



CARE

FOODSERVICE
THAT JUST WORKS



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Introduction



We're proud members of the NACC, who exist to unite, support and represent everyone working in catering in the UK care sector.

Catering in the care sector is challenging work at the best of times. Not only do chefs have to cater for each individual's tastes while ensuring they receive a nutritionally balanced diet, but they're also required to offer a variety of meals throughout the day, 7 days a week, plus snacks.

Some residents in care environments want to be inspired by new flavours, others simply require good traditional food, cooked well.

In a standard restaurant environment, this would be far easier to achieve than in the care sector, where residents have a range of dietary or medical needs and, in many cases, need to be encouraged to eat. Not only is there pressure to make meal times engaging, but any given dish may need to be puréed to 4 different levels of texture for residents with dysphagia - when you are operating 3 meals a day plus snacks, it is easy to see how complex care catering soon becomes.

One of the many challenges chefs face in the care sector is accommodating the dietary requirements of each individual. In any care environment, whether large or small, caterers will need to provide meals for people with dementia, dysphagia, high cholesterol, diabetes and allergies as well as many other complex needs. In this guide we take a closer look at four of the most significant considerations, including what to be aware of as a caterer and how to handle the individual complexities.

Whether you are new to care catering, or looking for a little inspiration, we hope the information and tips in this guide provide additional support and help you take your service to the next level.



Say Hello to Andy!

National IDDSI Trainer & Consultant.

An award winning trainer in the field of IDDSI (International Dysphagia Diet Standardization Initiative), Andy Cullum has an extensive background in healthcare and a deep understanding of IDDSI's vital role in enhancing the lives of individuals with swallowing difficulties.

The Dining Experience

Creating a positive dining experience is essential as it can play a vital role in the overall well-being of the residents. Not only does it provide nourishment for the body, but it also offers social interaction, a sense of normalcy and comfort. To enhance this experience, focus on factors such as creating a welcoming atmosphere, serving nutritious and delicious meals, and fostering a sense of community during meal times.

Presentation is important: Where possible try to use bright and colourful foods displayed in an appetising way.

Slow down: Let residents have relaxed, unhurried and pleasurable mealtimes.

Are the menu's on the table simple, easy to read with no jargon and on neutral coloured paper?

Does the team understand what is on the menu and what ingredients go into the dishes?

Temperature is important: Hot food can be off-putting when left to go cold. Serve when residents are ready to eat.

Are there clear and visible signs to the dining area for residents and visitors?



Dining Top Tips!

Ask wheelchair users where they want to sit instead of placing them at the same table every day

Where possible have plenty of options for individuals to dine in different sized groups

○ Communication is Key

What time of day is best? Try to factor in a little flexibility to meal times, catering for residents who might want to have an early or late lunch.

Empower residents to have an influence: Give them a voice so that they feel involved - they're not just a number. Encourage feedback on their daily menu.

Stimulate the appetite: Discuss the menu with residents 30 to 40 minutes before a meal. This will make them feel hungry and help them to look forward to their meal.

Create conversations around food: Talk to residents about their preferred foods, cultural dishes and health requirements and incorporate residents' favourite foods into the menu.

Don't make assumptions: Everyone is different, some like sweet foods and others prefer savoury or spicy. Ensure residents are offered a choice.

○ Get everyone involved!

Encourage individuals to get involved and make sure everyone who wants to be involved is. Focus on what the residents CAN do, rather than what they can't. Whether that is chopping vegetables, laying tables or even washing up, some residents may be keen chefs and might enjoy the social interaction they gain from regularly participating in light activities alongside staff. Keep the focus on what an individual can do, not what they can't.

Why not try the "Tools Down" approach? During meal times, where possible, staff and residents eat together creating a community environment.

Smells evoke memories. Take the opportunity to chat about mealtimes from childhood, such as school dinners or special meals shared with loved ones.

**If you're cooking
as a group, decide what
to prepare together.**

Does anyone have a
favourite recipe they'd like
to share?



Planning Plates

It is estimated that 1 in 10 older people are malnourished or at risk of malnutrition in the UK and Ireland. While the vast majority of these cases involve people who live in the community, 5% (approximately 50,000 people) are in care homes and 2% in hospitals. With the number of people aged 65 and over expected to rise in the next 20 years, understanding this issue and how menu planning within the care sector can alleviate it, is critical.

Most care homes plan a 3 or 4 week menu rotation, adapting dishes to the season and carefully balancing the calories and nutrients individuals need throughout the day. However, it is equally as important to ensure that mealtimes are a positive, enjoyable experience for everyone, with dishes that are appetising and encouraging.

Spontaneous Snacking

Creating a "Snack Station" can encourage impulse eating and residents can eat when *they* want to, not solely during set meal times.



