



NVW knows the importance of having a balanced menu for a healthy body and mind. We believe proper nutrition not only has a positive effect on a client's health but also on behavior. Clients are provided plenty of whole grains and a variety of protein sources, and limited amounts of refined sugars or processed foods. Fresh fruit and vegetables are also brought in weekly to ensure that nutrient needs are being met. Clients are taught how to plan and prepare meals for the entire group.

NVW strives to follow the current USDA Dietary Guidelines: "... consuming fewer calories, making informed choices and being physically active to attain and maintain a healthy weight, reduce risk of chronic disease, and promote overall health". NVW promotes a healthy diet low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars. It emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk, milk products, and including lean meats: poultry, fish, beans, eggs, and nuts.

How we achieve our nutritional goal.

NVW offer clients a balanced menu including fresh vegetable from NVW's own garden as well as wild edibles such as wild leeks, raspberries, strawberries and blueberries when available. Not only are the clients helping to grow vegetables in the garden, but also get to go on fishing expeditions and bring back fresh fish. In addition to the wild edibles and homegrown vegetables NVW provides a variety of foods to meet the client's nutritional needs.

The clients are encouraged to be creative in planning and cooking their meals by coming up with different creations using the ingredients provided. The staff is guiding them to meet their nutritional and dietary needs according to the USDA recommendations based on the clients' age group and physical activity level.

NVW Menu items provided: *Ingredients are interchangeable between meals.*

Breakfast: hash brown, eggs, oatmeal, Granola, Grits, cream of wheat, chocolate chips, brown sugar, bagels and cream cheese (winter)

Lunch: Tortillas, peanut butter, jelly, summer sausage, beef jerky (winter), cheese, tuna, bologna and condiments

Dinner: Elbow macaroni, spaghetti, organic beans and rice, mashed potatoes, stuffing, vegetables (fresh, dried, frozen- winter), canned chicken, pepperoni, lunch meat, bacon bits, cheese, butter, fish, frozen ground beef (winter), tomato paste, alfredo sauce, marinara sauce, cheese sauce, tomato sauce, spice kits, vegetable oil, bread baking mix

Snack: granola bars, GORP (raisins & peanuts), pretzels, crackers, cheese sticks, fruit (apples and oranges), canned fruits (pineapple, fruit salad)

Drinks: Vitamin C and A beverage mix, powdered milk, (winter: hot coco, hot cider)

(whey protein plus drinks and Gatorade are available to clients)