

MEMORANDUM

Senior Nutrition Services

Date: April 27, 2005

To: All Home Delivered Meal Clients

From: Amanda Borgett, R.D.

Subject: Nutrition Topic Survey

Senior Nutrition Services provides nutrition education on the back of each monthly menu. To meet the needs of the seniors who are participating in the program, SNS would like your suggestions of nutrition topics to cover.

Please place an x on the four (4) topics you would be most interested in.

1. Low sodium diet _____
2. Vitamin and Mineral Supplements _____
3. Nutrition and Skin Health _____
4. How to get more fiber in your diet _____
5. Heart smart diet _____
6. DASH diet to lower blood pressure _____
7. Cancer prevention _____
8. Memory Enhancing Diets _____
9. Information on food labeling _____
10. Diabetes information _____

Please return your completed survey to your driver by Friday, May 6.