Get inspired!

Finger food doesn't have to be sandwiches and biscuits...

BREAKFAST / BRUNCH

- Teacakes
- Chewy cereal or granola bars
- English muffins
- Crumpets
- Mini yoghurt pots
- BLT bites

SAVORY SNACKS

- Loaded potato skins
- Frittatas
- Breadsticks with salsa
- Mini fishcakes
- Scotch eggs
- Blinis
- Bubble & squeak bites

SWEET SNACKS

- Cheesecake bites
- Mini muffins
- Jam tarts
- Bitesize chocolates

Dinner





Bonus:

Dark Chocolate (70%+) is...

**Rich in fibre, iron,
calcium, and antioxidants**

Make a themed event of it!
World Chocolate Day - 7th July



Nutritionally Dense

There is a limit to how much food any resident can eat in a day, so it's crucial to choose nutrient-rich options. What are “nutritionally dense” foods? The simple answer is anything that can grow and sustain life. To maintain good health our bodies require a variety of vitamins, minerals and other nutrients. We've compiled a list of the top 10 nutritionally dense foods.

1

Blueberries

Vitamin K, vitamin C, manganese and antioxidants.

How to enjoy blueberries: Add to yoghurt, oats, a smoothie or on their own as a snack throughout the day.

2

Potatoes

B vitamins, vitamin C, copper, iron, manganese and fibre.

How to enjoy potatoes: Mashed, roasted, boiled, fried or steamed.

3

Seaweed

Vitamin B9 (folic acid) and other B vitamins, iron and copper.

How to enjoy seaweed: Sushi, in vegetable soup or crushed and sprinkled on salads.

4

Kale

Vitamin A, vitamin C, vitamin K, calcium, manganese and fibre.

How to enjoy kale: A great alternative to leafy green vegetables such as spinach. Mix into pasta or serve as a side.

5

Garlic

High in protein, vitamin C, selenium, active ingredient allicin.

How to enjoy garlic: Enhances curry, stir fry and pasta dishes.

6

Salmon

Omega-3 fatty acids.

How to enjoy salmon: Poached, smoked salmon or salmon fish cakes.

7

Mackerel

Omega-3 fatty acids, vitamin D, vitamin B12 and other B vitamins.

How to enjoy mackerel: On toast as a light lunch.

8

Anchovies (eaten whole)

Omega-3 fatty acids, niacin, vitamin B12, calcium, selenium, potassium, and vitamin A.

How to enjoy anchovies: Try them on pizza, in pasta, salads or fishy stews.

9

Mussels

Vitamin B12.

How to enjoy mussels: Try steamed with a creamy white wine sauce.

10

Eggs

Protein, vitamin B2, selenium and phosphorus, antioxidants.

How to enjoy eggs: Scrambled, poached, hard boiled or as an omelette.

Some research suggests people who eat oily fish regularly may have a lower risk of developing dementia, depression, heart disease and other health conditions

Diabetes

There is estimated to be over

6%

of the UK's population living with **diabetes**

Although most people with diabetes can eat a regular healthy diet, it is easy to miss the nuances required to prevent a sharp drop or increase in blood sugar. Developing a meal plan which accommodates insulin injections throughout the day is important to maintain control of blood glucose, blood pressure and cholesterol levels to avoid health complications. Some people with diabetes find it easier to eat 5 smaller meals a day as opposed to 3 larger meals, but the aim is to make sure people eat healthily and regularly with their overall daily diet containing:

- One starchy food per meal such as breakfast cereals, muesli, porridge, granary bread, fruit loaf, rice, pasta, yams, sweet potatoes, beans, fish, lean meat or a meat alternative.
- At least 5 portions of fruit and vegetables.
- Low fat dairy products.

Cut down on oils! Try to grill, steam or bake foods instead.

Fatty, sugary foods should be avoided. Although sweet treats are not banned, they should be kept to a minimum and offered as part of a meal as opposed to a snack. This includes fresh fruit juice which is also high in sugar.

Foods to avoid:

- Biscuits, cakes, pies and pastries
- Red and processed meat
- Ghee, butter and lard

Easy snack swaps

Crisps ▼ Seeds
Bread & Dips ▼ Carrots & Hummus
Milk Choc ▼ Dark Choc
Fizzy Drinks ▼ Flavoured Water



Healthy sources of carbohydrate for diabetics:

- Whole grains like brown rice, buckwheat and whole oats
- Fruit
- Vegetables
- Pulses such as chickpeas, beans and lentils
- Dairy like unsweetened yoghurt and milk



Dysphagia

Dysphagia affects
8%
of the UK and Irish population

Dysphagia is a medical condition that affects the ability of individuals to swallow food and liquids which may then lead to it entering the lungs. Whilst more common amongst the elderly, dysphagia can affect anyone at any age, and appear for short term or long term periods.

