

RÉSO - Eating system v.1.4, july 2015
Évaluation des besoins en Réinsertion SocialeTremblay, J., Blanchette-Martin, N., Sirois, M., Dorval, J., Drouin, M., & Leblanc, L.
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First Name (Please Print)

File Number

Date of Evaluation

 - -
Year Month Day

Last Name (Please Print)

Evaluator ID Number

Please rate the extent to which the client has the following skills, resources or characteristics :**1. Proper appliances and equipment for cooking**

<input type="radio"/> Not at all	<input type="radio"/> A little	<input type="radio"/> Partially	<input type="radio"/> Mostly	<input type="radio"/> Completely	<input type="radio"/> N/A
Has no equipment (stove or microwave, refrigerator, dishes, pots and pans, ustensils, etc.)		Is either moderately equipped of appliances are obsolete/not reliable and cannot ensure proper food management.		Has sufficient equipment, even if not new, and appliances function properly.	

2. Ability to ensure security of food

<input type="radio"/> Not at all	<input type="radio"/> A little	<input type="radio"/> Partially	<input type="radio"/> Mostly	<input type="radio"/> Completely	<input type="radio"/> N/A
Cannot ensure security of food (eg., theft).		Has some food occasionally stolen.		Never has food stolen.	

3. Basic knowledge of nutrition

<input type="radio"/> Not at all	<input type="radio"/> A little	<input type="radio"/> Partially	<input type="radio"/> Mostly	<input type="radio"/> Completely	<input type="radio"/> N/A
Does not know the importance of varying one's diet (e.g.: is incapable of naming the 4 food groups identified in the Canadian Food Guide and ignores the nutritional value of different foods.).		Somewhat recognizes the importance of varying one's diet (e.g.: is capable of naming 2 out of the 4 food groups identified in the Canadian Food Guide and knows the nutritional value of certain foods.)		Knows the importance of varying one's diet (e.g.: is capable of naming all 4 food groups identified in the Canadian Food Guide and knows the nutritional value of different foods.).	

4. Ability to select foods

<input type="radio"/> Not at all	<input type="radio"/> A little	<input type="radio"/> Partially	<input type="radio"/> Mostly	<input type="radio"/> Completely	<input type="radio"/> N/A
Makes bad choices according to the food groups and opts for non-nutritive foods.		Makes some good choices according to the food groups but others are rather nutritionally inadequate and lack balance.		Make good choices according to the food groups. Makes balanced and varied food choices even if there are occasional excesses.	

5. Regularity of meals

<input type="radio"/> Not at all	<input type="radio"/> A little	<input type="radio"/> Partially	<input type="radio"/> Mostly	<input type="radio"/> Completely	<input type="radio"/> N/A
Has i good meal per day at least 5 days out of 7.		Has at least 2 good meals per day, 4 days out of 7..		Has approximately 3 good meals per day, 5 days out of 7.	

6. Meal preparation skills

<input type="radio"/> Not at all	<input type="radio"/> A little	<input type="radio"/> Partially	<input type="radio"/> Mostly	<input type="radio"/> Completely	<input type="radio"/> N/A
<p>Has little or no meal preparation skills.</p> <p>Does not know any recipes and does not seem to know where to go to learn some (friends, parents, cookbooks).</p> <p>Has difficulty creating a meal with available foods (including leftovers). Needs to develop skills in this area.</p> <p>Does not manage to cook food properly (either too much or too little, generally lacks competency in this area).</p>		<p>Has moderate meal preparation skills.</p> <p>Knows some recipes but the choice and the ability to find more recipes are limited.</p> <p>Sometimes creates a meal using available foods (including leftovers), but needs to develop skills in this area.</p> <p>Has certain abilities to properly cook food.</p>		<p>Has good meal preparation skills.</p> <p>Knows enough recipes and if needed, knows where to go to learn some (friends, parents, cookbooks).</p> <p>Knows how to create a meal with available foods (including leftovers).</p> <p>Has good skills to properly cook foods.</p>	

7. Ability to obtain food

<input type="radio"/> Not at all	<input type="radio"/> A little	<input type="radio"/> Partially	<input type="radio"/> Mostly	<input type="radio"/> Completely	<input type="radio"/> N/A
<p>Does not buy the proper quantity of food for the scheduled period (too much or too little).</p> <p>Does not pay attention to : amounts of fruits and vegetables, expiration dates, food selection, less expensive alternatives, returning a product when it is too expensive.</p> <p>Has little or no skills in buying products that are affordable or on sale. Does not consider the following aspects: looking for sales before buying, choosing one's menu according to affordable products.</p> <p>Has little or no skills in choosing where to shop, i.e. places where food is expensive or where there is little choice (e.g.: specialized grocers or convenience stores).</p> <p>Chooses proximity over travelling to buy food.</p>		<p>Occasionally buys sufficient food or the proper amount of food for the scheduled period.</p> <p>Has some skills in choosing products. Pays somewhat attention to: amount of fruits and vegetables, expiration dates, food selection, less expensive alternatives, returning a product when it is too expensive.</p> <p>Has some skills in buying products that are affordable or on sale. Does not consider the following aspects: looking for sales before buying, choosing one's menu according to affordable products.</p> <p>Has some skills in choosing where to shop, i.e. places where food is too expensive or where there is little choice (e.g.: specialized grocers or convenience stores).</p> <p>Chooses proximity over travelling to buy food.</p>		<p>Buys the right amount of food for the scheduled period.</p> <p>Has good skills in selecting which foods to buy.</p> <p>Has good skills in buying foods that are affordable or on sale.</p> <p>Has good skills in choosing the places to shop, even if there are exceptions.</p> <p>Has no difficulty travelling to buy food.</p>	

8. Ability to store food

<input type="radio"/> Not at all	<input type="radio"/> A little	<input type="radio"/> Partially	<input type="radio"/> Mostly	<input type="radio"/> Completely	<input type="radio"/> N/A
<p>Has little or no knowledge about the shelf-life of foods in the refrigerator or in the freezer (keeps food too long or throws food away too quickly).</p> <p>Has little or no knowledge about food storage methods (does not cover plates before refrigeration, insufficiently wraps foods before freezing).</p>		<p>Has some knowledge about the shelf-life of foods in the refrigerator or in the freezer (occasionally keeps food too long or throws food away too quickly).</p> <p>Has some knowledge about food storage methods (occasionally covers plates before refrigeration, wraps foods somewhat adequately before freezing).</p>		<p>Has good knowledge about the shelf-life of foods in the refrigerator or in the freezer, even if there are some losses.</p> <p>Has good knowledge about food storage methods.</p>	

9. Home food inventory

<input type="radio"/> Not at all	<input type="radio"/> A little	<input type="radio"/> Partially	<input type="radio"/> Mostly	<input type="radio"/> Completely	<input type="radio"/> N/A
<p>Quantity Cupboards and refrigerator are almost empty.</p> <p>Quality Almost only has unhealthy foods. Poorly preserved foods, past expiry date, unfit for human consumption.</p>		<p>Quantity Has foods but in insufficient quantity.</p> <p>Quality Has unhealthy foods as well as a few that are more nutritious. A part of the food is well preserved and fit for human consumption.</p>		<p>Quantity There is a sufficient amount of foods according to the scheduled period as well as the people that live in the apartment.</p> <p>Quality Mostly has healthy foods. The food is well conserved and fit for human consumption.</p>	

10. Are you generally satisfied with your dietary situation?

- Not at all
- A little
- Partially
- Mostly
- Completely

Comments: