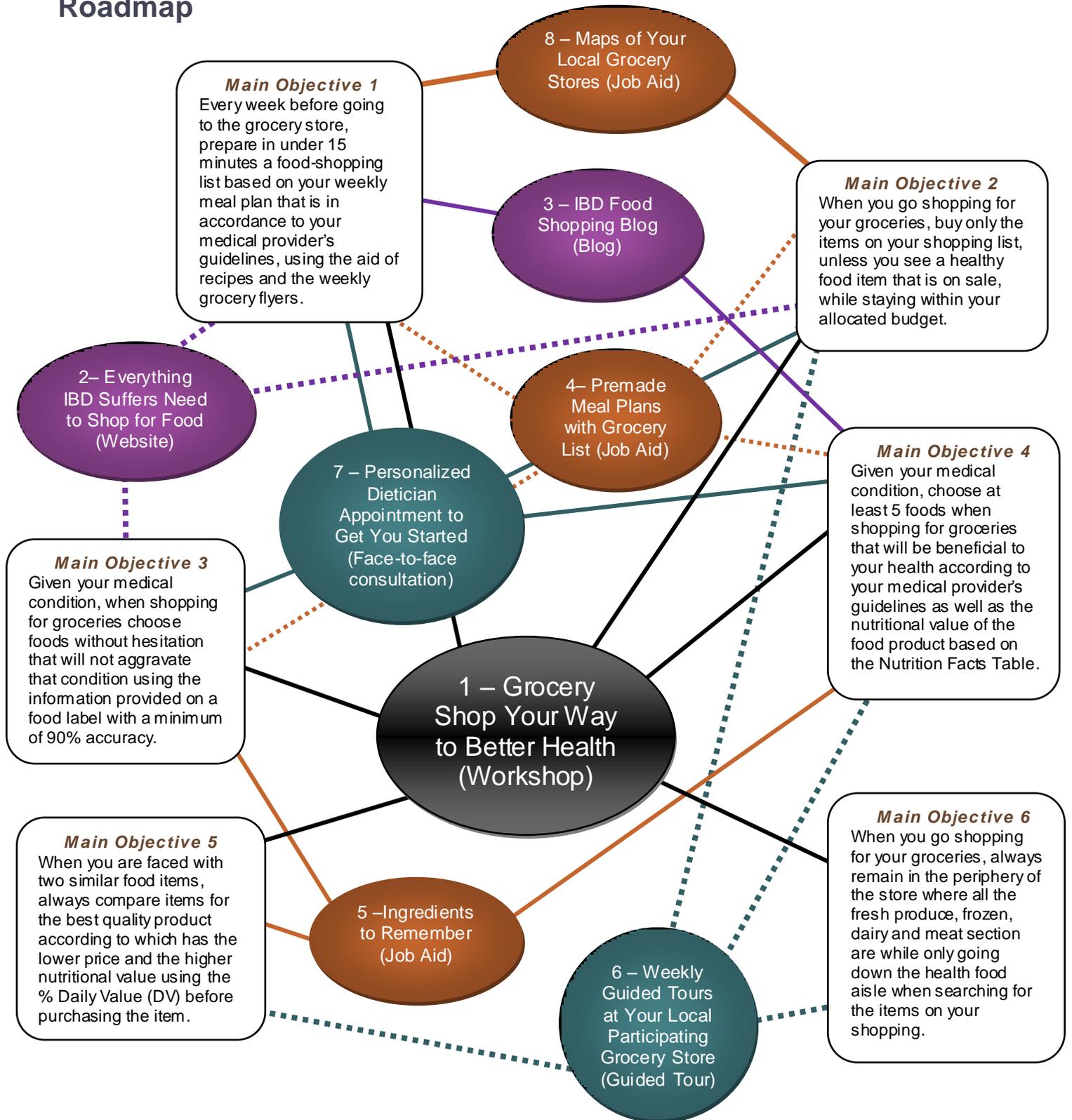


High Level Design: Grocery Shop Your Way to Better Health Performance Improvement Campaign Roadmap



Interventions Selected for Campaign

Intervention 1 – Grocery Shop Your Way to Better Health (Workshop)

Description

This intervention is a two day workshop consisting of four major sections on how to shop for groceries that will better your health and will not aggravate the Inflammatory Bowel Disease (IBD). The first section will consist of how to read food labels, the second section on Nutrients and their health benefits, the third section on how to make a meal plan and grocery list, and the fourth section on tips and guidelines to shop for food. This intervention addresses skills and knowledge at the individual level of all phases of performance.