Dysphagia symptoms may include:

- Pain while swallowing or not being able to swallow
- Feeling that food is stuck in the throat, chest or behind the breastbone
- Persistent drooling
- Coughing or gagging when swallowing
- Hoarseness
- Food coming back up
- Frequent heartburn
- Food or stomach acid backing up into the throat
- Weight loss

Please consult your local Speech and Language Therapist if any of your residents are showing symptoms.

There are various stages of dysphagia and it is vital to understand each individual's needs to prevent choking. As a guide, the International Dysphagia Diet Standardisation Initiative (IDDSI) have created a framework describing the levels of texture modified foods and thickened fluids to be used for individuals in all care settings. This gives caterers a specific reference point to check the flow or textural characteristics they should be achieving with each dish.

What are the IDDSI levels?

A breakdown of the IDDSI flow test, framework, detailed level definitions, and testing methods can be found at www.iddsi.org/framework

Download the IDDSI app



Check before serving/eating:

- No hard pieces, crust or skin has formed on the dishes during cooking/heating/standing
- Check the food has not thinned out and that any liquid within the food has not separated
- Make sure that any cereals have fully absorbed the milk and have softened

Focus on:

- Stewing
- Poaching
- Braising

Stay away from:

- Frying
- Grilling
- Baking

Making Meals Manageable

Dysphagia can lead to malnutrition or dehydration, but increasing the volume of food on the plate has been proven to be counter-productive because it takes longer to eat and can be tiring for individuals to get through large meals. Providing individuals with smaller, more manageable meals with fortified ingredients on a frequent basis helps to meet nutritional needs more effectively.

Often, individuals suffering from dysphagia can feel a loss of dignity when dining, especially if puréed food is served in a bowl at each meal (compared to peers who are served a standard plate). People eat with their eyes as much as they do through taste, so this can also lead to a loss of appetite. Many caterers now take the time to produce meals which look like the original dish, using gels or thickening agents within the purée to present food in a more appetising way.

As many as

75%

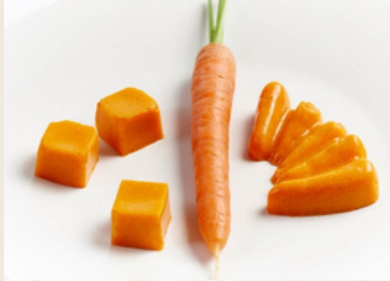
of nursing home residents will live with dysphagia as a result of a primary condition such as a stroke or dementia.

Five smaller meals during the day will deliver greater variety to stimulate the appetite, ensuring food remains hotter for longer while having the added benefit of reducing waste.



For residents who are on a modified diet of IDDSI levels 4 - 7, always taste dishes once they have been puréed to check the flavour has not been watered down. Ensuring food is flavourful will encourage individuals to eat, so introduce new dishes inspired by global cuisines to create a positive dining experience at every meal, and ask residents for feedback regularly to learn what their preferences are and if their tastes have changed. All residents deserve to dine with dignity.





Code	Description	Pack
117043	Lakeland Skimmed Milk Powder	6 x 2kg
137240	Nutrisis Food Thickener	1 kg



Nutrisis Thickener is designed to adapt the texture of meals for nutritional requirements in the event of swallowing and chewing disorders or risks of aspiration.



Request a
FREE SAMPLE



**SIMPLY
PUREE.CO.UK**



- Quality texture modified food solutions
- Made to the highest safety standards
- Each dish complies with IDDSI guidelines for texture
- Made in the UK

Code	Description	Pack
312340	Level 3 Mixed Case	
	Chicken and Potato Pie	6 ptn
	Bean and Veg Casserole	6 ptn
	Tomato Soup	6 ptn
	Chicken Soup	6 ptn

312346	Level 4 Mixed Case	
	Roast Lamb with Mint	2 ptn
	Roast Beef with Mustard Mash	2 ptn
	Salmon in Dill Sauce	2 ptn
	Really Cheesy Mac Cheese	2 ptn
	Vegetable Lasagne	2 ptn

312342	Level 5 Mixed Case	
	Chicken Casserole	3 ptn
	Fish in Cheese	3 ptn
	Beef Stew & Dumplings	3 ptn
	Vegetable Lasagne	3 ptn

312344	Level 6 Mixed Case	
	Tuna Bake	3 ptn
	Chicken Casserole	3 ptn
	Macaroni Cheese	3 ptn
	Beef Stew & Dumplings	3 ptn

Struggling with time and resource but have residents with dysphagia?

