



HOMEWARD BOUND, INC

EAT WELL-LIVE WELL

INITIATIVE

At Homeward Bound, Inc., 2025 plans are taking shape with a fresh focus on health, wellness, recreation, and connection.

HBI is working to continue breaking down barriers and foster a supportive, engaging environment for individuals with disabilities. We are committed to providing innovative and life-enriching services to our residents living in 22 homes across 10 metro area communities. Integrating connections to community that help make that mission possible. HBI's Eat Well-Live Well (EW-LW) initiative integrates community connections that support our mission of empowering healthier lives

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 Fredericksen and implementing is our Director of Program & Operations, Kristi Nordland.



Lisa Fredericksen
Director of Nursing
lfredericksen@hbimn.org



Kristi Nordland
Director of Program & Operations
knordland@hbimn.org

THROUGH EAT WELL-LIVE WELL, WE WILL EMPOWER HEALTH AND WELLNESS FOR RESIDENTS BY PROVIDING THE KNOWLEDGE, TOOLS, AND MEALS THAT BOOST HEALTH AND WELLNESS BY LIVING AN EAT WELL-LIVE WELL LIFESTYLE.

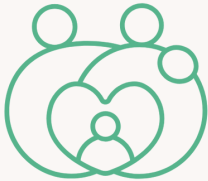
2025 EW - LW INITIATIVES



Dietician-Led Menu Review and Update: We are working with a dietician to conduct a full review and update of our house menus to ensure that our meals are not only nutritious, but also aligned with the specific dietary needs of our residents. This review will allow us to provide meals that support both physical and mental health, reflecting the latest findings in nutritional science.



Food as Medicine: A key aspect of Eat Well-Live Well will be the emphasis on "food as medicine." We will be training staff on the powerful role food can play in healing, preventing illness, and enhancing well-being for residents. By understanding the therapeutic value of food, we can better support our residents' health and create meals that truly nourish their bodies and minds. We will record the qualities and types of foods eaten in the resident record and monitor the health benefits derived.



Family-Style Dining: At HBI, we will bring residents together for meal time and invite staff to eat alongside them using the formality of family-style dining. This will enhance the feeling of home we provide for the individuals we serve.



The HBI cookbook: A compilation of easy-to-make, nutritious recipes, the HBI cookbook will be a great resource for staff and residents alike. It will showcase meals that cater to dietary preferences and nutritional needs, encourage creativity in the kitchen, and draw favorite recipes within our community.



The HBI Herb Garden: A hands-on project where residents will have the opportunity to grow their own herbs. This not only supports a healthy diet, but also provides a sense of accomplishment and connection to the food they prepare and consume. This initiative will also connect us with movement and recreation and attract the collaboration of community volunteers; sharing the joy and benefits that visiting a garden can bring for both residents and staff.



Cooking Education: Food preparation, procurement, cultivation, and integration through planning and education will help staff incorporate the link between food knowledge and food preparation.