Format of the intervention

Performance Objective(s) addressed

This intervention will address the following 6 main objectives and the competencies addressed below.

Main Objective 1

- Every week before going to the grocery store, prepare in under 15 minutes a food-shopping list based on your weekly meal plan that is in accordance to your medical provider's guidelines, using the aid of recipes and the weekly grocery flyers.

Competencies

- Be able to breakdown a recipe into ingredients for a shopping list.
- Be able to organize information of what you do have and what you need into short and clear lists.

Main Objective 2

- When you go shopping for your groceries, buy only the items on your shopping list while staying within your allocated budget.

Main Objective 3

- Given your medical condition, when shopping for groceries choose foods without hesitation that will not aggravate that condition using the information provided on a food label with a minimum of 90% accuracy.

Main Objective 4

- Given your medical condition, choose at least 5 foods when shopping for groceries that will be beneficial to your health according to your medical provider's guidelines as well as the nutritional value of the food product based on the Nutrition Facts Table.

Competencies

- Be able to identify the 13 nutrients listed on a Nutrition Facts Table.

- Be able to assess a food label for its health properties.
- Be able to identify the different food products that are considered healthy according to your health care provider.
- Be able to maneuver quickly through a grocery store for your healthy food items.

Main Objective 5

→ When you are faced with two similar food items, always compare items for the best quality product according to which has the lower price and the higher nutritional value using the % Daily Value (DV) before purchasing the item.

Competencies

- Be able to compare two similar food products using the information provided on a food label.
- Be able to compare two similar food products using the price and your budget as a guideline.
- Be able to distinguish what is a healthy product.
- Be able to identify what is a low or high % Daily Value.

Main Objective 6

→ When you go shopping for your groceries, always remain in the periphery of the store where all the fresh produce, frozen, dairy and meat section are while only going down the health food aisle when searching for the items on your shopping.

Conventions

Reason for this intervention

This learning intervention is essential in providing the basic skills needed to read food labels, to breakdown recipes into grocery lists, to learn how to choose and compare foods as well as to learn the basic foods to avoid, limit or increase.

Type of information available

- Information on how to read and identify information on a food label
- Information on how to decipher a Nutrition Facts table
- Information on how to compare two similar foods using the Nutrition Facts Table
- Information on how to choose foods that will not aggravate or harm your given medical condition
- Information on how to breakdown a recipe into an ingredient or shopping list
- Information on how to prepare a meal plan that will benefit your health
- Information on the different kinds of nutrients and their benefits
- Information on the best way to shop in a grocery store

Structure or format of the information

This workshop is conducted over two days from 9:00 am to 5:00 pm with each unit consisting of 30 minutes. There will be three units taught straight, with a 15 minute break after 90 minutes. The first day will discuss nutrients and their health benefits as well as how to use a nutrition label to choose healthy foods. The second day will cover how to make a meal plan as well as some useful tips on how to best shop for your groceries.

Writing Style

The written material provided to the learners will be in simple and clear English and easily understood by an 8th grader. The instructions will be provided in the imperative form. The PowerPoint slides will mostly be in point form with a few short sentences. The lecture will be spoken in a friendly tone while providing adequate use of technical vocabulary related to the material.

Expectations that learners have

- The learners will expect to obtain the basic information needed to be able to shop for groceries in a healthy way
- They expect to be able to read and analyze a food label for all its different components
- They expect to be able to have the skills to make a meal plan and prepare an ingredient list
- They expect to be able to have tips and guidelines to reduce the time spent shopping for food
- They expect to learn what nutrients are healthy and unhealthy
- They expect that the environment be friendly and conducive to learning
- They expect there to be healthy snacks during the workshop
- They expect that the instructor be knowledgeable about the topic

Communication Medium

This will be a face-to-face workshop lecture format with PowerPoint slides and several mastery activities. There will also be print-outs and a learner's booklet to complete the exercises.

Reason for medium

This is a great learning intervention that will enable for face-to-face learning in an intimate environment where learners can obtain instant feedback to their queries. The workshop method was chosen as the subject is informal and it does not require an extended period of time to learn the information.

