

Stacey Gyenizse, MBA, RDN, CDE, IBCLC
Director of Nutrition & Dietetics



TOHONO O'ODHAM NATION HEALTH CARE

TONHC Nutrition & Dietetic Services – 02.18.2020

Let food be thy medicine and
medicine be thy food.
- Hippocrates

“

AGENDA

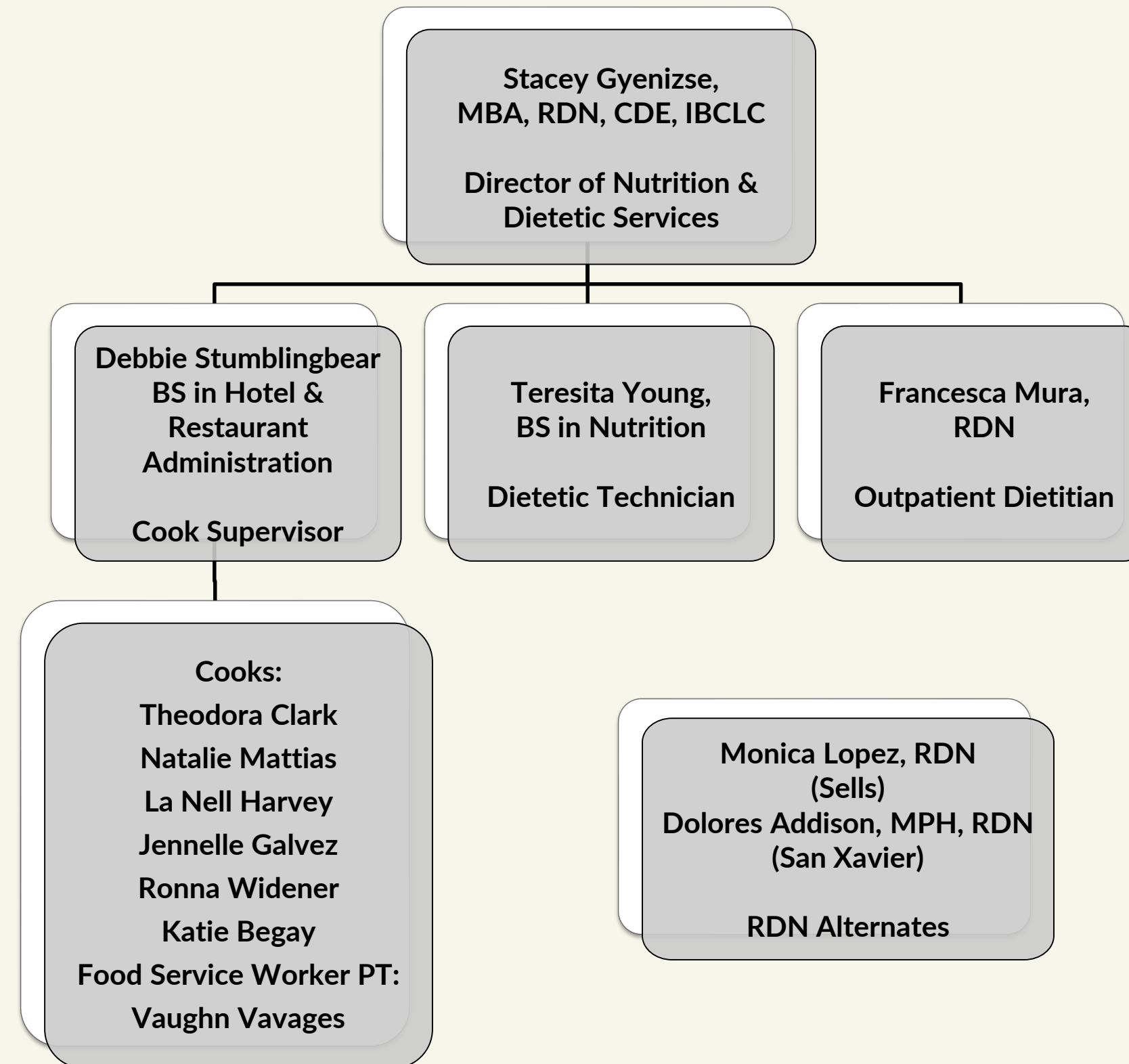
Our Team

Nutrition Services

Therapeutic Diet Manual

Food Services

OUR TEAM



NUTRITION AND DIETETICS DEPARTMENT



Tohono O'odham Foods:

- Traditional crops included tepary beans, squash, melon and sugar cane
- Wild Plants that were/are gathered included saguaro fruit (high in Vit C, B12 and antioxidants) , Prickly pear (manganese, calcium magnesium, vit C), cholla buds (high in calcium), Nopal and mesquite pods (high in fiber) to name a few
- Meats include wild game and range cattle

NUTRITION SERVICES - OUTPATIENT



Francesca Mura

Medical Nutrition Therapy Program:

- Nutrition counseling is for everyone – adults, teens, infants, children, pregnant and post partum women, and the elderly
- Nutrition counseling with a Registered Dietitian Nutritionist
- Patients see the dietitians one-on-one (the counseling session is individualized)
- Group classes are available for people with diabetes and pre-diabetes



NUTRITION SERVICES - OUTPATIENT

Additional Services Offered

- Glucometer training and education for patients requiring blood glucose monitoring
- Body fat and muscle mass testing
- Meal and menu planning
- Food demonstrations
- Nutrition presentations for community agencies and events



Requesting a Consultation

Patient should contact their Primary Provider's Team (Gold or Purple) to schedule an appointment. Nutrition appointments are available at the Tohono O'odham Nation Health Care facilities: Sells Hospital, the Santa Rosa Health Center, the San Simon Health Center, and the San Xavier Health Center.



