



March 2012

Nutrition Newsletter

Information and News for Care Homes
in the North East Essex Area



Hydration in the Elderly



Water is well known for its revitalising properties. Yet even though it is essential to health, it frequently gets overlooked as one of the six basic nutrients, along with carbohydrate, fats, vitamins, proteins and minerals. This can result in vulnerable individuals missing out on the support and guidance they need to help maintain a healthy level of hydration.

www.water.org.uk Water For Healthy Ageing



Benefits of good hydration.



Elderly people in care homes generally drink very little, along with water, tea, coffee, juice, and sugary drinks will all help a person remain hydrated.

Healthier skin and less risk of pressure sores – and fewer sores to report
Greater mental well being for residents, sharper mental clarity and less which makes care easier

Better sleep – residents are less tired during the day and are more able to help themselves.

Better balance, fewer falls, greater mobility, stronger bones – better safety record for the Care Home and less staff time required

Better digestion and less need for laxatives

Better bladder health, better kidney function, greater toileting independence and fewer urinary tract infections (UTIs)

Clearer speech (mouth is not dry)

Healthier blood, better muscle tone and less painful joints – which makes it easier to Care for someone.

Healthier lungs.

Fewer headaches

Fewer colds and other infections



NEWSFLASH..... Nutrition Training Study Day Invitations have now been dispatched.

They will be held on Tuesday 27th of March 2012 in Colchester

Monday 2nd April 2012 in Clacton

Please email us at the below address if you have not received yours.

The Community Dietetics Team.

chu-ftr.foodfirst@nhs.net Tel: 01206 744552 Fax: 01206 744492



Nourishing Vegetable Soup

Ingredients

Chicken or vegetable stock	3 ltr.
Pearl Barley or broth mix	200g.
Leeks (sliced)	4
Celery stick (sliced)	4
Carrots (cubed)	4
Parsnips (cubed)	2
White wine (optional)	150ml.
Tomato puree	4tblsp.
Bay leaves	4
Garlic (finely chopped)	6 cloves
Rosemary	2 sprigs
Red chilli (finely chopped)	2 (optional)
Salt & Black Pepper to taste	



Method

Simmer the stock in a large pan and add the pearl barley.
 Leave to simmer.
 In another pan add the wine (optional) and the leeks, the garlic and chilli (if using) and simmer for approx 5 minutes. Add the remaining vegetables and simmer for a further 5 minutes, stirring once or twice.
 Add the vegetables to the stock, followed with the tomato puree, bay leaves, and rosemary.
 Bring the soup to the boil and simmer for 30 minutes approx. Season according to taste.

Kindly donated by Justin Hinkins
 Chef/Owner at The Jubilee Café, Ardeligh

Although this recipe is full of essential nutrients and vitamins and very healthy, the calorie content is not that high.

Here we demonstrate different ways of increasing the calories of this recipe.

This would be a suitable recipe for any care home as it can be altered to suit different nutritional needs

As shown in recipe 136kcal Per Serving	+ 200g potatoes 174kcal Per Serving	+ 8 tbsp Skimmed Milk powder 190kcal Per Serving	+ 120ml Double Cream 203kcal Per Serving	+ 120ml Double Cream + 8 Skimmed Milk powder 257kcal Per Serving
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Based on the recipe making 8 servings + a bread roll and butter and + 200 extra calories

	Cream	Butter / margarine / olive oil	Grated cheese / cream cheese	Mayo	Milk powder	Sugar / honey / syrup
Cereals / porridge	✓				✓	✓
Soup	✓	✓	✓		✓	
Yoghurt	✓				✓	✓
Mashed potato / vegetables	✓	✓	✓	✓	✓	
Milky puddings	✓				✓	✓
Milky drinks	✓				✓	✓
Sandwiches		✓	✓	✓		
Fruit or Cake	✓					✓

Fortification Ideas from the Food First booklet by The Community Dietitians

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Highlighting good practice

Silverspring's Residential Home Thorrington

We would like to congratulate all the staff at Silversprings Residential Home who work hard as a team to improve the calorie and nutritional intake of the residents.



Examples of main meal choices available on a lunch time menu at Silversprings



Enjoying a nourishing Milkshake

Unintentional weight loss and malnutrition are common problems with older people. There are many reasons as to why there can be loss of appetite with elderly such as; chewing difficulties, fatigue, taste and smell changes.

Many older people also often have increased nutritional needs. Weight loss and malnutrition have been shown to result in loss of muscle mass, causing decrease in strength and slower recovery from illness. It is critical that the elderly and their caregivers understand the value of nutritious foods and make them a regular part of their routine. With all of these thoughts In mind Silversprings aim to not only provide fresh and seasonal foods which are nutritious and tasty but also a delightful social experience to look forward to. Our chefs take great pride in the dishes served and believe it is highly important to take suggestions of menu options from the residents such as Liver, Bacon and Mash, Fisherman's pie and Roast Chicken with seasonal vegetables.

For those which have smaller appetites or difficulty eating, special Food First milkshakes are made for the residents thus ensuring that the protein and calories are still being provided. These have proven to be a great success and not only help there food intake but also a very tasty treat too. As well as food we recognise that regular hydration is highly important to our resident's daily lives. Due to this as well as providing jugs of water/juice in their room we have also installed cooled natural juice machines

across the home available for the residents to help themselves to at any time of the day. These machines are a great reminder for the residents and with the tempting flavors of Orange, Cranberry,

Apple, Lime and Peach the residents now have a greater fluid intake, If these meals, juices and smoothes are not enough to encourage our residents to eat and drink very few can resist our tea trolleys. We are renowned for our famous afternoon tea and coffee served alongside with our freshly homemade cakes ranging from Danish pastries, fruit cake, variety of cookies and Battenberg . **Kirsty Bewers Hospitality Manager**



Tea time treats



Delicious Juice machines at Silversprings

Staff at Silversprings have taken the initiative and several Juice machines have been installed with in the home.

The juices are sugar free so they are suitable for all residents. It is a great visual reminder for residents that they need to drink and stay well hydrated and a good water based alternative to tea of coffee.

All staff at Silversprings show a lot of care and forward thinking from menu planning to helping the most vulnerable residents gain weight.

Food always looks appetising and is beautifully presented and the residents health and well being is always considered.