

2018 Canadian Society of
Nutrition Management
Student Challenge

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Menu Development

Diet history and information about residents : 140 residents in total

85 are on a regular diet, with regular consistency and no restrictions

15 full minced diets

12 full pureed diets

7 are on a thickened full fluid pureed diet

1 resident is gluten free, with regular consistency

20 are diabetic

10% of the residents have dementia

- Tea
 - Tea selections : Chamomile, spearmint, cranberry, apple pie rooibos and decaffeinated green lemon tea.

The reason why I select herbal/decaffeinated teas is that teas with fruity taste require less added sugar and they are easily approachable.

7 people are on thickened fluid diet. 133 residents are on regular fluid diet.

6 staffs, 8 volunteers and number of visitors will join the event.

-> around 170 cups of tea will be needed.

- Refreshment
 - Menu : Date squares
 - The reason why date squares are suitable for this tea party :
 - 85 residents are on regular diet, 15 residents are on minced, 12 are on pureed diet and 7 are on liquidised diet.
 - 20 are diabetic

Rolled Oats	3.7kg
Flour	3.7kg
Salt	14.9g
Baking Soda	43.7g
Brown Sugar	2.5kg

Butter	1.9kg
Dates	7.4kg
Water	2.5L
Brown Sugar	790g
Lemon Juice	48.8ml

Ingredients for regular / minced & moist/ pureed/liquidised diet residents. : 119 residents.

Rolled Oats	656g
GF Flour	656g
Salt	2.6g
Baking Soda	7.7g
Brown Splenda	437g
Butter	323g
Dates	590g
Water	437.5 ml
Brown Splenda	140g
Lemon Juice	8.75ml

Ingredients for residents with diabetes and celiac. : 21 residents.

The reason why I think date squares are suitable for refreshment is rolled oats are known as good food for residents with dementia. (Wegerer, 2018) Dates are usually favourite of residents in long term care settings, as well as they are excellent choice for diabetic residents.

Marketing and Promotion



I would put three posters on each floor so the poster can be exposed to everyone frequently. The location would be in dining rooms, right next to the elevator and nursing stations. To promote the event, I would ask nursing staffs for a help as they talk to residents on daily basis, as well as dietary aides to talk to them to join the event during Saturday lunch time. During this 'Nutrition and Hydration Week', I would educate dietary and nursing staffs with short fact such as what fluid does to our body and how much we need to drink everyday so they can encourage residents to drink plenty of fluids.

Human Resource Management

During the residents enjoy the tea and refreshments, I would encourage them to play with alphabet blocks, in 6 teams, about 23-24 residents in each team. Each team has to include 2 or more residents with dementia. Each activity staff can be the supporter to lead the game. 6 volunteers join the each team, the rest of volunteers help residents if they need more tea or refreshments.



Each team get 2 sets of blocks, we will have quiz time with questions regarding nutrition and hydration such as how much of fluid a person need to take in a day. Residents should spell the answer out with the blocks to get points.

Financial Management

- Tea

25 g of tea leaves makes generally 10 cups of tea. We need 170 cups of tea, so we need 425 g of tea leaves. Tea leaves will be purchased local tea store to support local and small business. Based on local tea store price, average price of tea leaves for 10 cups is \$3. For 170 cups of tea, **\$55** dollars are estimated price

- Refreshment

Ingredients for regular / minced & moist/ pureed/liquidised diet residents. : 119 residents.

Rolled Oats	3.7kg	\$11.7
Flour	3.7kg	\$5
Salt	14.9g	\$0.01
Baking Soda	43.7g	\$0.13
Brown Sugar	2.5kg	\$6.2
Butter	1.9kg	\$17.8
Dates	7.4kg	\$56.16
Water	2.5L	\$0
Brown Sugar	790g	\$1.96
Lemon Juice	48.8ml	\$0.5

= \$99.46 for 119 residents.

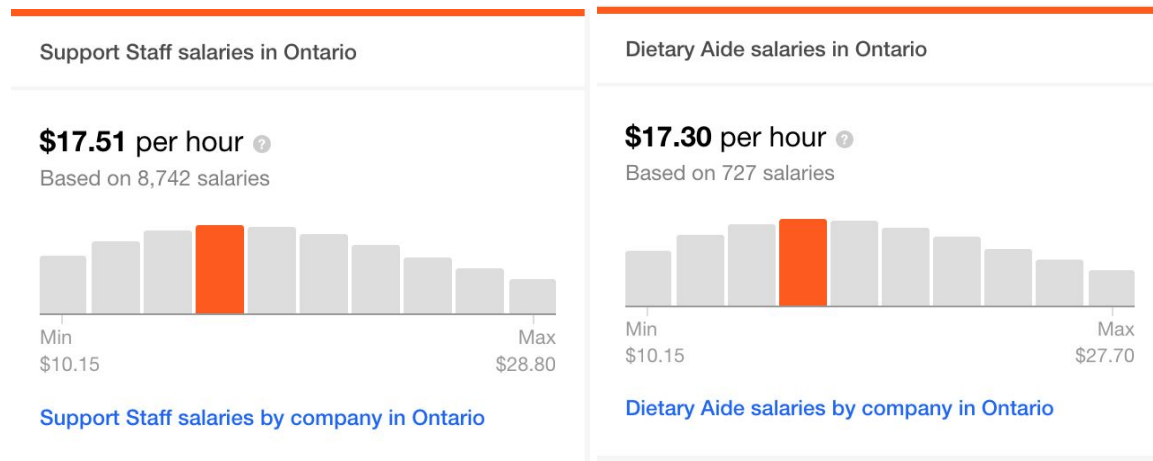
Ingredients for residents with diabetes and celiac. : 21 residents.

Rolled Oats	656g	\$2.7
GF Flour	656g	\$4.7
Salt	2.6g	\$0
Baking Soda	7.7g	\$0.02
Brown Splenda	437g	\$5.76
Butter	323g	\$3.03
Dates	590g	\$4.48
Water	437.5 ml	\$0
Brown Splenda	140g	\$1.84
Lemon Juice	8.75ml	\$0.08

= \$22.6 for 21 residents

= **\$112.07** for all residents

- Activity
 - The blocks are \$19 each. There are 6 teams and two sets of blocks are needed for each team. = **\$228**
- Staffing cost
 - \$17.5 for an hour for supporting staffs.
6 staffs would cost \$105
 - \$19 for an hour for cook (cooks salaries weren't available, however it is similar or higher than dietary aides)
= **\$124**



Overall, it will cost **\$529.06** to host this event.

References

Hurley, T. (2018). Montessori Activities for the Elderly | LoveToKnow. Retrieved from https://seniors.lovetoknow.com/Montessori_Activities_for_the_Elderly

Wegerer, J. (2018). Nutrition and Dementia: Foods That Increase Alzheimer's Risks. Retrieved from <https://www.alzheimers.net/foods-that-induce-memory-loss/>

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Pricing References

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- Brown Sugar
https://www.realcanadiansuperstore.ca/Food/Pantry/Baking-Ingredients/Sugar-%26-Sweeteners/Natural-Old-Fashioned-Brown-Sugar/p/20169394_EA
- Butter
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- Date
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- Lemon Juice
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- Brown Splenda
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Staff costing references

indeed.ca