The Ram Chefs Program

Jeanie Subach, EdD, RD, CSSD, LDN
Associate Professor
West Chester University of Pennsylvania

DISCLOSURES

- Jeanie Subach is an employee of West Chester University of Pennsylvania.
- Jeanie Subach is a grant recipient from:
  - The Allen Foundation
  - The Wawa Foundation
  - Chester County Down Syndrome Interest Group
  - West Chester Adapted Fitness and Wellness Fund
  - The Pennsylvania Developmental Disability Council

THE RAM CHEFS

















The Origin of the Program

Campabiliites

A developmental sports program for youth ages 6-18 who have visual impairments including blindness or low vision.

Adapted Physical Activity Program.

The Adapted Lifetime Fitness Program helps adults with cognitive disabilities improve their cardiovascular endurance, muscular strength and endurance, flexibility and socialization.

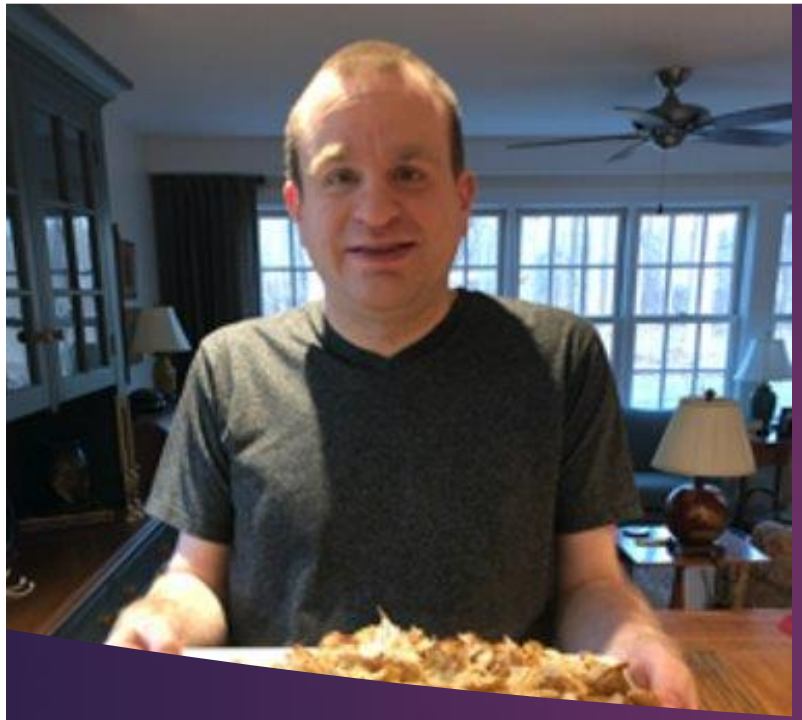
A nutrition component was added in 2013.