NUTRITION SERVICES - INPATIENT



Francesca Mura



Teri Young

Medical Nutrition Therapy Program:

- Nutrition consults are ordered by the Inpatient Provider and Nursing Staff
- Nutrition counseling with a Registered Dietitian Nutritionist (Mura)
- Nutrition education may be conducted by the Dietetic Technician (Young)
- The Dietitian sees the patient and/or family members during hospitalization



Therapeutic Diet Manual

- An RDN approved Therapeutic Diet Manual is available to facilitate inpatient meal planning (PC.02.02.03-EP22)
- The Manual includes several options to choose from based upon the diet type selected by the ordering physician
- The Diet Manual we use is an evidenced based manual from the Academy of Nutrition and Dietetics



FOOD SERVICES



The Chili Pepper Café

- Provide meals to patients who are admitted to the hospital (inpatients and ER patients)
 - Inpatient: boarder trays available for stays lasting greater than 24 hours. No boarder trays for ER.
 - Bulk nourishments are stocked in ER and Inpatient; for patient use only
- Provide meals/snacks to employees and customers who want to purchase a meal/snack item
- Provide meals to students

Environmentally Friendly

- Moving towards using better disposables:
 - Clear cups and lids are PET (recyclable)
 - 12-ounce hot cups are paper (solo 90% plant based renewable resources) Lids (#5)
 - Cup Sleeves are made from 100% recycled material
 - Currently reviewing take out container options
- Decreasing food waste by preparing food for those who order
- Encourage staff to bring their own re-usable cups to reduce waste
- Encourage staff to bring their own bags (to go)





The Chili Pepper Café

- The menu promotes health and wellness.
- Wholesome food items are included such as fresh fruits & vegetables, whole grains, low-fat milk & milk products, lean meats, non-dairy items such as soymilk & tofu and other plant-based items such as beans, nuts & legumes.
- Heart-healthy fats such as olive oil and Smart Balance® margarine are used for cooking.
- * A weekly menu is posted on www.tonhrc.org
 - Hover on About US
 - Click on Chili Pepper Menu

The Chili Pepper Café

TON Sells Hospital

Week: Dec. 2-6, 2019
No substitutions please
Menu posted @ <http://www.tonhrc.org>

Please place lunch order by 10 am

Monday

BREAKFAST: Malt O Meal, Pancakes, Sausage, Applesauce, Coffee or Tea.....\$5.00
LUNCH CHOICE 1: Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, Frosted Cake or Fruit, Beverage.... \$5.00
LUNCH CHOICE 2: Black Bean & Tortilla Casserole, Salsa, Mixed Vegetables, Tossed Salad, Cake or Fruit, Beverage.....\$5.00
LUNCH CHOICE 3: Steak Salad w/ greens, beef, mushroom, red onion, tomato, walnuts & Feta cheese, Wheat Roll or Crackers, Cake or Fruit, Beverage....\$5.00
SOUP: Spicy African Peanut (Vegetarian)....\$1.50
ALA CARTE: Ham & Pepper Jack Sandwich \$2.00 Side Salad \$1.25 Smoothie \$2.50
DINNER: Meatloaf, Mashed Potato w/ Gravy, Carrots, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage...\$5.00

Tuesday Please place dinner order by 3 pm

BREAKFAST: Oatmeal, Boiled Egg, Wheat Toast, Grapes, Coffee or Tea.....\$5.00
LUNCH CHOICE 1: Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried Beans, Ice Cream Sundae or Fruit, Beverage...\$5.00
LUNCH CHOICE 2: Jalapeno Quiche, Green Beans, Tomato & Lettuce Salad, Ice Cream or Fruit, Beverage...\$5.00
LUNCH CHOICE 3: Summer Salad w/ greens, chicken, black olives, mandarin oranges, cranberries, nuts & chow mein noodles, Ice Cream or Fruit, Beverage.....\$5.00
CHOWDER: Broccoli (Vegetarian)....\$1.50
ALA CARTE: Sub Sandwich \$3.00 Side Salad \$1.25 Smoothie \$2.50
DINNER: Roast Pork w/ Gravy, Yam, Mixed Vegetables, Waldorf Salad, Wheat Roll, Dessert or Fruit, Beverage...\$5.00