Full of flavour, Simply Puree ready meals provide a solution for busy healthcare environments.



Dementia

Dementia affects individuals differently, making it challenging to create a universal catering solution. As the condition progresses, it can impact eating habits, appetite, coordination, and taste preferences, influencing food intake. Detailed recording of eating habits is crucial, including when and where they eat as well as what they choose to eat and how much was actually consumed.

Be prepared with flexible options around meal and snacking times to support their needs.

Watch Out For Weight Loss

Weight loss is common among older people living with dementia because they can forget to eat, are easily distracted and some are unable to communicate hunger or thirst. To ensure each person receives their recommended daily calorie intake, add extra drinks or nutritious snacks to meal plans. It is also important to continue trialling different flavours and foods because some residents will experience quite dramatic changes in their sense of taste, so activities involving world flavours could be a great way to identify new dishes to put on the menu.

More often than not, sweet foods become preferable over savoury, so encourage appetites by introducing a little element of sweetness to dishes. For example, add dried apricots to a tagine, incorporate fruit into salads, add honey into porridge and chutney into sandwiches.

“Activities such as cake and biscuit decorating are great fun as they use different colours and textures. Bread making is a good sensory experience for people living with dementia as they knead dough. For some, just talking about recipes that they may have developed themselves can be an emotionally rewarding time and an interesting experience for us too!”

Rebecca Page, Regional Manager, CHD Living



Catering for those living with dementia goes beyond the kitchen.

Consider the entire dining experience:

- Develop cues for eating, involve residents in setting the table and hearing/smelling food being prepared.
- Ensure the dining environment is free of distraction and loud music. Avoid medication rounds and housekeeping during meal times.
- Have a routine seating plan so the environment becomes familiar and less stressful.
- Provide cutlery that is shaped and easy to hold with shorter handles. The spoon bowls should be flatter than a normal spoon to prevent overloading.
- Use contrasting colours for cutlery, crockery and tablecloths. Solid colours work better than patterns. Try not to overload the table with condiments because they can cause confusion.
- Dinner plates should be heavier, with high angled sides to make accessing food easier. Coloured rims around the edges will help to differentiate the plate from the table and thermal dishes will keep food warmer for longer if a resident is a slow eater.
- Hand-eye co-ordination may be affected with dementia so sit with residents where possible or place them on a table with others to remind them how to use cutlery and prompt forgotten actions.
- Keep meal times flexible, especially if they have difficulties with time and place – they may eat better at certain times of day.



Mix it up!

Theme days provide catering teams with the opportunity to unleash their creativity and unite care home teams and residents in celebrating diverse events throughout the year together. Think of particular events, national days/weeks or even decade celebrations, such as Wimbledon, VE Day or Afternoon Tea Week (see page 20 for our Care Activity Calendar).

Get Everyone Involved!

Creating decorations together beforehand can really help bring a theme to life.

1970's Activity Suggestions:

- Themed quizzes, crosswords & puzzles
- Dressing-up in outfits that fit the decade
- Listening to popular music of the 70's - try creating a playlist with the residents and chat about their favourite songs from the decade

1970'S



Encourage everyone to share their favourite memories!

1970's Pre-Dining Conversation Topics:

- What was your favourite dish from the 70's?
- What's your funniest memory of the 70's?
- How have mealtimes changed since the 70's?
- What are you looking forward to eating on the menu today?
- Do you remember having a milkman? How has shopping for grocery's changed?

1970's Menu Tips:

Rename regular dishes after popular films or actors of the time to create a talking point e.g. Bangers and M*A*S*H, or serve dishes that were popular at the time:

Al Pacino Prawn Cocktail



- | | | |
|------------------|----------------------|-----------------------|
| • Prawn Cocktail | • Chicken Kiev | • Battenberg Cake |
| • Devilled Eggs | • Cheese Fondue | • Black Forest Gateau |
| • Scotch Eggs | • Cheese & Pineapple | • Crepes Suzette |
| • Vol-au-vents | • Cheese Straws | • Bombe Alaska |

Popular 1970's cocktails:

- | | |
|-------------------|---------------------|
| • Pina Colada | • Tom Collins |
| • Sloe Gin Fizz | • Brandy Alexander |
| • Tequila Sunrise | • Harvey Wallbanger |

Involve families by asking them to bring in photo's, or talk about activities they remember.



