



May 2012

Nutrition Newsletter

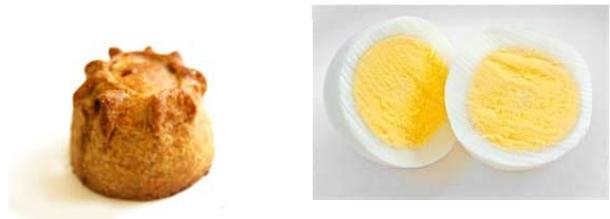
Information and news for Care Homes
in The Essex And Tendring Area

Finger Foods – Food For Thought

For people with dementia who have difficulties with co-ordination and struggle to use cutlery, finger foods are a good solution. These are everyday foods that are prepared in a way that makes them easy to pick up and eat with the hands. Finger foods help to maintain independence and self-esteem at mealtimes as the person does not have to rely on assistance from another person to eat. This is important as it helps to preserve dignity and confidence. It also means that the person is in complete control of what they eat and the time it takes to eat. They are also easy to eat either at or away from a table.

Try different breads for variety, including wholemeal and white. Keep sandwiches small to make them easier to manage. Ideas include:

buttered toast or bread fingers,
small bread rolls with butter sandwiches
buttered crumpets or muffins
crackers with butter or soft cheese biscuits
scones, malt loaf, fruit loaf,
teacakes or hot cross
Buns, slices of fruitcake or gingerbread,
waffles, soft cereal bars
chapattis or small pitta breads.



Meat, fish and vegetarian alternatives. Meat that is dry may be difficult to eat, so try to keep it moist. Try:

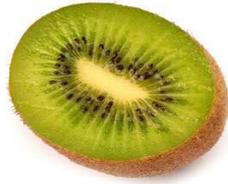
chicken breast, cut into pieces hamburgers,
meatballs, sausages, chipolatas, hotdogs or
slices of meatloaf pieces of fish fillet (boned),
fish fingers, small fishcakes or crabsticks
slices of pork pie vegetable burgers or vegetarian
sausages slices of quiche or pizza
hard-boiled eggs (quartered)
cheese cubes slices of cheese on toast kebabs.

Vegetables can be steamed, boiled or served raw, depending on what the person prefers and can manage:

broccoli florets, cauliflower florets, carrot, swede or parsnip, cut into sticks or cubes,
brussel sprouts green beans or mangetout, cucumber slices or sticks, celery sticks or pieces,
cherry tomatoes or salad tomatoes, sliced or cut into wedges, courgette slices or sticks,
sliced peppers, mushrooms.

The Community Dietetics Team.

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



**Potato wedges or chunky chips,
oven baked or fried
(you can also use sweet potatoes)**

small roast potatoes
boiled potatoes, whole or halved,
with or without skin.



All information was taken from the
Alzheimer's Society Website
www.alzheimers.org.uk

You will also be able to find ideas for
finger food meal plans on this website
Information for Finger Foods can
also be found on the

Caroline Walker Trust website
www.cwt.org.uk

**Fruit can be peeled if preferred.
However, the peel may make
it easier for the person to grip the pieces,
particularly if it is a 'slippery' fruit, such as
peach or nectarine:**

slices of apple or pear melon wedges
pineapple chunks or rings orange segments
slices of kiwi fruit strawberries or raspberries
apricots (stone removed), cut into halves
nectarines or peaches (stone removed), cut into
slices or chunks, seedless grapes
bananas, whole or sliced
dried fruit - ready-to-eat apricots, pears, apples
or stoned prunes.

Snack ideas

**A person with a good appetite may have no
problem eating sufficient food at regular mealtimes.
Alternatively, some people may prefer to eat
'little and often' – five or six small meals spread
out over the day instead of the usual three.
It is a matter of what works best for the individual.**

Try:

buttered crackers with soft cheese, buttered savoury or
sweet scones buttered muffins or crumpets,
sliced maltloaf , hot cross buns or tea cakes
toast or bread fingers with Marmite™ or peanut
butter dried fruit , fresh fruit , cereal bars
slices of fruitcake or gingerbread.

Food First goes Viral

www.myhomelife.org.uk

Kirsteen Bryson Community Dietitian was recently approached to take part in a web broadcast about the Food First Project for the My Home Life organisation.

My Home Life is a company promoting home life and dignity by good leadership, it is a nation wide company and is sponsored by Essex County Council, The City University London, Joseph Rowntree Foundation and Age Uk. We will keep you posted on a broadcast date.

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Highlighting Areas of Good Practice

The Old Rectory, Colchester

This month we would like to highlight The Old Rectory Residential Home in Colchester. Below Care Home Manager Lisa Curtis talks about ideas and projects used within the home

“Nutrition is a very important when providing care to elderly and vulnerable residents. We have been working alongside the community dietetic team since the launch of the Food First Project in 2011. We have implemented the use of Grazing Stations within the Dementia unit. This has been very successful with the residents and we find that they have been snacking more independently. We have also been offering residents afternoon tea and homemade cakes, the residents really enjoy this and they are also gaining extra calories at the same time. We have been fortifying foods with double cream and skimmed milk powder which also adds valuable calories and protein. We have been doing this for the residents that are at risk so they are able to eat the same foods as residents who are a healthy weight.



Healthy Fruit & High Calorie snacks



Delicious homemade muffins & chocolate flapjacks

Well done all at
The Old Rectory

We have been making home made smoothies which are full of protein and very nutritious, the residents who have been receiving these have gained weight, we also use them if a resident is put on a high protein diet or if they are at risk from pressure sores. We have two senior members of staff who are the lead for Nutrition within the care home, their job is to monitor practice and ensure residents do not become at risk from malnutrition. We recently provided “Meal Service Workshops, which focused around good practice at meal times, looking at the environment, supporting and assisting service users and ensuring that the residents are comfortable and have the right equipment. Our Head Chef also works very closely with the residents ensuring all their needs are catered for and their nutrition requirements are being met. He manages this by speaking directly to the residents and care staff and conducting surveys on the food we provide”

Lisa Curtis Manager at The Old Rectory

The Community Dietetics Team.

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