

What's For Dinner?



Resource Facilitator Guide

A guide on how to use the "What's for Dinner?" resources in volunteer services. Includes ideas and templates to embed the resources into every day practices.

Facilitator Guide

Using the "What's for Dinner?" Cards and Red Flags Resources

This guide is designed to support volunteer services integrate the *What's for Dinner?* conversation cards and the *Red Flags* process into regular activities. The aim is to build volunteer confidence in identifying and responding to early warning signs of malnutrition in a way that is engaging, practical, and sustainable.

By embedding the *What's for Dinner?* cards and the *Red Flags* process into day-to-day volunteer activities, services can create a culture of proactive nutrition care while keeping the experience engaging and fulfilling for both clients and volunteers.

Overview of Resources

What's for Dinner? Conversation Cards

A tool to help volunteers engage clients in meaningful conversations about food in an informal and relaxed way.

Each card includes a non-invasive food-related question to encourage users to reflect on their relationship with food, fostering trust and openness.

Nutrition Red Flags Process

A three-step process to help volunteers recognize, understand, and act on signs of malnutrition:

1. **Identify:** Spot early warning signs of malnutrition.
2. **Explore:** Ask follow-up questions to understand the situation.
3. **Plan:** Report concerns to the volunteer coordinator and discuss potential actions.

How to Use These Resources in Everyday Service

1. Monthly Newsletter Snippets

Encourage regular use of conversation cards and reinforce malnutrition awareness by sharing WFD cards each month. An example is below, or you can access a suite of templates from the Healthy Ageing Tasmania website www.healthytasmania.tas.gov.au/healthy-ageing.

Example Template for a Newsletter Snippet:

Headline: "This Month's Card: Starting the Conversation!"

Body: "This month, let's start a conversation about food! Try asking this question from the *What's for Dinner?* cards during your next visit:



This question can help you connect with clients and start conversations about their relationship with food. Keep an eye out for Red Flags, like a client mentioning they've lost interest in food or aren't eating much anymore.

Remember: *Identify, Explore, Plan!* If you notice anything concerning, don't hesitate to share it with your coordinator. Together, we can support healthy ageing!

Healthy Ageing Tasmania

 health.tas.gov.au/healthyageing

 community.nutrition@health.tas.gov.au

Funded by the Australian Government Department of Health.
Visit the Department of Health website (www.health.gov.au) for more information.

2. Automated Text Message/Email Templates

Provide timely reminders and prompts for volunteers to be on alert for Red Flags and to report malnutrition related concerns.

Weekly Check-In Prompt Template (Automated Text Messages):

Headline: Weekly Reminder: Keep an Eye Out for Red Flags!

Body:

Hi [Volunteer Name],

Thank you for the great work you're doing! During your visits this week, remember to keep an eye out for Red Flags, such as:

- Weight loss or loose clothing.
- Complaints of difficulty chewing or swallowing.
- Lack of interest in food.

If you notice anything, follow the three steps: *Identify, Explore, Plan*. Reach out to your coordinator if needed!

[Your Name/Team Name]

3. Group Discussions for Volunteer and Staff Meetings

To encourage reflection, team learning, and shared experiences.

15-Minute Meeting Agenda Item

1. **Introduction (2 minutes):**

- Share the month's focus question from the *What's for Dinner?* cards.
- Highlight one key Red Flag volunteers should watch for this month.

2. **Role-Playing Activity (8 minutes):**

- Split into pairs.
- One person asks the card question while the other responds as a client.
- Discuss what Red Flags might arise from the conversation.

3. **Reflection and Sharing (5 minutes):**

- Volunteers share any recent experiences where they identified, explored, or planned around a Red Flag.
- Encourage discussion on best practices and challenges.

4. Ice Breakers for Volunteer Meetings

Create a relaxed and engaging environment while reinforcing the program's goals.

Activity: What's for Dinner Cards

1. Shuffle the *What's for Dinner?* cards and pass them around.
2. Each volunteer or staff member picks a card and answers the question for themselves. For example:
 - *"What is your favourite comfort food?"*
 - *"If you could invite anyone to dinner, who would it be and why?"*

To ensure trust and comfort between team members, give participants full permission to pass over a card they'd prefer not to answer. Alternatively, you could give them the option to share what they are having for dinner tonight instead (this can also be a good option if anyone in the group has low literacy).

3. Encourage conversation and build rapport among team members.
4. Transition to discussing how similar questions can help build trust with clients.

Encourage Ongoing Use of Resources

- **Recognition:** Acknowledge and celebrate volunteers who actively use the cards and identify Red Flags.
- **Resource Visibility:** Keep conversation cards and Red Flags sheets easily accessible at volunteer hubs or in client visit kits.
- **Feedback Loop:** Regularly collect feedback from volunteers on the usability and impact of the resources and share success stories to inspire others.

Healthy Ageing Tasmania

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*Funded by the Australian Government Department of Health.
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