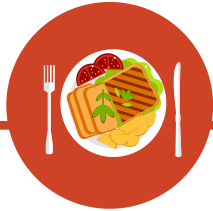


Winning Tips & Ideas



WE EAT WITH OUR EYES

Make the plate colourful.

Use colourful crockery- white sandwich on a white plate (hard to see).

Use sauces and garnishes to amplify taste & appearance.



TEMPERATURE & AROMA

Make sure food is served at the right temperature.

Place coffee makers, toasters, slow cookers with soup and even a small oven for fresh chips in the dining room to stimulate sense of smell.

SET THE SCENE

Create an ambience.

Jovial music & friendly staff to welcome residents.

Place puzzles & riddle books to pass time, while residents wait for their main meal.



CUSTOMIZE MEALS

Provide a choice menu even for those on texture modified diet.

Leave friendly notes on trays for residents eating inside their rooms.

Always have plenty of sauce options to personalize individual meals.



STAFF TRAINING

Train staff to identify risk of malnutrition & dysphagia.

Train staff on IDDSI textures- avoid using words such as "baby food" or "mouli" when serving texture modified food.



SOCIAL ENVIRONMENT

Keep the dining rooms open at all times not just at meal times- make it a place to socialize.

Turn meal times into a fun activity once in a while to add an element of fun!
Eg: Themed food such as Italian day or Asian curry night.

