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.