

SLIDING SCALE PRICING POLICY 2022

The sliding scale pricing policy consists of three choices of rates for nutritional counseling. The hourly rate is determined by the financial reality of the client and can be changed, as needed, throughout the nutritional counseling process.



120\$/hour

- I am comfortably able to meet all my basic needs (food, housing, and transportation)
- I may have some debt, but it does not prohibit attainment of my basic needs
- I own my home or property OR I rent a higher-end property
- I own or lease a car
- I am employed or do not need to work to meet my needs
- I have access to financial savings
- I have an expendable income *
- I can always buy new items
- I can afford an annual vacation or take time off



100\$/hour

- I may stress about meeting my basic needs but still regularly achieve them
- I may have some debt, but it doesn't not prohibit attainment of basic needs
- I own or lease a car
- I am employed
- I might have access to financial savings
- I have some expendable income *
- I can buy some new items & I thrift others
- I can take a vacation annually or every few years without financial burden



80\$/hour

- I frequently stress about meeting basic needs and do not always achieve them
- I have debt and it sometimes prohibits me from meeting my basic needs
- I rent lower-end properties or have unstable housing
- I do not have a car and/or have limited access to a car, but I am not always able to afford gas
- I am unemployed or underemployed and may have access to financial aid
- I have no access to savings
- I have no or very limited expendable income*
- I rarely buy new items because I am unable to afford them
- I cannot afford a vacation or take time off work without financial burden

*EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books and similar items each month, etc.