Advantages of the medium

- You can meet other people that share the same condition as you, therefore creating a bond
- You can have instant feedback with the learners and instructors
- It is more cost effective than having an e-learning program
- You can get hands on experience
- You can practice your skills with the guidance of an instructor

- You can obtain first hand demonstrations from the instructor
- You can obtain instant clarifications on any misunderstandings

Limitations of the medium

- It can be difficult to coordinate people to be at the same place and time
- It can cost money to provide learners with food during the workshop
- It can be difficult to find a location for the workshop
- It can be difficult for people to take time off on the weekend to come to the workshop
- It can be difficult for some people to travel to the workshop
- It is possible to have technical difficulties with the PowerPoint presentations
- As the workshops are daylong events, people may feel tired or restless by the end of the day and this may hinder learning

Intervention 2– Everything IBD Suffers Need to Shop for Food Website Description

Performers can get very frustrated and waste a lot of time searching the internet for specialized resources and information regarding their condition and shopping for food. This website will provide those suffering from Inflammatory Bowel Disease (IBD) a centralized location where they can find all kinds of information regarding shopping for groceries from templates, to ready-made meals plans, to maps, to information videos, learning activities, and FAQ. This website is the hub of information that will address skills and knowledge as well as resources and can be utilized by all phases of the individual performers.

Format of the intervention

Performance Objective(s) addressed

This intervention will address mainly the three following performance objectives addressed in the needs analysis.

Main Objective 1

- Every week before going to the grocery store, prepare in under 15 minutes a food-shopping list based on your weekly meal plan that is in accordance to your medical provider's guidelines, using the aid of recipes and the weekly grocery flyers.

Main Objective 2

- When you go shopping for your groceries, buy only the items on your shopping list while staying within your allocated budget.

Main Objective 3

- Given your medical condition, when shopping for groceries choose foods without hesitation that will not aggravate that condition using the information provided on a food label with a minimum of 90% accuracy.

Conventions

Reason for this intervention

It can be hard to filter through all the information out there in print and internet form to find resources that will help make it easier on you to shop for groceries when dealing with IBD. Having a site such as this one will provide a one stop access point for IBD shoppers.

Type of information available

- Fillable Templates
 - Meal plans (Daily, Weekly)
 - Ingredient lists by store layout
 - Eating habit diary
- Ready-made meal plans with ingredient lists
- PDF and Word printable job aids
 - Maps of the nearest grocery and health food
 - Grocery Store layout maps
 - Allergy alternative ingredient lists
- How to Video Instructions on how to read food labels, how to compare foods, how to shop around a grocery store, and other such videos
- Virtual grocery store activities
- FAQ section

Structure or format of the information

The website will have a homepage with several tabs and menus to easily guide the viewer to their desired destination on the website. The main tabs will always be there on every page so that the viewers can go back and forth easily without having to always press the back button. A site map will also be provided for quick access. The site will be structured according to topic and type of information, for example templates, ready-made-meals, and other such types. There will also be a section of printable PDF and Words documents that can be easily downloaded and printed on normal 8 ½ x 11 paper.

Writing Style

The writing style will be clear and simple to read with a personalized tone that encourages viewers to explore the site. The site may also have a lot of technical terms related food labels, ingredients, allergies, and IBD.

Expectations that learners have

- The learners will expect the website be easy to navigate
- They expect the PDF and Word documents to download smoothly without error messages
- They expect that the documents be compatible with their software.
- They expect that the information provided be accurate and trustworthy and that it will not cause them any harm
- They expect to find all the information they need without having to check other websites

Communication Medium

The website will be online through the World Wide Web with some printable PDF and Word document job aids.

Reason for medium

With the internet being prevalent and the demographic of IBD suffers ranging from 15 to around 40 years old, it is assumed most will have access to the internet whether at home, school or work and will be able to access it at their leisure.

Advantages of the medium

- It is less cumbersome than having a book
- It is cost effective
- It can be accessed from any computer, smart phone or tablet device that has internet connection
- You can store a lot of information for a variety of uses
- You can have downloadable templates and job aids
- You can have interactive activities
- You can include video and audio components to the website
- You can update the information frequently
- You can access the information from anywhere around the world
- The information is available 24 hours a day 7 days a week

Limitations of the medium

- It is not as portable when shopping for groceries unless you have a tablet or smart phone or print outs
- Internet access can be limited especially for those living in rural areas
- There can be some technical issues and software incompatibilities
- It must be constantly updated to provide accurate information which can make it more costly

Intervention 3 – IBD Food Shopping Blog

Description

This blog will be a great place for IBD sufferers to connect with each other and share stories and ideas for dealing with the illness and tips for shopping for groceries. It will also be a great place to share recipes and meal plan ideas. This blog addresses motivation by providing connections with others and a sense of camaraderie. Also resources and information can be shared. This site addresses the individual performer and can be beneficial for all levels as it will create a community of practice where humble learners can share their ideas with the newbie or arrogant learner.

