vegetables and desserts.</p>		<p>www.easycookbook.org/</p>
<p>Look'n Cook Cookbook</p>	<p>The book features recipe illustrations that are clear, concise and easy to "read." Each picture step has accompanying text. A color-coding system makes it easy to follow measurement and temperature requirements. Cookbook has laminated pages and a wipe-clean vinyl easel binder.</p>		<p>www.attainmentcompany.com/product.php?productid=16536&cat=0&page=1</p>
<p>Let's Cook! Healthy Meals for Independent Living</p>	<p>This cookbook is easy to use. It has pictures of the food used in each recipe, step-by-step instructions, and a lot of information about healthy eating.</p>		<p>www.amazon.com/Lets-Healthy-Meals-Independent-Living/dp/1891011081</p>

<p>Look 'n Cook Microwave Package</p>	<p>The Cookbook has 68 updated, easy-to-make microwave recipes that combine packaged and from-scratch foods. Recipes are illustrated step by step, so even nonreaders can become successful cooks.</p>		<p>www.disabilitytraining.com/product-list.php?Nutrition_and_Fitness-pg2-cid63.htm</p>
<p>Overcoming Obstacles to Nutrition</p>	<p>The book incorporates healthy, tasty, convenience recipes that can be followed by anyone learning to cook, particularly children and adults with limited reading skills. Recipes use pictures to indicate specific ingredients so that little or no reading is required. The measuring cups, spoons, and stove & oven dials are color coded for added ease and safety.</p>		<p>www.lakemaryctr.org/cooking_story.html</p>
<p>The Picture Cookbook</p>	<p>The book introduces recipes to young children and individuals with special needs using photos instead of words.</p>		<p>www.PictureCookbook.com</p>
<p>Shop Smart Program</p>	<p>The Shopping Smart Program, model SC-21Q, an independent living skills tutorial designed to enable and teach basic shopping skills to people who have cognitive, reading, or communication disabilities. The program is comprised of the shopping card set (see separate entry), curriculum (model SC-02Q, \$79), Shopping Smart Videos and video guide (model SC-03Q, \$89), and a display book.</p>		<p>http://www.abledata.com/abledata.cfm?pageid=113583&top=0&productid=92500&trail=0</p>
<p>Together We Cook 'N' Learn</p>	<p>The cookbook uses step by step instructions and colour photos that allows students to learn literacy, numberacy and other curriculum skills by cooking.</p>		<p>www.spectronicsinoz.com/product/together-we-cook-n-learn-book-1</p>

You Can Cook!	A visual cookbook with easy-to-follow recipes.		www.nsdrc.org 
Visual Recipes: A cookbook for Non-Readers	The cookbook contains step by step visual recipes to help young people with autism and intellectual disabilities prepare simple meals.		www.amazon.ca/Visual-Recipes-Non-Readers-Tabitha-Orth/dp/1931282900
Tools			
AbleData	Your source for assistive technology information.	 AbleData	www.abledata.com
Attainment Company	Special needs educational resources, autism, augmentative communication, Go Talk, assistive technology, life and work Skills.		www.attainmentcompany.com/home.php
Spectrum Nasco Nutrition	Offers educational teaching aids & supplies in Newmarket Ontario.		www.spectrumed.com 
Teach Nutrition	Offer useful tools e.g. food picture cards		www.teachnutrition.org 

Websites - Nutrition

<p>Dietitians of Canada</p>	<p>This award winning website is filled with interactive tools, tips and fact sheets for healthy eating. The Nutrition Profile, Eatracker, Virtual Kitchen and Nutrition Challenge areas are fun and easy to use</p>	 <p style="text-align: center;"><i>Dietitians of Canada</i> Les diététistes du Canada</p>	<p>www.dietitians.ca</p> 
<p>EatRight Ontario</p>	<p>EatRight Ontario is your first stop for trusted information and advice on nutrition and healthy eating. Call 1-877-510-5102 to speak to a Registered Dietitian.</p>		<p>www.eatrightontario.ca</p> 
<p>Health Canada – Food and Nutrition</p>	<p>This is the food and nutrition section of the Health Canada website. The site includes information about nutrition, healthy eating, nutrition labelling, food consumption and nutrient intake. Unique features include Canada’s Food Guide, interactive nutrition labelling activities and food and nutrition related stories.</p>		<p>www.hc-sc.gc.ca/fn-an/index-eng.php</p> 
<p>Montana Disability and Health Program</p>	<p>The Montana Disability and Health Program works to assess, monitor, improve and maintain the health of Montanans with disabilities through a strategic program that reduces secondary conditions by enhancing individuals' capacity to manage their own health and by developing supportive community environments.</p>		<p>http://mtdh.ruralinstitute.umt.edu/Publications/StandardsStaff.htm</p>
<p>National Association of Deans and Directors of Schools of Social Work (NADD)</p>	<p>The NADD is the leading North American expert in providing professionals, educators, policy makers, and families with education, training, and information on mental health issues relating to persons with intellectual or developmental disabilities.</p>		<p>www.thenadd.org/</p>

The National Center on Physical Activities and Disability (NCPAD)	The NCPAD is an information center concerned with physical activity and disability. NCPAD encourages persons with disabilities to participate in regular physical activity to promote healthy lifestyles and prevent secondary conditions.		www.ncpad.org/nutrition/fact_sheet.php?sheet=332
Ontario Partnership on Aging and Developmental Disabilities (OPADD)	The OPADD website has been developed as a resource for caregivers, planners, policy makers, academics and researchers with an interest in aging and developmental disabilities. The site provides information about the partnership and it's activities including the initiatives taking place within each of the eight OPADD regions.		www.opadd.on.ca/News/pubresources.htm 
Surrey Place Centre	Surrey Place Centre shares the knowledge and expertise of its staff to benefit students, clients and the community.		www.surreyplace.on.ca/Pages/Home.aspx 
Websites – Food Safety			
Canadian Partnership for Consumer Food Safety Education	A national association of public and private organizations committed to educating Canadians about food safety in the home.		www.canfightbac.org/en/ 
Canadian Food Inspection Agency	Canada's federal food safety, animal health and plant protection enforcement agency. Site provides information for consumers and professionals on food safety (including biotechnology), food labelling and other topics		www.inspection.gc.ca/food/consumer-centre/eng/1299093858143/1303766424564 