



## Eat Well, Live Well

*A health initiative to benefit individuals with disabilities supported by Homeward Bound*

### Who We Are

Homeward Bound is a 501©3 nonprofit organization that provides 24 hour support in 22 west metro residential homes for individuals with developmental disabilities. We currently serve 91 residents. In 8 of our 22 homes, we serve clients with high medical needs and provide 24 hour nursing. Our mission is to provide innovative and life-enriching services to those we serve. We provide support that values the competence, strengths and desires of each individual. Each person served is encouraged and empowered to develop skills and capabilities needed to increase self-reliance and enhance quality of life.

At HBI, we ask ourselves every day, how we can better support people with varied abilities to get the most out of their lives. How can we assist them in moving ahead; how we can challenge ourselves as staff to be creative and innovative in our services.

HBI is actively taking a look at our menus and nutrition offered to those we serve, and we realized we need to make some changes! Spearheading this is our Director of Nursing Lisa Fredrickson and implementing is our Director of Program & Operations Kristi Nordland.

We are kicking off an exciting new initiative called "Eat Well Live Well at HBI". The first step was eliminating all canned and pre-packaged meals from our homes. Standardized menus and shopping lists will aim to keep meals healthy for those we serve. The second step was to encourage family style dining at all of our homes; inviting staff to eat with the individuals. The current third step is having our current menus rewritten to include meal plans suitable for diabetes, high blood pressure, and immobility. Some of the individuals we support have weight issues, due to being in wheelchairs and metabolism challenges. We are partnering with Launch My Health. We are also incorporating seasonal menus that include both cultural and family traditional recipes. We are inviting staff and families to submit their favorite recipes to be included in the menu selection.

This is a very exciting time for us here at Homeward Bound, and we hope you will join us on this journey! We have a launch event coming up on February 21, 2025. The proceeds from our first ever Chili Cook Off event will support our Eat Well, Live Well initiative. Please see the following pages for sponsorship opportunities.

Thank you in advance for your kind consideration of sponsoring this exciting new initiative and FUN event for the entire family!

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