Format of the intervention

Performance Objective(s) addressed

This intervention mainly addresses these two objectives, but it also helps learner motivation.

Main Objective 1

- Every week before going to the grocery store, prepare in under 15 minutes a food-shopping list based on your weekly meal plan that is in accordance to your medical provider's guidelines, using the aid of recipes and the weekly grocery flyers.

Main Objective 4

- Given your medical condition, choose at least 5 foods when shopping for groceries that will be beneficial to your health according to your medical provider's guidelines as well as the nutritional value of the food product based on the Nutrition Facts Table.

Conventions

Reason for this intervention

This intervention will address motivational issues and provide a safe and friendly environment where people can share their ideas on food habits, grocery shopping tips, store recommendations as well as food product and recipe recommendations. Also, by providing an area where people can share their stories this will help provide some added support to maintain healthy eating habits.

Type of information available

- Recipe and food product recommendation
- Healthy eating habit stories
- Personal stories about triumphs and difficulties
- Tips and ideas about what to buy, how to choose foods, and where are the best places to shop

Structure or format of the information

This will be a standard free blog that people can view for free and must register for free to leave their own comments and stories. It will be a member maintained blog with easy to use software and interface. A chosen e-blogger template can be used to facilitate the maintenance.

Writing Style

This will be a personal writing style where the participants will write in their own unique personal style. Vulgarities and racial comments will be excluded through a filtration system.

Expectations that learners have

- The learners will expect the blog to be self maintained
- They expect it to be updated regularly
- They expect that there be a sufficient amount of members to keep the blog active and interesting
- They expect to be able to communicate and share their ideas
- They expect to gain personal insight to shopping ideas and tips
- They expect to get truthful recommendations
- They expect to have an open and fruitful dialogue with other members

Communication Medium

This will be a web blog that will be held on the World Wide Web. E-Blogger may be used for easy to use templates and access.

Reason for medium

A blog is a great way to create a sense of community and this blog will not be limited to one person access but can be joined by many members who wish to leave their comments or ideas in the different sections of the blog.

Advantages of the medium

- Readymade and easy to use templates
- You do not have to be a web programmer to add content to the blog
- It is cost effective
- It can be accessed from any computer, smart phone or tablet device that has internet connection
- It is accessible to a wide audience
- It is free to use for the viewers and members who have access to the internet and computer
- You can update the information frequently
- You can access the information from anywhere around the world
- The information is available 24 hours a day 7 days a week

Limitations of the medium

- It is restricted to those with computer and internet access
- Some people may not want to participate or leave comments
- Some people may write false and harmful information

- Some people may take offense to some of the recommendations
- If you are not technologically savvy, it may be difficult to participate fully in the blog
- You may feel isolated if you do not share the same ideas or stories as some people on the blog

Intervention 4– Premade Meal Plans with Grocery List (Job Aid)

Description

Premade weekly meal plans with ingredient lists are created to help people who may have difficulty preparing meal plans or creating ingredient lists. When on a new diet it can be difficult to know what to eat and this job aid will help those that want to cook make their own meals and shop for these foods with more ease. The hassle is removed and individual performers will be able to plan their shopping and eating. This is most beneficial for the newbie who may be confused or for the feeling arrogant to make shopping and cooking easier.

Format of the intervention

Performance Objective(s) addressed

The four following performance objective will be met directly or indirectly as the decision making about the shopping list will be done for the learner. All that will remain for the individual to do is follow what is on the list and verify whether they have the ingredients or not at home before shopping.

Main Objective 1

- Every week before going to the grocery store, prepare in under 15 minutes a food-shopping list based on your weekly meal plan that is in accordance to your medical provider's guidelines, using the aid of recipes and the weekly grocery flyers.

Main Objective 2

- When you go shopping for your groceries, buy only the items on your shopping list while staying within your allocated budget.

Main Objective 3

- Given your medical condition, when shopping for groceries choose foods without hesitation that will not aggravate that condition using the information provided on a food label with a minimum of 90% accuracy.

