

NUTRITION & HYDRATION WEEK AT LYNDE HOUSE

Monday 11th *BRILLIANT BREKKIE*

First day of the nutrition week we decided to start with amazing breakfast. It is very important for our residents how they start their day, so we thought we would kick off the day with a “smile”. Our chef prepared amazing cooked breakfasts which included: hash brown, smiling potatoes, baked beans, poached egg and grilled tomato. All residents were also had a portion of fresh fruit salad, thick & creamy yogurt, juice and hot cup of tea or coffee. It brought lots of smile and energy throughout the day.



Tuesday 12th *WACKY SNACKY*

On Tuesday afternoon hospitality staff hosted cooking classes for residents and their loved ones. Everybody got together in the main dining room where we made little pizzas. Here are some of the ingredients: cheese, olives, mushrooms, sweetcorn, mixed peppers, spinach, ham and homemade pesto. We all had a chat about how a snack is important throughout the day. Everybody agreed that having regular snacks and drinks keeps you well hydrated and energized. It reminded everyone about good nutrition and hydration habits. Residents enjoyed so much being able to do a little cooking again. It was such a success!



Wednesday 13th *THIRSTY WEDNESDAY*

On the 3rd day of nutrition week we reminded everyone, (residents, visitors and staff) about keeping themselves hydrated. All day we served a drinks in reception that were available to everyone in the home. Most popular drink was orange, lemon & cucumber water as it is a very refreshing drink. In 2nd place was texture modified citrus milk. 3rd position was Berry Water, which was made with fresh berries.

Thursday 14th *TEA PARTY*

On Thursday our residents had a surprise tea party. We served: cakes with green cream topped with marshmallows, colorful chocolate candies and pink crystals; gluten free cake topped with whipped cream and glazed cherries; coconut shortbread biscuits and fresh berries. Everybody enjoyed a sweet treat and tea along with “Getting to know me” game. It helped residents and staff to get to know each other better.



Friday 15th *FRUIT FUN DAY*

On the 5th day of the nutrition & hydration week we celebrated fruits. All afternoon we were serving fresh fruit skewers in melon along with lemon & mandarin iced water. These special snacks brought the Summer into Lynde House!

Saturday 16th *SMOOTHIE & MILKSHAKE SAT*

All Saturday in reception and on the morning and afternoon teatime trolleys hospitality staff served smoothies and milkshakes. We had 3 types to offer:

- 1.Strawberry & Raspberry Milkshake
- 2.Blueberry & Banana Milkshake
- 3.Kiwi, Pear & Orange Smoothie.

This day was great, especially for a school children who came to visit our residents.



Sunday 17th *SUNDAE SUNDAY*

On the last day of the nutrition & hydration week we had a little celebration. As the weather was very sunny that day, we made mango sundae served with vanilla ice cream and raspberry coulis. Everybody enjoyed them so much!

Our Nutrition and Hydration week at Lynde House was a very good reminder for everyone about keeping our bodies well hydrated and fully energized!