LAMB STEW WITH BARLEY AND DUMPLINGS

(premierfoodservice.co.uk)

Prep: 10 minutes Cook: 40 minutes Serves: 10

Ingredients:

- | | | | | |
|--------|--|---------------------------|-------|----------------------------------|
| 50ml | Olive Oil | For the Dumplings: | 300g | Country Range Self Raising Flour |
| 2 | Onions (sliced) | | 150g | Suet |
| 500g | Carrots (diced) | | ½ tsp | Salt |
| 500g | Parsnips (peeled and diced) | | | |
| 100g | Pancetta (diced) | | | |
| 50g | Country Range Plain Flour | | | |
| 500ml | Rich Ale | | | |
| 1ltr | Country Range Beef Bouillon (made as per instructions) | | | |
| 10g | Fresh Rosemary (chopped) | | | |
| 100g | Pearl Barley | | | |
| 1.25kg | Cooked Lamb (sliced) | | | |

Method:

1. Preheat the oven to 150°C, 300F, gas mark 2.
2. Heat the olive oil in a large pan over a high heat. Add the onions, carrots and parsnips and cook for 5 minutes. Add the pancetta and cook for a further 5 minutes.
3. Add the plain flour and gradually add the rich ale and beef bouillon to make a sauce. Once combined add the rosemary and barley and gently simmer for 10 minutes.
4. Meanwhile, prepare the dumplings by putting the self-raising flour, suet and salt in a mixing bowl.
5. Add the water a little at a time, mixing until you have a thick dough. Divide the dough into 20 pieces and using floured hands shape into golf sized balls.
6. Place the sliced lamb into an ovenproof dish and pour over the sauce.
7. Place the dumplings on top of the casserole allowing enough room for them to expand. Cover with a lid and cook in the pre-heated oven or simmer on the top of the stove for 20 minutes, or until the dumplings are cooked and barley is tender.



Andy Cullum

National IDDSI Trainer
& Consultant.

Andy's Top Tips!

If you have level 6 soft and bite sized modified meals for your residents, why don't you ensure that all meat and vegetables are cut to 1.5cm. This will save time at the point of service.

Don't add fresh rosemary if serving to anyone as a modified meal as this is a problematic ingredient.

Please bear in mind that dumplings are not suitable for some modified diets.

If preparing for modified diets, remove as much gravy as possible for blending. This will then speed up the blending process.
Please follow the IDDSI steps for blending level 4 (puree) and 5 (minced and moist).

GRANOLA YOGURT CUPS

(muller.co.uk)

Prep: 15 minutes Cook: 30 minutes Serves: 4

Ingredients:

- 1 Banana
- 120g Country Range Rolled Porridge Oats
- 1 tsp Vanilla Extract
- 1 tsp Country Range Ground Cinnamon
- 80g Country Range Honey
- 220g Müller Healthy Balance Yoghurt
- Fresh Fruit of your choice

Top Tip for Zero Waste: Banana skins can be used in cakes and snacks.



Why not encourage residents to select and chop their own fruit for the toppings?

Try adding some extra topping options like nutritionally dense dark chocolate drops (70%+)

Andy's Top Tips!

For a modified diet blend the rolled porridge oats to a fine powder, and sieve berries if using for the filling. Check for consistency using the IDDSI audit tools as you may find that no thickener is needed. Also place in a ramekin only. Do not cook.

For diabetics, honey is safe in moderation. Please check residents blood sugar levels before serving.

Honey is a natural inflammatory and antioxidant.

Method:

1. Grease a muffin tray.
2. Mash the banana in a large bowl.
3. Add the vanilla, cinnamon, honey and oats to the banana
4. Once combined, spoon into the muffin trays to create "bowl" shapes and let these chill for 1 hour
5. Preheat the oven to 180°C and bake for 30 minutes.
6. Leave to cool
7. Add a generous spoonful of Müller Healthy Balance Yoghurt to each cup and top off with sliced fresh fruit.



RHUBARB & STRAWBERRY CRUMBLE WITH HORLICKS CUSTARD

(horlicks.co.uk)

Horlicks is enriched with 14 vitamins and minerals, free from artificial colours, flavours, sweeteners, and preservatives.

Ingredients:

For the Filling:

- 400g Rhubarb, cut into 3cm batons
- 400g Strawberries, halved or quartered
- 40g Demerara Sugar

For the Crumble:

- 125g Plain Flour
- 60g Horlicks Original
- 35g Ground Almonds
- 30g Rolled Oats
- 170g Chilled Unsalted Butter, grated or diced
- 75g Demerara Sugar
- ¼ tsp Salt

For the Custard:

- 290ml Whole Milk
- 3 Egg Yolks
- 1 Vanilla Pod
- 2 tbsp Caster Sugar
- 30g Horlicks Original
- 1 tsp Cornflour

*Time starved?
For a quick solution
add a few spoonfuls of
Horlicks Original to our
own Country Range
custard powder!*

Crumble Method:

1. Pre-heat the oven to 200°C (180°C fan oven) and lightly grease a 30 x 25cm baking dish.
2. Add the rhubarb, strawberries and sugar into the baking dish and toss together to ensure the fruit is evenly coated with sugar.
3. Add all of the crumble ingredients into a large mixing bowl. Using the tips of your fingers and thumbs, mix the ingredients together until reasonably lumpy but still well mixed. Transfer the crumble mixture to the freezer to chill for 10 minutes.