Main Objective 4

- Given your medical condition, choose at least 5 foods when shopping for groceries that will be beneficial to your health according to your medical provider's guidelines as well as the nutritional value of the food product based on the Nutrition Facts Table.

Conventions

Reason for this intervention

This intervention will remove one of the steps to making a meal plan and grocery list to be able to motivate the performer to complete their objectives in a timely fashion.

Type of information available

- The meal plan will have weekly meal plans of up to four weeks that can be interchanged
- There will be daily meal plans divided into breakfast, lunch, dinner and snacks
- Each meal will have a recipe, instructions and an ingredient list
- Each meal will have suggestions and additional information on allergies and nutritional benefits
- The meal plans can be based on a variety of diets for the individual to choose from, for example a wheat or gluten free diet, a high in protein diet, a low or high fiber diet, a anti-inflammatory diet, these are just to name a few
- A glossary of terms will be provided for unfamiliar terms

Structure or format of the information

The information can be downloaded from the website previously mentioned or it can be in print format within a small binder where pages can be taken out and brought with you to the grocery store. The meals and ingredient lists will be divided into breakfast, lunch, dinner and snacks, which are under daily menus, which can be under weekly menus which can be interchange. A section of just breakfast, lunch, dinner and snacks with ingredients and recipes will be provided at the back of the binder. A table of content will be provided in the beginning and an ingredient list of search terms will be provided at the end in the index section. The website will follow a similar structure as the print format but will be put into menu bars for the individual to click on and will bring them to their desired location.

Writing Style

The writing style will be clear and very simple to read with basic recipe formatting. All instructions will be written in an imperative tone. There will be descriptions of certain foods and their health benefits included to add extra beneficial information.

Expectations that learners have

- Learners expect that each meal plan will include instructions, health benefit description, allergy information and ingredient list for shopping
- They expect that the different meals be easy to access and find
- They expect that either a picture or a description of the meal be provided
- They expect that a glossary term be provided to provide additional information or definitions for uncommon terms
- They expect a table of content or sitemap (for the website)

- They expect to locate the meals according to their type, for example breakfast, lunch, dinner, snacks.
- They expect that the ingredient list be easy to take with them to the grocery store
- They expect that the recipes and meals will benefit their health and not hinder it
- They expect to have different recipes for the different general foods to avoid for their medical condition

Communication Medium

This job aid can be provided on the website through the World Wide Web to be printed out into individual or daily or weekly meal plans depending on their choice or it will be provided in printed format in the form of heavy duty glossy paper that is water resistant and within a binder so that the meals can be easily detached to bring to the grocery store. A blank ingredient list template can also be provided for those that wish to transcribe the ingredient shopping list to match what they are missing and already have.

Reason for medium

Website: The individual can pick and choose their meals and meals plans according to what they need for that day or week. It can be accessed from anywhere that has internet connection.

Print Format: This medium is provided for individuals who wish to have a hard copy version of the different meal plans for their medical condition. It will be a more comprehensive guide and can be kept always. It is also useful to bring it with you into the kitchen while cooking or to the grocery store.

Advantages of the medium

Website:

- It is less cumbersome than having a book
- It is cost effective
- It can be accessed from any computer, smart phone or tablet device that has internet connection
- You can store a lot of information for a variety of uses
- You can download and easily print the meals, recipes and ingredient lists
- You can update the information frequently
- You can access the information from anywhere around the world
- The information is available 24 hours a day 7 days a week

Print Format:

- You can have the small binder with you in the kitchen as you verify your kitchen for the different ingredients
- You do not need to remember to print the documents

- Everything is already available in an easy and small portable format
- You can bring the binder with you wherever you go shopping
- You can extract the different pages or sections when needed to make it easier to handle

Limitations of the medium

Website:

- It is restricted to those with computer and internet access
- If you are not technologically savvy, it may be difficult to search for the items and print them
- You may not have access to a home printer
- It can be expensive to always print the documents

Print Format:

- It can be expensive to buy the premade meal plan binder
- You can lose the binder than have to pay to replace it
- It can be damaged while cooking
- It is not as environmentally friendly

Intervention 5 –Ingredients to Remember (Job Aid)

Description

This job aid is a portable wallet friendly designed job aid that can be carried with you always and handy when shopping for food. It will include a list of ingredients with their alternative names for you to use to verify and compare the ingredients on packaged foods to ensure that you are not choosing an item that may harm you. It is meant for the individual of all phases of performance.