Vocational Foodservice Training

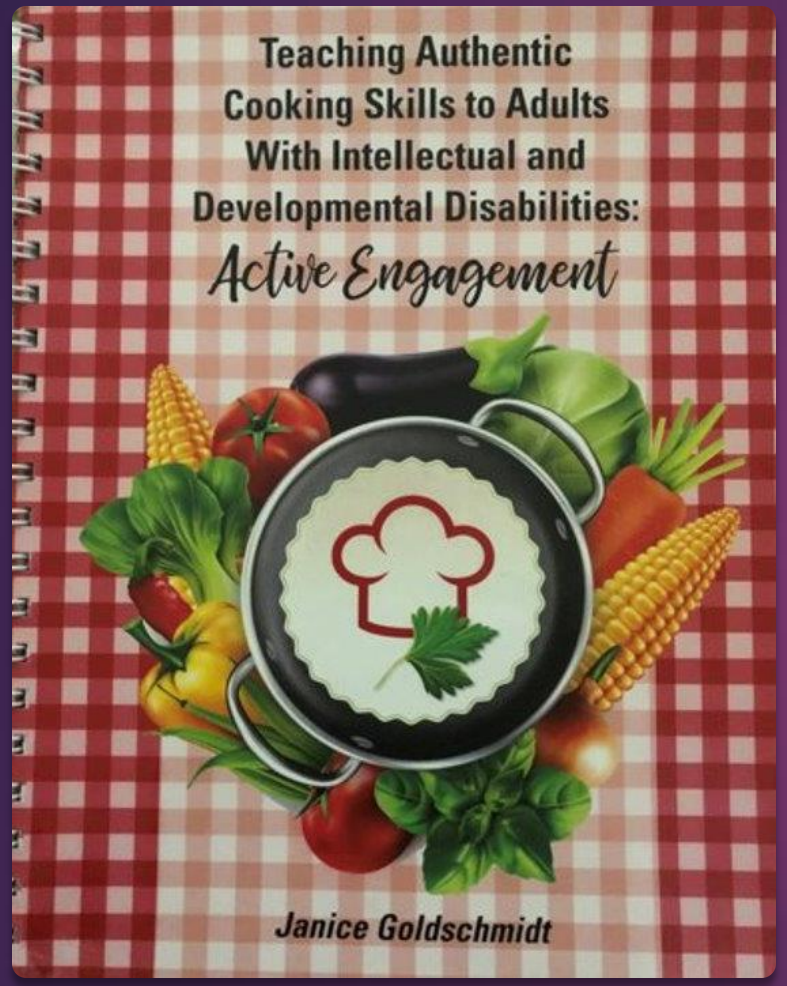
- Weekly sessions of food safety and service training
- Lab set-up and breakdown
- Recipe execution
- Comparison of video and written recipe instruction

Wednesday Night Out

- A weekly supper at a local church provided vocational and social training to the original 3 Ram Chefs
- Covid-19 halted the supper leading the group to a weekly gathering via Zoom
- The Ram Chef program was born!