 *Get residents involved by helping to combine the crumble mix.*

4. Scatter the chilled crumble mix over the top of the fruit, making sure you have even distribution. Transfer to the oven and bake for 40 minutes or until golden brown. Leave to cool for 15 minutes before serving.

Custard Method:

1. Add the milk and vanilla pod seeds into a saucepan and bring to a very gentle simmer, stirring occasionally for 5 minutes. Do not let the milk boil! Remove from the heat.
2. In a large, heat-proof mixing bowl, add the egg yolks, sugar, cornflour and Horlicks Original and whisk together until smooth.
3. Remove the vanilla pod from the hot milk and then ladle spoonfuls of the hot milk into the egg yolk mixture, whisking vigorously as you go until all of the milk is incorporated.
4. Place your saucepan over a low heat and add the custard mixture back into the pan. Stirring continuously, heat the custard through until it thickens to the point that it coats the back of a wooden spoon.

Pour into a jug and drizzle on top of the warm crumble.

Andy's Top Tips!

Replace sugars with sweetener for diabetics.

For modified diets blend porridge oats with milk and a spoonful of Horlicks, then add thickener until it passes the spoon test.

Preventing Waste

The REAL cost of food waste

The healthcare industry publicise a food waste figure of £3 million per year. The actual cost is substantially more. It's responsible for generating millions of tonnes of waste around the world.

5 Tips to avoid food waste:

Frozen

Use frozen meat and veg. This results in zero waste as you only defrost the specific amount needed. Plus frozen prepped veg saves time in the kitchen. It's a win win!

Inventory



If you don't already have an inventory system, implementing one is likely to cut your food waste dramatically AND prevent you from over-ordering.

Revive Bread

Put bread rolls in the oven for a few minutes to crisp up. Or blitz stale bread to make breadcrumbs - either mix with herbs and onions as a stuffing, top baked fish, or freeze the breadcrumbs for later use.



Portion Sizes

Offer more than one meal size. Empower residents by offering them a choice of portion sizes to fit their appetite, reducing unnecessary waste.



Sauces & Dips

Turn extra ingredients into sauces or dips. Mash beans or pulses with garlic, lemon juice and herbs for a hummus-style dip. Over-ripe avocados are great for guacamole, and tomatoes, peppers and cucumbers make a great home-made salsa.



How we re-use food within our industry is vital to drive positive change.



The value foodservice brand you can trust



• Finished products



• Ingredients



• Meal solutions



316612
Catering Essentials
Chocolate Fudge Cake

Care Activity Calendar

January

Dry January
Veganuary
1st New Year's Day
25th Burns Night

February

1st Dignity Action Day
12th – 18th You Can Care Wk
14th Valentines Day
17th – 23rd Cancer Prevention Wk
21st Care Day
28th Ramadan Starts

March

1st St David's Day
3rd – 9th British Pie Wk
30th Mother's Day
30th Ramadan Ends
10th – 16th Nutrition & Hydration Wk
17th St Patrick's Day

April

Parkinson's Awareness Month
7th World Health Day
20th Easter Sunday
21st National Tea Day
23rd St George's Day
30th Stop Food Waste Day

May

8th VE Day
13th World Cocktail Day
17th World Baking Day
19th – 25th Sandwich Wk
26th – 1st June National BBQ Wk
29th National Biscuit Day

June

1st World Milk Day
1st - 2nd Big Lunch Weekend
6th National Fish and Chip Day
15th Father's Day
18th International Picnic Day

July

Plastic Free Month
4th American Independence Day
7th World Chocolate Day
14th French Bastille Day
16th National Hot Dog Day

August

12th - 18th Allotment Wk
11th - 17th Afternoon Tea Wk
13th National Prosecco Day
15th Lemon Meringue Pie Day
25th Waffle Day
24th Notting Hill Carnival

September

1st - 5th Zero Waste Wk
14th - 20th Recycle Awareness Wk
26th British Food Fortnight Start
26th Macmillan Coffee Morning

October

Black History Month
1st World Vegetarian Day
12th British Food Fortnight End
10th World Mental Health Day
16th World Food Day
20th Diwali
31st Halloween

November

November
1st World Vegan Day
5th Bonfire Night
11th Remembrance Day
14th World Diabetes Day

December

2nd English Breakfast Day
10th Human Rights Day
25th Christmas Day
26th Boxing Day
31st New Year's Eve