Format of the intervention

Performance Objective(s) addressed

This job aid will help you achieve the following three objectives as it will allow to choose foods carefully and avoid ingredients that may harm you.

Main Objective 3

- Given your medical condition, when shopping for groceries choose foods without hesitation that will not aggravate that condition using the information provided on a food label with a minimum of 90% accuracy.

Main Objective 4

- Given your medical condition, choose at least 5 foods when shopping for groceries that will be beneficial to your health according to your medical provider's guidelines as well as the nutritional value of the food product based on the Nutrition Facts Table.

Main Objective 5

→ When you are faced with two similar food items, always compare items for the best quality product according to which has the lower price and the higher nutritional value using the % Daily Value (DV) before purchasing the item.

Conventions

Reason for this intervention

People often forget the names of alternative ingredients that can harm them. This intervention will allow quick, easy and portable access to certain types of ingredients that are harmful to their medical condition.

Type of information available

- For those who are to avoid or limit sugars, a list of alternative names will be listed to allow for quick review
- For those that need to avoid or limit wheat or gluten, a list of ingredients or foods containing gluten will be provided for quick referencing
- For those that want to avoid or limit additives, a list of alternative names will be listed to allow for quick review
- A reminder of what consists low and high % DV will also be mentioned

Structure or format of the information

This information will be print based, though a smart phone application can be created for those with this access. The print based job aid will be a small item that can fit into a wallet and double sided. For some ingredients it may be double sided foldable laminated card board. The font will need to be small to fit all the information and it will be structured with simple and clean lines for quick viewing.

Writing Style

The information will not contain full sentences but rather words and symbols. The symbols will be about foods to avoid and the ingredients will simply be listed in categories.

Expectations that learners have

- The learners expect the job aid to be easy to read
- They expect that it be portable
- They expect it to survive multiple handling and wallet pressure
- They expect it to be cost effective
- They expect it to contain the information that they need depending on their medical condition

Communication Medium

Print based document that is small enough to fit in your wallet and durable.

Reason for medium

People often forget ingredients and many people do not have access to smart phones so a print based job aid that is easily stored in your wallet or purse makes it more likely to be used anywhere and anytime you go shopping.

Advantages of the medium

- It is very portable and user friendly
- It is cost effective
- You are not required to have access to technology
- You do not need to be trained to use this job aid

Limitations of the medium

- You can possibly lose it if you also lose your wallet
- If you are someone who changes bags often you may forget to transfer the item to your bag
- It may rip or become torn after an extended period of use
- If the print is small, it may be hard to read
- You cannot put a lot of information on this job aid

Intervention 6 – Weekly Guided Tours at Your Local Participating Grocery Store

Description

Weekly guided tours of local grocery stores will be provided on demand to introduce IBD sufferers with the layout of their local grocery store and to provide some useful time saving tips to shopping for food. The tours will be conducted by experienced volunteers. This intervention will provide confidence and motivation to the individual newbie and arrogant learners who may need an extra push to help them break bad shopping habits. It will also provide some essential tips and skills that will allow the learners to see and practice firsthand what it is like to shop at their local grocery store.

Format of the intervention***Performance Objective(s) addressed***

This grocery tour will provide learners an introduction and revision to achieve the following objectives.

Main Objective 2

- When you go shopping for your groceries, buy only the items on your shopping list while staying within your allocated budget.

Main Objective 4

→ Given your medical condition, choose at least 5 foods when shopping for groceries that will be beneficial to your health according to your medical provider's guidelines as well as the nutritional value of the food product based on the Nutrition Facts Table.

Main Objective 5

→ When you are faced with two similar food items, always compare items for the best quality product according to which has the lower price and the higher nutritional value using the % Daily Value (DV) before purchasing the item.

Main Objective 6

→ When you go shopping for your groceries, always remain in the periphery of the store where all the fresh produce, frozen, dairy and meat section are while only going down the health food aisle when searching for the items on your shopping.

Conventions

Reason for this intervention

Grocery stores can be intimidating with all their aisles and products that it can be hard to know where to start. This intervention will provide the learners with an overview of their local grocery store and some additional support to familiarize themselves with the layout and fastest way to shop for groceries while avoiding areas that may tempt them.