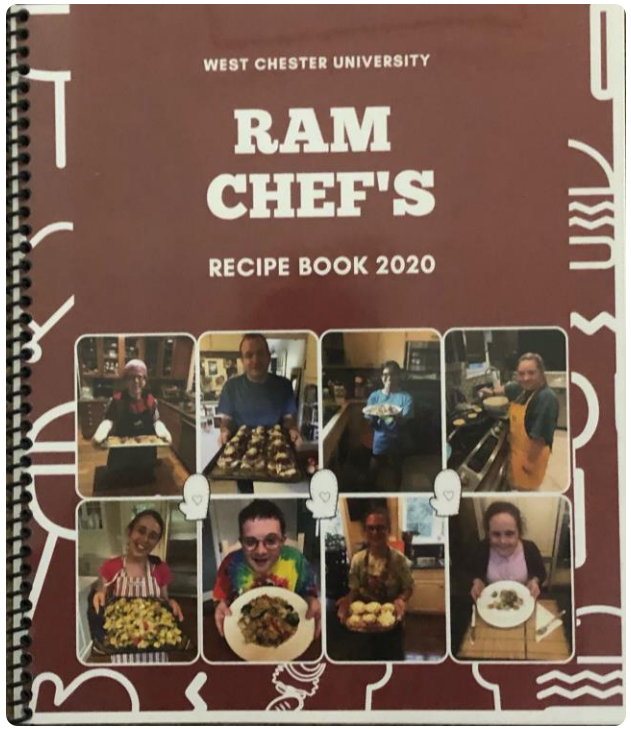
The Three Original Ram Chefs

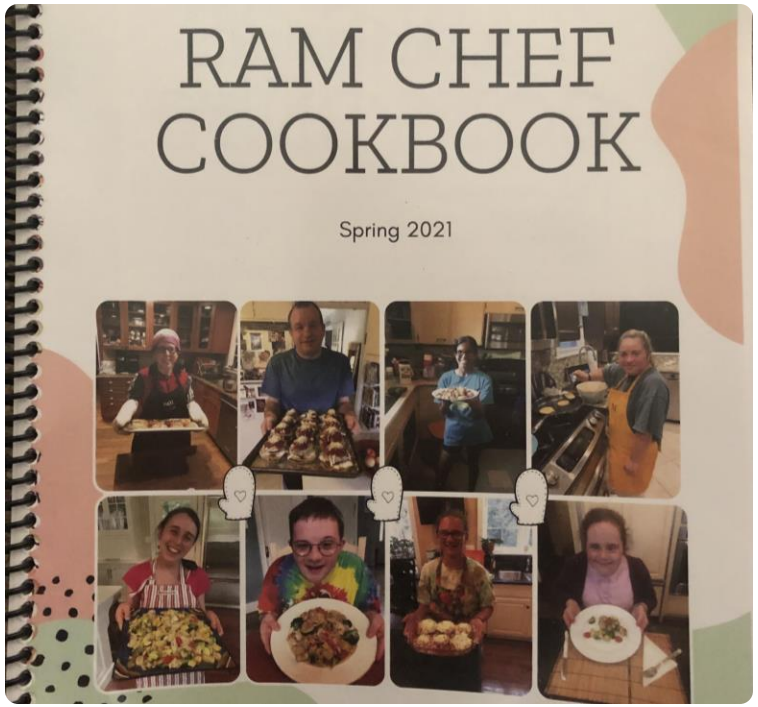


Janice Goldschmidt's

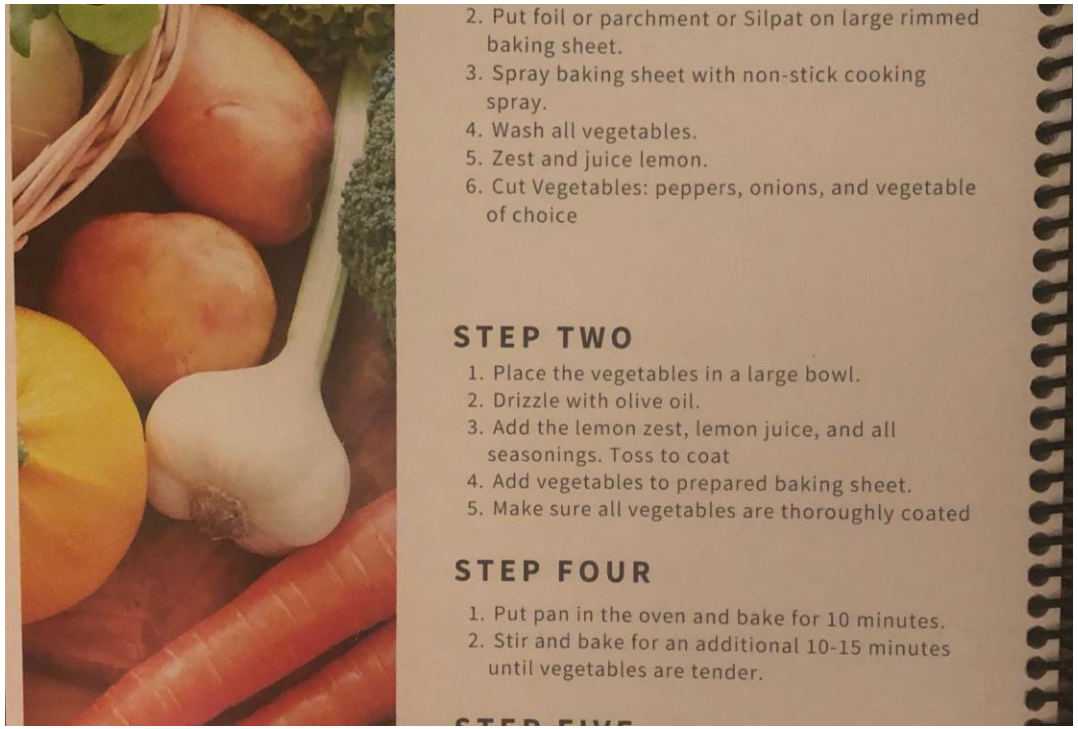
Active Engagement Model

RECIPE FOR SUCCESS





Adapted Cookbooks



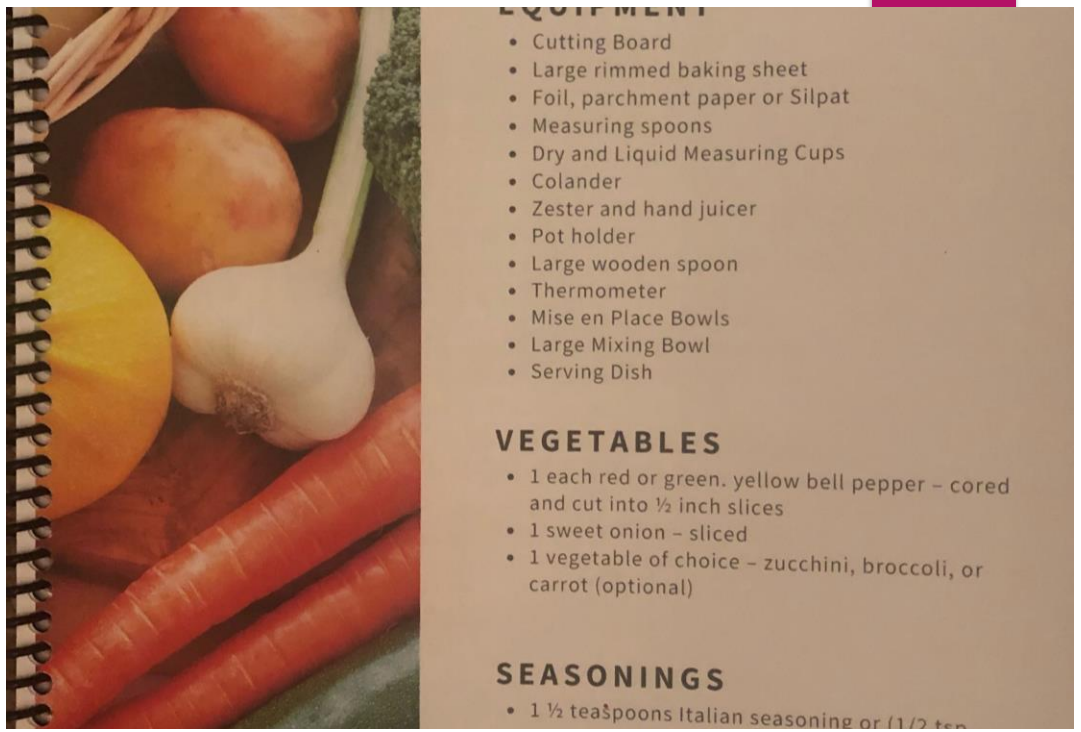
2. Put foil or parchment or Silpat on large rimmed baking sheet.
3. Spray baking sheet with non-stick cooking spray.
4. Wash all vegetables.
5. Zest and juice lemon.
6. Cut Vegetables: peppers, onions, and vegetable of choice

STEP TWO

1. Place the vegetables in a large bowl.
2. Drizzle with olive oil.
3. Add the lemon zest, lemon juice, and all seasonings. Toss to coat
4. Add vegetables to prepared baking sheet.
5. Make sure all vegetables are thoroughly coated

STEP FOUR

1. Put pan in the oven and bake for 10 minutes.
2. Stir and bake for an additional 10-15 minutes until vegetables are tender.



- Cutting Board
- Large rimmed baking sheet
- Foil, parchment paper or Silpat
- Measuring spoons
- Dry and Liquid Measuring Cups
- Colander
- Zester and hand juicer
- Pot holder
- Large wooden spoon
- Thermometer
- Mise en Place Bowls
- Large Mixing Bowl
- Serving Dish

