



# Food and Clothing

## General Indicators:

- Resources for food and clothing
- Quality of diet; adequacy of clothing
- Nutritional value of meals
- Conditions food preparation resources (utensils, space, appliances, sanitation)

<b>Growth Levels</b>	<b>5 - Thriving</b> <ul style="list-style-type: none"> <li>■ Has resources for diet of choice</li> <li>■ Everyone in the family eats a nutritious diet</li> <li>■ Has clean, durable clothing appropriate to full range of individual and family activities</li> </ul>
	<b>4 - Safe/Self-Sufficient</b> <ul style="list-style-type: none"> <li>■ Has resources to provide sufficient and nutritious food for family members</li> <li>■ Has clean, appropriate clothing for school, work or leisure</li> </ul>
	<b>3 - Stable</b> <ul style="list-style-type: none"> <li>■ Has sufficient personal or community resources to obtain and prepare food</li> <li>■ Meals have some nutritional balance</li> <li>■ Clothing is clean and appropriate for school and work</li> </ul>
<b>Risk Levels</b>	<b>2 - At-Risk/Vulnerable</b> <ul style="list-style-type: none"> <li>■ Limited resources to obtain food for family</li> <li>■ No health problems but meal lacks quality and important nutrients</li> <li>■ Has facility but has insufficient utensils, appliances for meal preparation</li> <li>■ Clothing is ill-fitting, inadequate, or inappropriate for school or work</li> </ul>
	<b>1 - In-Crisis</b> <ul style="list-style-type: none"> <li>■ No resources to obtain food</li> <li>■ Health problems due to poor nutrition</li> <li>■ No facilities for cooking, preparing meals</li> <li>■ Lack of adequate clothing for different seasons, for basic needs</li> </ul>