Type of information available

- The guided tour will provide an overview of the grocery store layout
- The tour will provide some helpful hints and tips to how to maneuver in the store
- It will explain the best times for fast service to do the shopping
- It will give small demonstrations of how to compare two similar food items
- It will focus on explaining what you can find in the different sections
- It will demonstrate what sections of the store should be avoided or limited
- It will provide the learners with a list of groceries to do a practice run with the volunteer guide

Structure or format of the information

The grocery store tour will last approximately 30 minutes to 45 minutes depending on the questions. There will be one volunteer person who will be trained beforehand to provide the tour. This will be an in-person tour with a maximum of 8 people who will attend at one time. They will be provided on a weekly basis with a reservation.

Writing Style

This will be an oral tour where the language will be friendly and courteous. The language will be informal and professional in tone with no vulgarities and offensive language.

Expectations that learners have

- The learners expect to be shown how to maneuver in a grocery store
- They expect to have a good time
- They expect that the volunteer be knowledgeable about food, shopping and IBD
- They expect that their questions be answered
- They expect that at the end of the tour they will feel more confident to shop on their own
- They expect to obtain helpful time saving tips
- They expect that the information be accurate and trustworthy

Communication Medium

This intervention is a face-to-face guided tour of the grocery store.

Reason for medium

Having a face-to-face guided tour will provide hands on experience to the learners that they can directly transfer to their own lives as the tours will be held in their local grocery store.

Advantages of the medium

- You have real time face-to-face exchange
- You can ask questions to obtain direct and instant feedback
- You can get hands on experience in the field
- You can practice your skills in real-life setting
- It is cost effective as the tours will be done by the volunteers
- You can obtain first hand demonstrations
- You can create connections with the other tour members

Note: It is possible to have the learners become volunteers in the future as they gain confidence and expertise in shopping this way providing a sense of community.

Limitations of the medium

- Permission to do the tour must be obtained by the store in advance
- Not everyone can make it to the grocery store tour for the designated time
- Some people may not like to follow a guided tour and rather wonder on their own
- For those that are more sick, it may be difficult for them to make it physically to the store
- There may be difficulty in obtaining enough volunteers for the different store
- If not enough volunteers are obtained, it can be costly to hire someone to do this on a regular basis

Intervention 7 – Personalized Dietician Appointment to Get You Started

Description

This intervention is aimed at the individual of all performance phases as the dietician appointment will be tailored to the individual. A registered dietician will be hired by the CLSC to provide one free first appointment for the participants of the workshop to be able to create a tailored meal plan and diet for their condition. For those newbies that require more assistance, a discounted price for the following three visits can be obtained. This intervention will allow for a more tailored and personalized approach to creating a diet that matched the medical condition. This addresses all three performance needs from skills and knowledge, resources, and motivation.

Format of the intervention

Performance Objective(s) addressed

This intervention directly or indirectly helps achieve the following performance objectives. It also helps with the competencies of objective 3.

Main Objective 1

- Every week before going to the grocery store, prepare in under 15 minutes a food-shopping list based on your weekly meal plan that is in accordance to your medical provider's guidelines, using the aid of recipes and the weekly grocery flyers.

Main Objective 2

- When you go shopping for your groceries, buy only the items on your shopping list while staying within your allocated budget.

Main Objective 3

- Given your medical condition, when shopping for groceries choose foods without hesitation that will not aggravate that condition using the information provided on a food label with a minimum of 90% accuracy.

Competencies

- Be able to identify your food allergies.
- Be able to identify your food intolerances.
- Be able to identify foods that aggravate your medical condition.
- Be able to assess a food label for its health properties.

Main Objective 4

- Given your medical condition, choose at least 5 foods when shopping for groceries that will be beneficial to your health according to your medical provider's guidelines as well as the nutritional value of the food product based on the Nutrition Facts Table.

Conventions

Reason for this intervention

This is a very important step to identifying what foods to avoid, limit, or increase. With the help of a specialist dietician who has access to your medical file you can obtain a very personal and tailored diet to fit your specific medical condition. This will allow the learner extra support and assistance that will motivate them to stay healthy and will provide them with the skills and knowledge to better their eating habits.

Type of information available

- The information will depend on the dietician and the patient's medical condition
- The dietician will provide the learner with a list of ingredients or foods to limit, avoid or increase
- The dietician will give personalized suggestions and guidelines to the learner
- The dietician will explain in more detail what foods they need to stay healthy for their specific medical condition

Structure or format of the information

The information will be provided in a one hour face-to-face consultation between the learner and the dietician.

