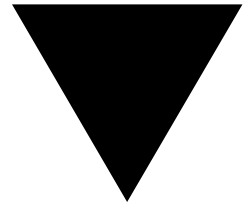


The Nutrition Plan: Attitudes and Activities

Attitudes and Activities



Attitude: There is no substitute for a thorough written plan.

Possible Group Activities:

Group Activity: Conduct a mock debate or brainstorming session about the pros and cons of writing plans.

Success Story Panel: Ask participants to share success stories about how they used a nutrition plan to raise money, justify a new program, etc. (A list of nutrition plan uses can be found on page 25 of *Moving to the Future: Developing Community-Based Nutrition Services*.)

Attitude: A complete assessment should be conducted prior to planning an intervention.

Possible Group Activities:

Small Group Activity: Divide the group into two teams. Provide Team I with actual community assessment data and ask them to plan an intervention. Ask Team II to plan an intervention without providing them with the community assessment data. Afterward, have representatives from each of the teams report results back to the larger group. After reports from both teams have been presented, invite the whole group to discuss the results.

Role Play: Have three participants play the roles of two nutritionists and a supervisor. One nutritionist has community assessment data, goals and objectives, and an intervention plan that will cost \$150,000 to implement. The other nutritionist has an intervention to implement that also costs \$150,000, but has no assessment data. The two nutritionists go to the supervisor (or board) to request funding for their interventions. Facilitators can either prepare the report/request for each nutritionist or let the small groups prepare their own.

Attitude: Planning for monitoring and evaluation ensures that ample time and resources will be dedicated to this step.

Possible Group Activities:

Brainstorming Activity: Lead the group through a brainstorming session where participants identify — based on their own experiences — why monitoring and evaluation activities are often neglected. Then, lead the group through a discussion about how planning and scheduling these activities in advance can ensure that they receive the time and attention they require.