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Tea & Snack

This activity will be held to celebrate St-Patrick's Day and green and rainbow colours will be predominant. This holiday is celebrated in March and I feel the residents and their families will be pleased. We will serve tea, coffee, and fruit punch with tuna bites, a fruit, cheese and cracker platter, lime health bars and a strawberry, banana and spinach smoothie. I will encourage residents to wear clothing that reflects the colours of the rainbow. We will have a photo boot with a rainbow backdrop where families will be able to take pictures with their loved ones.

Marketing & Promotion:

To promote this activity, I will print invitations and posters. I will distribute the invitations to the residents and hang posters everywhere in the residence. Through this activity, I am raising the awareness of residents to malnutrition and dehydration as tea and snack allow them to gather with their friends and families and encourages them to eat and drink in good company. My activity will be geared towards all age group, regardless of the level of motricity.

Menu Preparation:

The menu suggested will be appropriate for the 85 residents on regular diet, the 20 diabetic residents, the 10% of residents who suffer from dementia and the resident on a gluten-free diet given that the bars are made with almond flour and the whole wheat bread is gluten free. For residents on a 'minced and pureed diet,' the bread will be put into a blender and the healthy bars will be prepared without the top (crunchy) layer, so they will be more like a mousse. For residents on a 'nutritious thickened liquid diet,' we will serve a strawberry, banana and spinach smoothie or a Greek yogurt smoothie with wild berries, yogurt and orange juice. For the tea, coffee and punch, we will use a thickening agent. My recipes include gluten-free whole wheat bread (cereal product), tuna (source of protein), lime health bars (cereal product, fruit and milk substitute), fruit, cheese and cracker platter (fruits and milk product) and the smoothie (fruits, vegetables and milk product). I provide all necessary nutrients for residents. These recipes are new and creative. For residents who suffer from dementia, I have chosen colourful finger foods. For the drinks, people who suffer from dementia can drink with a straw if needed or in special cups such as sippy cups or cups with 2 handles. Fruits and vegetables contain water and nutrients for hydration and required to meet nutritional needs. We will also offer a variety of drinks.

Human Resources Management:

For this activity, I will ask family members, friends and employees to help. Many will be volunteers during the activity and food and drink service. We will ask for about 4 hours of overtime for the cook to create the menu items. On my posters, I put a note that we are looking for help for this event.

Financial Management:

Budget:

Cook: \$80

Decorations, posters and invitations: \$100

Food: \$420

Total: \$600

Originality/Creativity/Effort:

I think the idea of a photo boot will give our residents and their family the opportunity to make wonderful memories. The residents will like the colours and will enjoy being with their loved ones for this activity that will allow them to eat while chatting. This activity requires little energy and effort and is therefore ideal for residents who are physically and mentally challenged.



Bibliography:

<https://www.selection.ca/cuisine/recettes/smoothie-au-yogourt-a-la-grecque/>

<https://www.pinterest.fr/chinashoppe/st-patricks-day-tea-party/>

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