

# EZ TGIF and (G)IF Template

## TGIF

Used for certifications, mid certifications, and breastfeeding assessments.

Note: Bolded sections are required for each participant; complete other sections when they apply.

**T: Participant/Caregiver feels** \_\_\_\_\_. **Used** \_\_\_\_\_ **tool** (*If used*).

**G: Participant/Caregiver plans to** \_\_\_\_\_

**I: Participant/Caregiver shared** \_\_\_\_\_

1. Manually assigned Code(s) \_\_\_\_\_ due to \_\_\_\_\_
2. **Offered education on/ Discussed** \_\_\_\_\_
3. Food package tailored to include \_\_\_\_\_ (foods tailored, formula amount) because \_\_\_\_\_

**F: Follow-up about (referrals made, topics for next time, etc)** \_\_\_\_\_

### Remember to Include:

**T (tool):** What did you discover about the family's strengths, challenges, motivations, or concerns? What tool was used, if applicable?

**G (goal):** What health goals did the caregiver/participant identify to work towards?

**I (information):** What was discussed?

- What information was gathered during the assessment?
- If codes were assigned by staff, what was (were) the code(s) and why?
- What nutrition education was provided?
- Document when special food packages were assigned or any tailoring was done.
- For PG and Breastfeeding woman categories: What are the AR's feelings and beliefs around breastfeeding?
- For all infant categories: What are the AR's feelings and beliefs regarding infant feeding?
- For formula-fed infant categories: How much formula is infant taking and how often are they being fed?
- For breastfed infants: How often are they feeding at the breast? How much breastmilk do they take and how often if they are receiving expressed breastmilk?
- Any other information that would be helpful for the next staff member to know.

**F (follow-up):** What is there to follow up on next time?

- What referrals were made?
- What topics might be discussed next time based on today's conversation?
- What will be the next appointment type?

## (G)IF

Used for individual nutrition education contacts. G will be included when the participant's goal has changed since the last certification/mid-certification.

**Bolded sections are required for each participant; complete other sections when it applies**

G: Participant/Caregiver plan to \_\_\_\_\_

I: **Participant/Caregiver shared** \_\_\_\_\_

4. Manually assigned Code(s) \_\_\_\_\_ due to \_\_\_\_\_
5. **Offered education on/ Discussed** \_\_\_\_\_
6. Food package tailored to include \_\_\_\_\_ (foods tailored, formula amount) because \_\_\_\_\_

F: **Follow-up about (referrals made, topics for next time, etc)** \_\_\_\_\_

### Remember to Include:

**G (goal):** What personal goals does the family/participant plan to work on to improve health, if different from last appointment?

**I (information):** What was discussed?

- What did caregiver share about their family's challenges, motivations, and strengths?
- What nutrition education was provided?
- If codes were assigned by staff, what was (were) the code(s) and why?
- Document special food packages assigned or any tailoring that was done.
- For PG and Breastfeeding woman categories: What are the AR's feelings and beliefs around breastfeeding?
- For all infant categories: What are the AR's feelings and beliefs regarding infant feeding?
- For formula-fed infant categories: How much formula is infant receiving?
- For breastfed infants: How often are they feeding at the breast? How much breastmilk do they take and how often if they are receiving expressed breastmilk?
- Any other information that would be helpful for the next staff member to know.

**F (follow-up):** What is there to follow up on next time?

- What referrals were made?
- What topics might be discussed next time based on today's conversation?
- What will be the next appointment type?

## Examples

### TGIF

**T:** Mom feels like mealtime is a tug of war with the TV.

**G:** Mom plans to have family meals with the TV off and no screens. Instead, each person can share something about their day or they can play a simple game like I Spy.

**I:** Mom shared that C4 is growing well, even though he has a milk allergy (353). It started when he was a baby and he has tried dairy several times over the years but still has a reaction. Family has meals all together, but usually with the TV on or watching something on a phone to keep kids calm. Mom feels this distracts kids and they don't eat as well. She remembers family meals when growing up and wants that for her family too. Discussed tips to get kids excited about family meals, like giving each child a job to help get ready for dinner or having a special dinnertime routine. Tailored package to include soymilk/no cheese or yogurt.

**F:** Offered RD, AR accepted. F/U with how family meals are going. Referred to AHCCCS

### GIF

**G:** AR wants to prepare more meals at home by making a weekly menu

**I:** AR feels family meals are going well and there are less distractions, but family now eats out more often. Discussed ways to make preparing meals easier, like making a menu and preparing foods in advance/freezing. Tailored food packaged to include soymilk and no cheese or yogurt d/t milk allergy (353).

**F:** F/U on eating meals at home. Referred to AHCCCS and RD (AR accepted)

### IF

**I:** Children are having a hard time adjusting to meals without screens, and sometimes throw tantrums or refuse to eat when mom enforces boundaries. However, mom is feeling determined to have family meals despite obstacles. Discussed having consistent routines and offering praise when children behave well to help them adjust and affirmed mom for her determination. Removed cheese/yogurt, issued soymilk in food package d/t milk allergy (353).

**F:** F/U with how family meals are going. Referred to AHCCCS and RD (Mom accepted)