



Meal Prepping: An Essential Independent Living Skill

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Mychal's Learning Place

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Mission Statement

Mychal's Learning Place believes that children and adults with developmental disabilities deserve to be challenged with opportunities that build self-esteem and independence, creating long term success for life.

Mychal's has 3 core programs – Path to Independence - Adult Day Program, After-School Programs, and MILE Program, and 2 microbusinesses – Mykie's and MLP Prints. All of Mychal's programs and businesses strive to provide valuable and quality support for all individuals in our programs.

About Mychal's

Mychal's Learning Place started as an After School Program based in the South Bay ultimately wanting to provide an environment for individuals with disabilities to be challenged.

Our Path to Independence - Adult Day Program places an emphasis on independent living skills and vocational training for those ages 18 - 30, which the early portion is known as the transition age (18 – 22).

Key components include: money management, interview and job skill building, healthy nutrition, grocery shopping, exercise, goal setting, and most importantly meal prepping.

Individuals in this program maintain a set schedule that include the key components and are held accountable for it by staff and their support systems at home.

Their schedules include meal prepping and grocery shopping to be completed under a \$20 budget and incorporate all necessary food groups in order to maintain well balanced meals. Individuals maintain bins in the refrigerator as well as the dry goods pantry and are labeled to make sure that there are no mix-ups on whose food is whose.



Worksheet for Stage One

Weekly Lunch Menu

Write in you lunch menu for the week of _____

Monday	Tuesday	Wednesday	Thursday	Friday

Use tally marks to show how many serving of each food group is provided each week

Fruits:

Vegetables:

Meats:

Dairy:

Breads:

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Worksheet for Stage Two

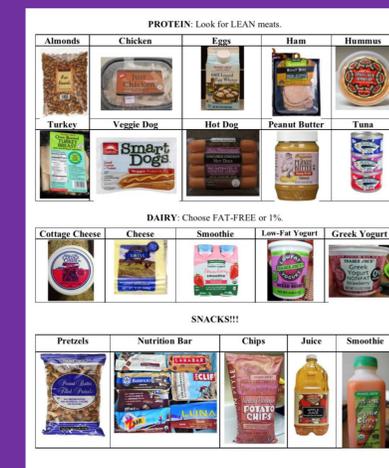
Student: _____ **MENU** Staff Signature: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN:					
FRUIT / VEGGIE:					
SNACK:					
DRINK:					

Change your "Main Dish" Weekly!!!

Juice ONLY 2 times a week. 1 cup (half juice/half water)
Nutrition Bars: Low calorie options. (EX: Look at "Food Options" Picture)

Meal Prepping Tools



Results

The menu produced in stage one incorporated the essentials to meal planning which were the days of the week and a tally mark of what food groups were being incorporated into their daily food menu. Stage two illustrates the evolution of the menu planning. Every aspect of the menu becomes more of a detailed tool to include whose menu it is, what staff signed off on the menu, and what foods were being eaten/prepared throughout the week.

Conclusion

Additions were made to the menu in order to make sure there was accountability from both the individual and the staff member. The evolution of the menu allows for different segments of a meal to be accounted for so that there was a visual representation for the individuals to make reference to when it comes to adhering to their meal plan. Tools such as the image above were created to also facilitate ease of incorporating other healthy food choices. Images included in the tools section display items that are found in the individuals typical grocery store.