

# - Thursday - HYDRATION



## *There are lots of ways you can stay hydrated*

Drinking enough fluid each day is vital for the body to carry out essential processes. Signs of being dehydrated include tiredness, headaches and feeling confused as well as having a dry, sticky mouth. Residents should drink at least 6-8 glasses of fluid each day, and more if they're suffering an illness or infection.

These fluids can be in the form of water, squash, fruit juice, fizzy drinks, tea and coffee. Adding frozen concentrate to glasses of squash prevents further dilution and may help people to drink more. People anxious about incontinence are often at higher risk of dehydration and urinary infections, so making fluids always readily available is essential.

As well as drinks, fluids in soup, breakfast cereal, ice lollies, fruit, vegetables and other food also count. Offering fruit and vegetables every day therefore not only helps ensure residents consume their recommended five portions a day, but also contributes to overall fluid intake.



### *Frozen favourites*



F 110520	Strawberry Flavour Jellies	1x60
F 110521	Orange Flavour Jellies	1x60
F 110518	Strawberry & Vanilla Flavour Mousse	1x72
F 31533	Raspberry Ripple Flavour Mousse	1x72
F 31536	Chocolate Flavour Mousse	1x72
F 31539	Strawberry Flavour Mousse	1x72



### *Ambient options*

A 29448	Birds Ice Cream Mix	2x3kg
A 25601	Birds Raspberry Angel Delight	1x600g
A 25602	Birds Strawberry Angel Delight	1x600g
A 801	Raspberry Jelly Crystals	1x3.5kg
A 802	Strawberry Jelly Crystals	1x3.5kg
A 4054	McDougall's Strawberry Jelly Crystals	1x3.5kg



## Cold drinks

Twining's Cold In'fuse Mango & Passionfruit

A 123455 1x100

Twining's Cold In'fuse Watermelon & Strawberry

A 123454 1x100

Get More Vits - Multi Vits Sparkling Lemon & Lime

A 130058 12x330ml

Get More Vits - Sparkling Mango & Passionfruit

A 130060 12 x330ml

Brakes Double Strength Orange Squash

A 33701 1x5ltr

Brakes Double Strength Blackcurrant Squash

A 87047 1x5ltr

# - Thursday - HYDRATION



## Poached summer fruits with vanilla syrup & ice cream

Serves 1



### Ingredients

C 450610	Strawberries	30g
C 10393	Raspberries	20g
C 10391	Blueberries	20g
A 350098	Tate & Lyle Caster Sugar	25g
F 32200	Brakes Vanilla Dairy Ice Cream with Pods	60g
N/A	Water	50ml

### Preparation

1. Wash and drain the raspberries and blueberries
2. Wash, de-stalk and halve the strawberries

### Method

1. To make the syrup, gently boil the sugar and water together
2. Allow the syrup to cool slightly, then add your mixed fruits
3. Allow the fruit to warm for 1 minute, then serve in a bowl and top with ice cream

## Parsnip, apple & lentil soup with wholemeal pitta bread

Serves 1



### Ingredients

C 450656	Prepared Quartered Parsnips	500g
C 10291	Large Onions	150g
C 10439	Fresh Garlic	10g
A 350094	Brakes Sunflower Oil	10ml
A 548	Brakes Red Lentils	100g
A 5552	Brakes Solid Pack Apple	500g
F 33042	La Boulangerie Wholemeal Pitta Breads	5 ea
N/A	Water	1000 ml

### Preparation

1. Defrost the pitta bread and cut in half
2. Cut parsnips into approx 2 cm pieces
3. Peel and dice onions
4. Peel and crush garlic

### Method

1. In a thick bottom saucepan, heat the oil and fry the onion, parsnip and garlic for 5-10 mins
2. Add the lentil and continue to cook for a further 5 mins
3. Add the apples and water, bring to the boil then turn down to simmer
4. Allow the lentils to cook and parsnips to soften, before blending
5. Serve with half a pita bread