Please place lunch order by 10 am **Wednesday**

BREAKFAST: Oatmeal, Scrambled Egg with Bacon Bits, Bran Muffin, Pineapple, Coffee or Tea.....\$5.00
LUNCH CHOICE 1: Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot & Raisin Salad, Wheat Tortilla, Cookie or Fruit, Beverage.....\$5.00
LUNCH CHOICE 2: Tamales (2) Chicken or Green Chile & Cheese,Nopalitos, Carrot & Raisin Salad, Cookie or Fruit, Beverage
LUNCH CHOICE 3: Sampler Salad w/ greens, tuna salad, egg salad, cottage cheese, fruit garnish, Wheat Roll or Crackers, Cookie or Fruit, Beverage.....\$5.00
SOUP: Piquant Vegetable (Vegetarian)....\$1.50
ALA CARTE: Tuna Salad Sandwich...\$2.00 Side Salad \$1.25 Smoothie \$2.50
DINNER: Roast Turkey w/ gravy, Stuffing, Spinach & Onions, Carrot & Pepper Salad , Wheat Roll, Dessert or Fruit, Drink...\$5

Thursday Please place dinner order by 3 pm

BREAKFAST: Malt O Meal, Scrambled Eggs, Canadian bacon, Wheat Toast, Banana, Coffee or Tea.....\$5.00
LUNCH CHOICE 1: Swiss Steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Brownie or Fruit, Beverage...\$5.00
LUNCH CHOICE 2: Fish Taco (2) w/ black bean slaw, Jalapeno Rice, Tomato & Cucumber Salad, Brownie or Fruit, Drink...\$5.00
LUNCH CHOICE 3: Spinach Salad w/ bacon, egg, mushroom, red onion, tomato & walnuts, Wheat Roll or Crackers, Brownie or Fruit, Beverage...\$5.00
SOUP: Lima Bean & Ham....\$1.50
ALA CARTE: Roast Beef & Cheddar Sandwich \$2.00 Side Salad \$1.25 Smoothie \$2.50
DINNER: Roast Pork w/ Gravy, Baked Yam, Green Beans, Tossed Salad, Wheat Roll, Dessert, Beverage....\$5.00

Please place lunch order by 10 am **Friday**

BREAKFAST: Malt O Meal, Fried Egg, Cooked Beans with Salsa, Wheat Tortilla, Fruit, Coffee or Tea.....\$5.00
LUNCH CHOICE 1: Seasoned Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage....\$5.00
LUNCH CHOICE 2: Baked Cod w/ Orange, Rice Pilaf, Spinach & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage...\$5.00
LUNCH CHOICE 3: Greek Chicken Salad w/ greens, chicken, Kalamata olives, cucumber, green onion & Feta cheese, Wheat Roll or Crackers, Dessert or Fruit, Beverage...\$5.00
CHOWDER: Golden Corn....\$1.50
ALA CARTE: Turkey & Provolone Sandwich \$2.00 Side Salad \$1.25 Smoothie \$2.50
DINNER: Pot Roast w/ Potato, Carrots & Onions, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage\$5.00

Hours of Operation: Breakfast 7:30am to 9:00am / Lunch 11:30am to 1:30pm / Dinner 5:00pm to 5:45pm
To place an order, call 383-7362



Affordability

The cost of a meal or food item is reasonable:

- \$5.00 for a complete meal
- Grab 'n Go items are individually priced and are posted on the menu
- Snack and ala carte items such as yogurt, milk, bagels, fresh fruit, string cheese and cold cereal are available and can be purchased throughout the day



Ordering

If you would like to order a meal, you can sign up in the kitchen (The Chili Pepper Café) or call **520-383-7362**. Meal-time hours are:

- Breakfast:
7:30 – 9:00 am (order the day before if ordering a full breakfast)
- Lunch:
11:30 am – 1:30 pm (order before 10:00 am)
- Dinner:
5:00 – 6:00 pm (order before 3:00 pm)

* Employees and customers can order meals in advance for multiple days at a time



Method of Payment

- Cash accepted – you may pay when you order or at the time of pickup (preferred)
 - Exact amount is preferred as change may not be available; small bills are preferred (nothing larger than a \$20 bill)
 - Purchase necessary for change
 - No ATM machines in the Hospital
- Credit/Debit cards accepted
- Checks are not accepted



Good food ends with good talk.

- *Jules Renard*



QUESTIONS?

CONTACTS



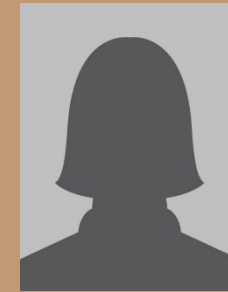
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Health Professions Modular
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Teri Young

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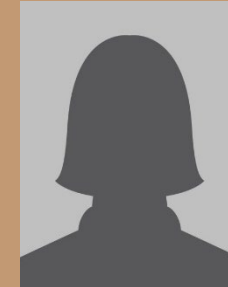
*Monica Lopez,
RDN*

Health Professions Modular
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*Francesca Mura,
RDN*

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The Chili Pepper Café
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