Further Help

Andy Cullum - National IDDSI Trainer & Consultant
www.theiddsiguy.com

The International Dysphagia Diet Standardisation Initiative
www.iddsi.org
www.iddsi.org/framework

National Association of Care Catering
www.thenacc.co.uk

Association of UK Dieticians
www.bda.uk.com

Diabetes UK
www.dementiauk.org

Dementia UK
www.diabetes.org



Resource Packs

Era posters, quizzes, crosswords, bunting etc

www.savona.co.uk/brochures/

www.aimiafoods.com/horlicks-cares/

[www.unileverfoodsolutions.co.uk/channels/
elderly-care-this-is-home/mind.html](http://www.unileverfoodsolutions.co.uk/channels/elderly-care-this-is-home/mind.html)

www.napa-activities.co.uk



Recipes

www.premierfoodservice.co.uk/sectors/care

[www.essentialcuisine.com/blog/making-meal-times-
more-manageable-nutrisis-thickener](http://www.essentialcuisine.com/blog/making-meal-times-more-manageable-nutrisis-thickener)

www.thenacc.co.uk/user/recipes

www.aimiafoods.com/horlicks-cares/



Product Solutions

Our 5000 products cover ranges to suit...

- Dietary needs
- Resident requests
- Visitor treats
- Everyday essentials
- Fresh produce & frozen prepped veg
- Butchery
- Alcohol, soft drinks & juices
- Hygiene & cleaning necessities



Frozen Meat

There are many benefits of choosing frozen over fresh butchery...

- Locks in essential vitamins and minerals
- Preserves nutritional value
- Maintains flavour
- Convenience
- Reduces food waste...



Top tip...

When it comes to preserving the nutritional value of meat, opting for frozen meat can be a smarter choice.



ZERO FOOD WASTE

- Preserves quality
- Keeps safe from bacteria



Ready Meals

Struggling with time and resource?

Todays pre-prepared meals are often made with fresh ingredients, and can be an easy solution to offer choice and meet dietary and flavour requirements.



392935

Vegan

Code	Description	Pack
380011	Scheff Foods Beetroot Wellington	16 x 225 g
306701	Scheff Foods Moroccan Style Pilaf Vegan Roast	12 x 300 g
361990	Scheff Foods Butternut, Lentil & Almond Wellington	16 x 220 g
315597	Paramount Vegan Aromatic Garden Burger	20 x 150 g
392935	Hilcona Vegan Raviolini Ratatouille	2 x 2.5 kg



380011

Vegetarian

Code	Description	Pack
383340	Menuserve Cajun Spice Sweet Potato Roulade	16 x 195 g
382218	Katerveg Crumbed Vegetable Kiev	12 x 125 g
313910	Scheff Foods Spinach and Ricotta Cannelloni	8 x 400 g
392936	Hilcona Ricotta & Spinach Tortellini	2 x 2 kg
392934	Hilcona Ricotta & Spinach Integrale Wholemeal Ravioli	2 x 2 kg

Beetroot Benefits!

Rich in:

- Manganese
- Vitamin A
- Fiber
- Protective antioxidants



25%

of the population are set to be following a vegetarian or vegan diet by 2025



315597

Fresh Produce

Many nutritionally dense foods (see page 9) are fresh fruit and vegetables, essential for supplying the body with a variety of vitamins and minerals.

Plus raw veg is a vibrant, healthy snack - serve carrots and red pepper with hummus.



Recipe



Add colour to meal times with this Poke Bowl - a modern update to a traditional salad.

Scan to view the recipe!

Bakery

Breakfast, elevenses, lunch, afternoon tea, dinner and supper...sorted!

- Breads
- Pastries
- Pies
- Scones

381107



Top tip...

For enticing afternoon teas, use a scone mix to fill rooms with that home-baked smell. Quick, convenient and delicious!

We recommend the Country Range Scone Mix



114142



Afternoon Tea

Create an inclusive experience so that family and friends look forward to visiting. By serving visitors the same as residents, everyone is treated the same regardless of diet.

Nothing brings loved ones together like good food!



364166

Offering a variety of sweet treats to visitors can establish a warm and welcoming atmosphere, making guests feel valued and encourage longer stays and more frequent visits.



