



Together, we can save a life

Fact Sheet

Health and Safety Services

Health and Safety Programs

COURSE:	Family Caregiving: Healthy Eating
Course Code:	31606
Purpose	To prepare individuals who are family caregivers about good nutrition and how to help their loved one eat.
Prerequisites	None
Learning Objectives	<ul style="list-style-type: none">• Recognize that healthy eating is important for people of all ages;• Understand basic nutrition; and• Know how to help feed a loved one, if necessary.
Length	Approximately 1 hour
Instructor	Currently affiliated Family Caregiving Leader
Certification Requirements	None
Certificate Issued and Validity Period	<ul style="list-style-type: none">• Has Attended• None
Participant Materials	<i>American Red Cross Family Caregiving: Healthy Eating</i> Participant's Booklet (StayWell Stock No. 653990)

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