



Month

MARCH 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 BHH WORK GROUP 12:30pm-3:00pm Writing Tx Plans	21
22 World Water Day	23	24 National Agriculture Day	25	26	27	28
29	30	31				

CONNECTICUT BEHAVIORAL HEALTH HOMES

“National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits”

www.eatrightpro.org

Community Resources

[USDA National Hunger Hotline](#)
[Why Hunger](#)
[Feed America: Find a Local Food Bank](#)
[Meals on Wheels America](#)

Online Resources

[Food and Health Free Resources](#)
[Dietary Guidelines for Americans](#)
[Eatfresh.org recipes](#)
[Food Education for People with Severe Psychiatric Disabilities](#)
[USDA ChooseMyPlate Resources \(English & Spanish\)](#)

Toolkits

[MyPlate Toolkits](#)
[Increasing Access to Healthy Foods](#)
[Grab and Go Packet: How to Spread the Nutrition word](#)
[EatRight: Nutrition Month Toolkit](#)
[Adult BMI Calculator](#)

BHH Services

Comprehensive Care Management — For clients interested in a healthier diet, assess needs and include eating healthy in their treatment plan.

Care Coordination— Monitor client’s progress in maintaining a health diet. Help client schedule and attend appointments with dietitians, nutritionists and/or other healthy eating support services.

Health Promotion— Educate clients about nutrition and healthy foods. Discuss benefits of eating healthy and encourage clients to seek help if they would like to change their diet. Share with them the available resources.

Comprehensive Transitional Care — If a client is hospitalized because of complications related to a condition impacted by nutrition, ensure client has appropriate healthy eating services/supports after discharge.

Patient and Family Support— Invite family support to attend information sessions . Discuss client’s nutritional goals and plans with supports and ensure availability of self–management tools.

Referral to Community Support Services— Find support groups or events that will encourage clients to maintain a healthy lifestyle.