Writing Style

There is no writing style, but the oral communication will be very personable, understanding and professional.

Expectations that learners have

- The learners expect to be provided with a good starting base to start their new diet
- They expect that the dietician be knowledgeable of IBD food issues
- They expect to obtain a personalized diet and food plan
- They expect that the dietician be certified

Communication Medium

The medium is a face-to-face consultation with a registered dietician.

Reason for medium

Using this medium will provide the learner with direct contact with a registered dietician where they can ask personal questions and get direct feedback on their medical condition and diet choices.

Advantages of the medium

- You will obtain a personalized and tailored diet plan
- You will have a diet and food plan that works with your medical condition
- You can directly ask personal questions that will receive instant feedback
- You will be able to have a personal contact with a registered dietician

- You will be able to make an appointment that suites your schedule
- You will be able to get professional recommendations that will help your medical condition

Limitations of the medium

- Though the first appointment is free, you will need to pay for subsequent visits
- It may be costly to maintain a long term visits
- You must leave your house and travel to visit the dietician
- You must be open and honest enough to discuss your eating and bowel habits

Intervention 8 – Maps of Your Local Grocery Stores (Job Aid)

Description

This intervention is aimed at the individual and can be used by all phases of performance to improve resources. Maps of the local grocery stores and health food stores in your area are provided to the learner so that they can more quickly and easily identify which stores they should shop at. In addition, this job aid will also have an interior layout map of the grocery store to enable better planning for your shopping.

Format of the intervention

Performance Objective(s) addressed

This intervention will address the two following objectives.

Main Objective 1

- Every week before going to the grocery store, prepare in under 15 minutes a food-shopping list based on your weekly meal plan that is in accordance to your medical provider's guidelines, using the aid of recipes and the weekly grocery flyers.

Main Objective 2

- When you go shopping for your groceries, buy only the items on your shopping list while staying within your allocated budget.

Conventions

Reason for this intervention

If you do not have a chance to participate in the grocery store tour, this is an excellent way of obtaining the information to where the best grocery stores are located in your neighborhood. The layout map will also help you plan your grocery list in the order of the grocery store layout to increase productivity and avoid going back and forth in the store.

Type of information available

- A general map of your neighborhood will be provided with a list of grocery stores and health food stores
- Information regarding the grocery stores and types of food sold will also be provided
- A layout of the grocery store interior will be provided with the names and sections within the store
- Recommendations on which are the best stores for certain foods will also be provided
- A money symbol will be provided to explain the overall price and cost of the food products which will resemble what they do for restaurants
- Directions will be provided (public, walking and by car)

Structure or format of the information

The information will be provided on the website mentioned above and can be downloaded in to PDF printable versions for each specific store. Google maps will be used to obtain the directions for the different stores. The maps of the store layout will be in a line drawing format.

Writing Style

The writing style will be in imperative form. It will be clear and concise with very little extra details. There will be symbols used to explain the price value (\$\$\$), the recommendations (☆☆), and other such details.

Expectations that learners have

- The learners expect the maps of the grocery stores to provide directions for walking, public transport and driving
- They expect that there be no technological glitches
- They expect that the information be accurate and up to date
- They expect that the maps be printable
- They expect that this section of the website be easy to navigate
- They expect to find these maps for different neighborhoods around Montreal

Communication Medium

This intervention will be on the World Wide Web and located on the website stated in intervention 1. There will also be printable PDF available to download and print at the learner's discretion.

Reason for medium

Relying solely on Google maps or other such printed maps to locate the best grocery stores in your neighborhood can be time consuming and frustrating. This website will allow a one-stop centralized virtual location where you can obtain resources and information about where to go get the best foods, specialty food products at the best prices.

Advantages of the medium

- It is less cumbersome than having a book
- It is cost effective
- It can be accessed from any computer, smart phone or tablet device that has internet connection
- You can store a lot of information for a variety of uses
- You can have downloadable PDF maps to print
- You can update the information frequently
- You can access the information from anywhere around the world
- The information is available 24 hours a day 7 days a week

Limitations of the medium

- It is not as portable when shopping for groceries unless you have a tablet or smart phone or print the maps
- Internet access can be limited especially for those living in rural areas
- There can be some technological issues and software incompatibilities
- It must be constantly updated to provide accurate information which can make it more costly
- Google maps may not want to participate in providing a link to the website
- Some stores may get upset if you start rating them