

# SERVICES offered

## Nutrition Health Education

- Available to Suffolk Residents
- Tailored to Your Needs
- Maximize Food Budget
- Dietitian Assessments Every 6 Months
- Referrals to Other Programs

## Home Delivered Meals

- Delivered Right To Your Door
- Frozen Meals, Juices, Fruit and More
- Dietitian Assessments Every 6 Months
- Workshops in Your Home

## Pantry Services

- 2 Sets of Pantry Bags a Month
- Ingredients to Prepare 20 Meals
- Attend Workshops
- Dietitian Assessments Every 6 Months

Any HIV positive individual who wishes to become a part of Nutrition Health Education and receive our services should contact our toll free hotline for intake and assessment.

TOLL FREE HOTLINE  
**877-865-4222**

### LIAAC

60 Adams Avenue  
Hauppauge, NY 11788

PHONE:

**877 • 865 • 4222**

FAX:

**877 • 271 • 5816**

[www.LIAAC.org](http://www.LIAAC.org)



Long Island Association for AIDS Care, Inc.  
PRESENTS:

# nutrition HEALTH education

SERVICES FOR HIV POSITIVE INDIVIDUALS





## NUTRITION HEALTH EDUCATION

This unique educational service is available for Suffolk County residents who are living with HIV/AIDS. **Nutrition Health Education** is tailored to our clients' specific needs to ensure that they eat more nutritious foods, make the most of their food budget and have assistance in identifying individualized areas of need.

Our registered dietitian will determine the nutritional risk and needs based on an assessment completed every 6 months.

### SERVICES INCLUDE:

-  Home delivered frozen meals
-  Pantry services

Our staff will also assist individuals with referrals to other nutrition programs and to make linkages to community resource programs as needed.



## HOME DELIVERED FROZEN MEALS

*We deliver it  
right to you!*

Clients receiving home delivered services will be provided with 20 frozen meals, juices, snacks, and frozen or fresh fruit each month. Nutrition Education workshops will be held at each monthly visit. Clients on this level of service must be unable to shop for themselves and are deemed home restricted by their physician. Clients who receive frozen meals are required to be assessed by a dietitian and then reassessed every 6 months.



## PANTRY SERVICES

Clients receiving grocery/food pantry services receive 2 sets of pantry bags each month containing the ingredients to prepare at least 20 meals.



Clients at this level must attend **Nutrition Education Workshops**. Clients who receive pantry services are required to be assessed by a Dietitian and then reassessed every 6 months.



*Call  
us for  
more  
information*

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