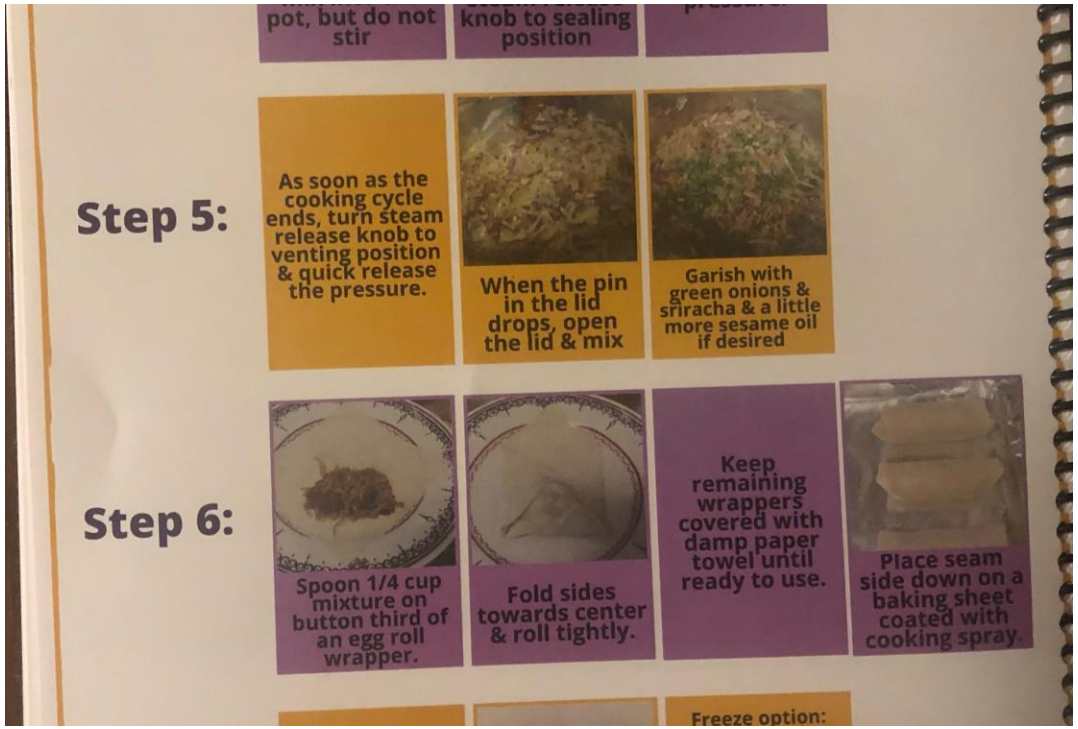
VEGETABLES

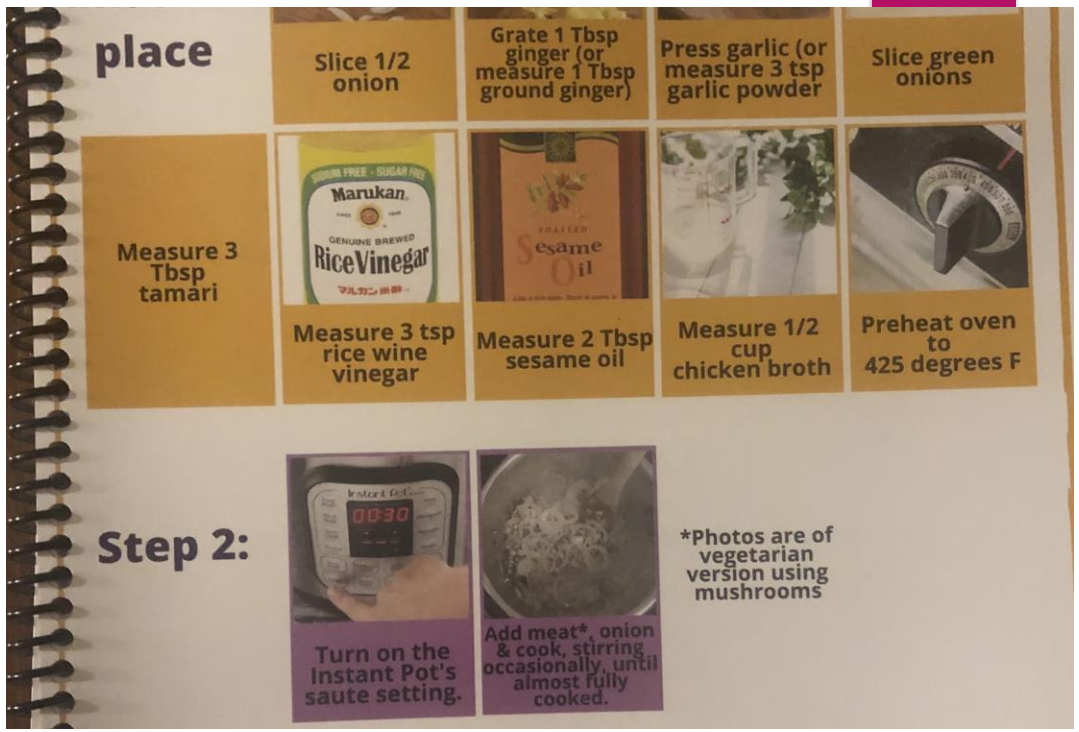
- 1 each red or green. yellow bell pepper – cored and cut into ½ inch slices
- 1 sweet onion – sliced
- 1 vegetable of choice – zucchini, broccoli, or carrot (optional)

