

Nutrition Services Menu

Power your population with research-based nutrition education provided by our Registered Dietitian Nutritionists (RDN). Our talented team of RDNs provide innovative nutrition programming, incorporating nutrition coaching and interactive group discussion.



GOOD MEASURE MEALS NUTRITION EDUCATION

VIRTUAL AND IN PERSON OFFERINGS AVAILABLE.



NUTRITION PRESENTATION	\$250	One hour group presentation of a nutrition topic with handouts and other resources provided. Topics can be bundled together to create a wellness series.
NUTRITION PRESENTATION WITH A FOOD DEMONSTRATION	\$350	One hour group presentation of a nutrition topic and healthy cooking demonstration. Samples provided for demonstrations that are done in person. Handout with recipe included. Topics can be bundled together to create a wellness series.
PRODUCE PRESCRIPTION	Varies	This program has shown to improve health outcomes for patients dealing with food insecurity when providers write a prescription for fruits and vegetables. Can be offered for 3 or 6 months with produce boxes delivered weekly. Cooking Matters program kicks off the program in the first 6 weeks.
INDIVIDUALIZED NUTRITION COACHING**	\$100 INITIAL \$65 FOLLOW UP	Comprehensive Medical Nutrition Therapy (MNT) for management or prevention of chronic diseases. Includes individualized food and lifestyle assessment, food recall review and analysis, and goal setting. Nutrition risk follow up and check-in on goals.
DIABETES or CHRONIC DISEASE SELF- MANAGEMENT WORKSHOPS**	\$1200	Six week evidence based program to help patients manage their diabetes or chronic disease. Topics include decision making, problem solving, action planning, medication management, healthy eating, physical activity, stress management, and more.
COOKING MATTERS**	\$1200	Six week evidence based nutrition and cooking education series. Topics include creating a healthy food budget, incorporating fruits and vegetables, reading labels, creating balanced meals, and more. The group prepares a healthy meal during each class.
GRITS Virtual Nutrition Education	\$2400	Georgians Receiving Insightful Telenutrition Seminars, or GRITS, is a year long program which includes monthly virtual nutrition education covering a variety of topics from our RDNs. Geared towards older adults but can be modified for any population.

**NATIONALLY RECOGNIZED EVIDENCED BASED PROGRAM

