

# NUTRITION & HYDRATION WEEK: TEA PARTY CHALLENGE

2018 CSNM Student Competition: Tea Party Challenge

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### **Introduction**

Adequate nutrition in older adults is very important as it helps prevent the onset of illnesses and improve symptoms of existing illnesses (Humber, 2017, p. 121). Studies show adequate nutrition helps offset decreased physical and mental functions, malnutrition, social withdrawal, and weight loss in older and frail adults (Sizer et al., 2017, p. 634). Dehydration is a serious problem in older adults as it can worsen current medical conditions or illness and contribute increased heart rate, pressure ulcers, urinary tract infections, pneumonia, confusion and disorientation, and dementia (Humber, 2017, p. 148).

The tea party will have a Tea in Paris theme with decorations, themed teas, baked goods, and activities. Residents, families, and staff will be transported to Paris for an afternoon of fun and have the opportunity to participate in a “Wheelchair art mural activity” during the event (Dixon, 2018). Creating an art mural will allow anyone of any age or ability to get involved in creating something together to simulate socialization and bonding while sharing a new experience (Dixon, 2018). Creating a fun, interesting party environment will encourage the residents to increase their food and drink intake.

### **Marketing and Promotion**

Invitations for the tea party will be distributed to residents’ rooms. This will make the residents feel special by getting a personal invite to the party. The residents’ families and staff will receive an electronic version of an invitation to the tea party as well.

Posters advertising the tea party will also be in the lobby, games rooms, and common areas around the facility to remind residents, families, visitors, and staff about the upcoming event.

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### Menu Development

Older adults eat smaller portions so it's important to include energy and nutrient dense foods to increase their nutrition intake (Humber, 2018, p. 146). Items on the menu at the tea party such as the chocolate pudding are fortified with whole milk so more calories and nutrients are included. To increase hydration at the tea party, a wide variety of beverages are offered to suit all residents and guests' preferences. Serving flavoured water encourages diabetic residents to drink more fluids, as plain water lacks flavor and fruit juices contain too much sugar (Tish, 2013). Fresh fruit as dessert is a great option to improve nutrition and hydration, as the watermelon and pineapple are high water content fruits that provide important nutrients (Tish, 2013). Each food and drink item will have an equivalent option for all texture modified and gluten-free diets. Individuals with diabetes are suggested to choose whole grains and whole fruits over refined wheat and sugary juices (Tish, 2013); therefore several options are included on the menu for diabetics to choose from. Residents on the thickened full fluid pureed diet have several options including chocolate pudding, smoothie, and thickened beverage options. Residents with dementia should be served food in a relaxing environment with help from caregivers to avoid any confusion (Humber, 2017, p. 144), and will be taken into consideration with decorations and support workers at the event. Finger foods such as cheese and crackers, croissants, and French fries have been known to help residents with dementia (Humber, 2017, p. 144). Menu items chosen for the tea party event are outlined in the chart below:

	Menu Item:
Appetizer	<ul style="list-style-type: none"><li>• Assorted cheeses and whole grain crackers</li><li>• Mini croissants</li></ul>
Snack	<ul style="list-style-type: none"><li>• French fries</li></ul>

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Dessert	<ul style="list-style-type: none"><li>• Chocolate pudding fortified with super milk</li><li>• Fresh fruit salad: strawberries, pineapple, watermelon, raspberries</li></ul>
Cold drinks	<ul style="list-style-type: none"><li>• Flavoured water infused with raspberries and lemon</li><li>• Grape juice</li></ul>
Hot drinks	<ul style="list-style-type: none"><li>• Assorted teas: earl grey, green, herbal</li><li>• Hot chocolate</li></ul>

### **Human Resource Management**

Life enrichment staff will be responsible for ensuring all residents and guests at the party are enjoying themselves by completing the following tasks: helping with meal service, seating residents according to their dietary needs, monitoring and assisting residents eating as required, overseeing the mural activity. Volunteers will be responsible for set up of the event including tables, activity set up, decorating, clean up, tear down, and returning the party room back to its original configuration. The cook will be responsible for making the croissants, French fries, smoothies, and chocolate pudding, cut and arrange the cheese and fresh fruit for the platters. All teas, hot chocolate, juices and waters will be prepared by the cook and placed in large carafe for service. All texture modified diets and thickened beverages will be prepared in advance. Gluten-free croissants, and crackers will be purchased ready to eat from reputable suppliers. A guest speaker from Nutrition and Hydration week will be speaking to the residents and guests for a 15-minute talk about the importance of hydration in older adults to give the residents additional information.

### **Financial Management**

- \$350 allotted for food and drink purchasing
- \$200 allotted for decorations
- \$50 allotted for activity supplies

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Food & Nutrition Management: Humber Institute of Technology and Advanced

Learning. (2017) (Custom Edition). Toronto, ON: Nelson.

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