SEASONINGS

- 1 ½ teaspoons Italian seasoning or (1/2 tsp

Written Adapted Recipe





Pictorial Adapted Recipe

The Ram Chefs Garden

Camp and Class

Parents' Perspective

References

- American Association on Intellectual and Developmental Disabilities. (2020). *Family Support*. https://www.aaidd.org/news-policy/policy/position-statements/family-support
- Centers for Disease Control and Prevention. (2020a). *Disability impacts all of us.* https://www.cdc.gov/ncbddd/disabilityandhealth/infographic-disability-impacts-all.html
- Centers for Disease Control and Prevention. (2021). *Health equity for persons with disabilities*. https://www.cdc.gov/ncbddd/humandevelopment/health-equity.html.
- Conway C, Lemons S, Terrazas L. (2020). *Academy of Nutrition and Dietetics: Revised 2020 Standards of Practice and Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Intellectual and Developmental Disabilities.* J Acad Nutr Diet. 120(12): 2061-2075e57.

References

- Creswell, J. W. (2018). *Qualitative inquiry and research design: Choosing among five approaches* (4th ed.). Sage.
- DiGennaro Reed, F. D., Strouse, M. C., Jenkins, S. R., Price, J., Henley, A. J., & Hirst, J. M. (2014). Barriers to independent living for individuals with disabilities and seniors. *Behavior Analysis in Practice, 7*(2), 70-77. https:doi.org/10.1007/s40617-014-0011-6
- Goldschmidt, J., & Song, H. (2017). Development of cooking skills as nutrition intervention for adults with autism and other developmental disabilities. *Journal of Academy of Nutrition and Dietetics, 117*(5), 671-76. https://doi.org/10.1016/j.jand.2016.06.368
- Kuh, G. D., & O'Donnell K. (2013). Ensuring quality and taking high-impact practices to scale. Association of American Colleges and Universities. https://www.aacu.org/leap/hips

References

- Kuh, G.D. (2008). High-impact educational practices. Association of American Colleges and Universities. https://www.aacu.org/leap/hips
- National Disability Institute. (n.d). The extra costs of living with a disability in the U.S. -resetting the policy table. https://www.nationaldisabilityinstitute.org/reports/extra-costs-living-with-disability/
- Patton M. Q. (2015). *Qualitative research and evaluation methods* (4th ed.). Sage.

References

- Sandjojo, J., Gebhardt, W. A., Zedlitz, A. M. E. E. E., Hoekman, J., den Haan, J. A., & Evers, A. W. M. (2019). Promoting independence of people with intellectual disabilities: A focus group studies perspectives from people with intellectual disabilities, legal representatives, and support staff. *Journal of Policy and Practice in Intellectual Disabilities, 16*(1), 37-52. https://doi.org/10.1111/jppi.12265
- Subach, R. (2018). Improving food choices and nutrient adequacy in adolescents/young adults with developmental disabilities. *Disability and Health Journal, 11*(1), 139-142. http://dx.doi.org/10.1016/j.dhjo.2019.05.003
- U.S. Department of Agriculture and U.S. Department of Health and Human Services. (2020). *Dietary Guidelines for Americans, 2020-2025*. 9th Edition. DietaryGuidelines.gov.