

Newsletter

NUTRITION AND HYDRATION WEEK

A global challenge



TM Pending

Many providers see the food and drink provision as much more than just a basic provision to be met. Food and drink is an opportunity to interact with those being cared for, in a variety of ways whilst broadening the promotion of food and drink. and also new food and drink.

There are many activities with food and drink that can be carried out in a care setting; we'll share evidence and ideas about how these can work for you.

For 2016 we are hoping the following focus days will help you to focus your thinking on to various activities to promote vital components around the main meal.

Monday – Big Breakfast – the most important meals of the day

Tuesday – Bedtime Snack – Without this there are over 12 hours without planned food intake

Wednesday- Global Tea Party

Thursday – Thirsty Thursday

Friday – Fruity Friday and / or Fishy Friday

To assist you we are also developing the planner to provide you with further ideas for you to use to promote good food and drinking to those you care for.

Series 3 No 3

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Newsletter

The fruit tree on the previous page from The Craigelea Care Centre, Renfrew demonstrates how the Chef entered into the spirit of the week and created a monkey tree masterpiece! The tree gave the residents great fun trying out all the different fruits the chef had used. They all thought he did a fantastic job and the fruit tasted even better. The tree has had a positive effect on everyone and staff and residents are coming up with new ideas for the fruit platters and are now very keen to try different fruits.

Fruity Fridays are a mainstay of many care home food related activities here are some ideas from the Birds Hill Nursing Home.



Caribbean Bingo was part of the activities at Laurel Bank Day Centre in Leeds. Not only had they themed the food for the week allowing their customers to try different foods and drinks they even themed the activities for the week adding variety to their customers routines.



Newsletter

It's not just the older people who can be involved in the week you may have read in issue 2 how the Hungarian Dietetic Association involved local schools in making maple leaves to hand out. This is a poster advert from a Tameside, England and Romiley Primary School.

JUNIOR AMBASSADORS REQUIRED!

Design a poster for Nutrition and Hydration Week to demonstrate your understanding of good nutrition and hydration.

Hand in to your class teacher before Friday 13th March, and you could win a place as a Junior Nutrition and Hydration Ambassador. Don't forget to put your name and class on the back!

As an ambassador, you will become involved with school meals menus, and promoting healthy eating and drinking both in school and with your friends and families at home.

This is a brand new initiative; we cannot wait to see your ideas. Your posters will then be displayed in school to celebrate your enthusiasm for the week.

Thanks everybody!

In Florida at Village on the Isle they involved their residents in helping to make decoration for tables for their Afternoon Tea Party. The flags for many of the world themed afternoon teas have been coloured in or even made by the residents or customers to services in various craft sessions.

There have been baking sessions involving many of the residents to engage them in different activities.



Here preparing scones at Borovere in 2014.

Home Lea House in Leeds took two residents to a local supermarket to help staff buy a few bits and pieces which the home had run out of, neither could believe how expensive food was nowadays. They also bought lots of pizza toppings and the residents had an activity to make their own pizzas with their preferred toppings.

Newsletter

Information sessions are also good for further underpinning key messages. Here Gracewell Healthcare deliver a session in one of their care homes.



KEY ACTION POINT Write down your outline ideas for 2016 now!!

Contact for Newsletter items, photos, plans, ideas, any comments send them to - NHWeek@mail.com Thank you



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