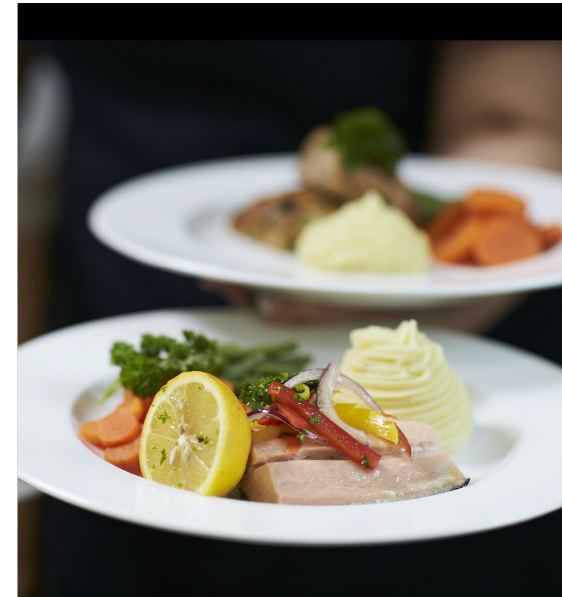


Care Home Digest

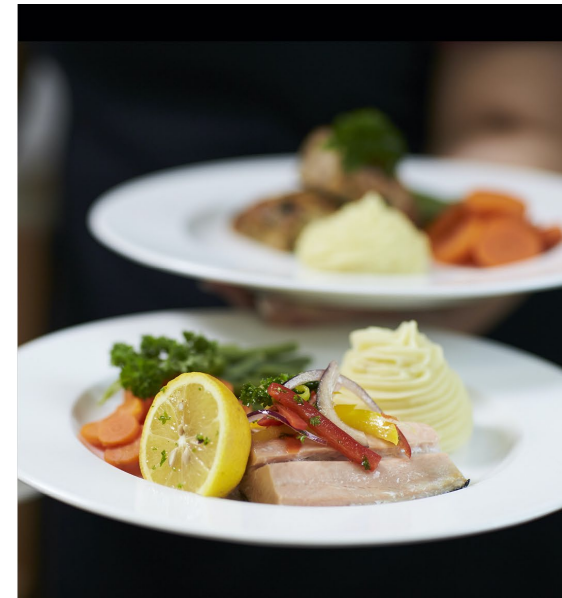
Menu planning and food service guidelines for older adults living in care homes

Launch
event



Introducing the Care Home Digest

Helen Ream, Working Group Chair, Healthcare and Food Service Dietitian, Compass Group UK & Ireland
and Vice-Chair, BDA Food Services Specialist Group





Carehome Digest – The process

- Preparatory work/scoping
- Funding received sept 22
- First meeting Jan 23
- Working group of 11 OPSG & FSSG members with care home experience and 2 NACC members
- 4 nations represented
- BDA endorsement May 24





Care Home Digest

Menu planning and food service guidelines
for older adults living in care homes





Chapters

1

Nutrition and hydration needs, screening for malnutrition and care planning

2

Delivering a positive mealtime experience

3

Menu planning and design

4

Special diets

Mealtime service checklist and Menu planning checklist





Key messages

Residents should always be able to choose what they would like to eat in a portion size that is appropriate for them

Review menus and observe meal services....are homes challenging themselves to enhance food services?

Aim for small improvements over time e.g., source of protein at each mealtime, fortified milk, snacks





Key messages

Homes need to establish ways that work for them, shouldn't create more food waste

Recognition that there is currently a huge variation in services

Provide evidence of compliance to regulation 14 in England