308312

Gluten Free & Vegan

Code	Description	Pack
Gluten Free Cakes		
314281	Handmade Cake Company GF Lemon Drizzle Slice	15 ptn
387391	Handmade Cake Company GF Cappuccino Cake	14 ptn
364166	Country Range GF Carrot Cake	14 ptn
388048	Sidoli GF Courgette and Avocado Cake	12 ptn
387381	Handmade Cake Company GF Victoria Sponge	14 ptn
380322	We Love Cakes Vegan & GF Lemon Tart	12 ptn
387391	We Love Cakes Vegan & GF Caramel & Chocolate Tart	14 ptn

	Gluten Free Biscuits & Sweet Treats	
119762	Nairns GF Oat Biscuit Breaks Mixed Case	48 ptn
117003	Walkers Shortbread GF Chocolate Chip Shortbread	60 x 30 g
387480	Handmade Cake Company GF Caramel Shortcake Traybake	14 ptn
308312	Tipiak GF French Macarons	36 pcs

Low Sugar

	Low Sugar Biscuits & Cakes	
110394	McVitie's Rich Tea (The Light One)	18 x 300 g
110593	McVitie's Digestives (The Light One)	8 x 250 g
316321	Waldrons Low Sugar Pre Sliced Victoria Sponge Cake	14 ptn
316319	Waldrons Low Sugar Pre Sliced Lemon Drizzle Cake	14 ptn



316323

Low sugar = No dessert?
Not on our watch!

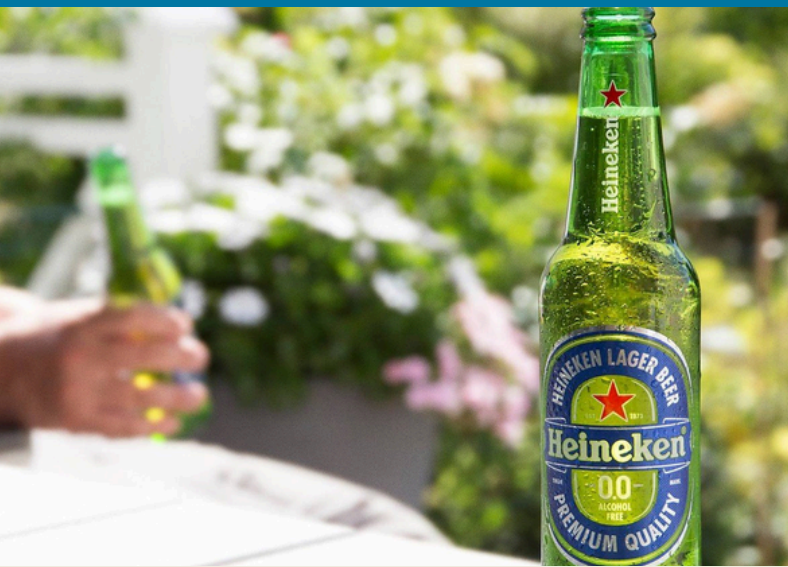
	Low Sugar Desserts	
316323	Waldron's Pre-Sliced Low Sugar Vanilla Brulee	16 ptn

Tried and tested, this is one of our favourites!

111142	Ambrosia Light 30% Less Sugar & Fat Custard	12 x 1 kg
111139	Birds Reduced Sugar Custard Mix	4 x 3 kg
316110	Suncream low Sugar Vanilla Ice Cream	12 x 2 ltr

Alcoholic & Non Alcoholic Drinks

Residents should feel independent - be sure to offer a wide range of beverages to suit all occasions, diets and requirements.



Code	Description	Pack
Alcoholic Beverages		
714394	Red wine: Tierra del Rey Merlot	6 x 75 cl
714396	White wine: Il Caggio Pinot Grigio	6 x 75 cl
711303	Becks 4%	14 btl
711307	Carling Lager	14 btl
711309	Guinness Draught Can	14 can
711311	Magners Irish Cider	14 btl
Non - Alcoholic Beverages		
711313	Heineken 0% Alcohol Free	24 x 330 ml
711315	Becks Alcohol Free	24 x 275 ml
711317	Magners Cider Zero	24 x 330 ml

Soft Drinks, Juice & Hot Drinks

Traditional teas, frothy lattes, branded fizz, local artisan, refreshing juices and energising smoothies. There's something for every taste!



Browse our range of 5000 products or speak to your local rep today...



savona.co.uk



How Can We Help?

“Working with Savona is seamless; they are very people focused, forward thinking and innovative. Nothing is too much trouble.”

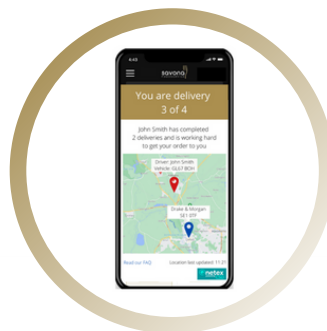
Kevin Osborne, Brendon Care



Outstanding Service



Online Ordering



Live Order Tracking



5000 Products



Menu Plans & Product Data



Product Training



Added Value Support



Expert Advice

Foodservice that just works.

FOODSERVICE THAT JUST WORKS

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