

CSNM Student Competition, Student Challenge

Nutrition and Hydration Week: Tea Party Challenge

Amy Hasson

Humber College

Overview:

The Tea Party will be held at Shady Pines Nursing and Long-Term Care Facility on Wednesday March 18, 2020 from 2-4pm in support and promotion of the global Nutrition and Hydration Week.

The theme of the tea party is going to be "All That Glitters is Gold". The inspiration for the tea party is coming from the 1920's and the well-known tale of "the Great Gatsby". Majority of the residents in long term care facilities are members of the silent generation meaning they were born between 1925 and 1945 and that most of them are 75-95 years of age. The Great Gatsby is a well-known popular tale and has been remade as a film 3 times. The original novel was released in 1925 then remade as films in 1949, 1974 and 2013. The elderly population should be familiar with the tale of The Great Gatsby. (Wulick, 2018)

The tea party will have a fashion where select staff members who would like to participate will sign up ahead of time so that it can be organized. The staff will dress up in their best 1920's inspired costumes. The audience which will include; the residents, family, friends and community members who will be the judges. Each table/ group of people will vote for their favorite costume and the staff member with the best costume and most votes wins. The staff will be competing to win a \$25 Tim Hortons gift card.

Marketing and Promotion:

The promotion poster for the event can be found attached in the appendix

Timeline of Promotion Efforts for the Tea Party:

Time/Date	Action Taken to Promote the Tea Party	Who the Action is Targeting
Thurs. February 19	Nutrition Manager will send the poster for the tea party to the administrative office to be put into the monthly newsletter which is sent out electronically to staff, and family members and also made available by paper copy for the residents	<ul style="list-style-type: none"> - Staff - Family members - Residents
Wed. February 26	Nutrition manager will leave a memo on the staff communication board about the costume contest at the upcoming tea party, and the chance to win a Tim Hortons gift card as well as who to report to if willing to participate	<ul style="list-style-type: none"> - Staff members
Mon. March 2	The promotional poster marketing the event, will be posted on the community communication/events board, inside the front doors of the facility at Shady Pines	<ul style="list-style-type: none"> - Family - Visitors - Staff members - Some residents
Wed. March 11	Staff who will be competing in costume contest at the tea party must confirm participation with the nutrition manager	<ul style="list-style-type: none"> - Staff
Mon. March 16	Activities department will post weekly events schedule: it will include the tea party later in the week	<ul style="list-style-type: none"> - Residents - Reminder for staff
Wed. March 18 (Breakfast @8am)	Post tea party promotional posters on the doors of the dining rooms	<ul style="list-style-type: none"> - Residents - Reminder for staff
Wed. March 18 @2-4pm	Tea Party will take place in the Activities Room at Shady Pines	<ul style="list-style-type: none"> - Everyone (residents, staff, family and visitors)

Timeline of Promotion Efforts for the Tea Party: Community Outreach

The main focus of the tea party is to promote nutrition and hydration week and the importance of adequate nutrition and hydration for seniors however the event will be a fun day which will bring together residents, staff, family members and community members. To communicate the events to members of the surrounding area community, promotional posters will be posted on community bulletin news boards at the local seniors centre close to Shady Pines.

Time/Date	Action Taken to Promote the Tea Party	Who the Action is Targeting
Fri. February 21	Nutrition Manger will post poster on community seniors centre board, or request approval to post the promotional poster on the board (poster has info about the event and who to contact to RSVP)	- Seniors of the community centre
March 10	Last day for community members to RSVP for the tea party by contacting the Nutrition manager (this way number of guests can be estimated, and food ordered accordingly) Nutrition Manager will send a memo out to senior management of the facility to make them aware of the efforts the facility is making to promote the importance of adequate nutrition and hydration	- Seniors in the community - Senior Management
Wed. March 18 @2-4pm	Tea Party will take place in the Activities Room at Shady Pines Pictures from the event will be posted on Shady Pines twitter using the global hashtag in support of nutrition and hydration week	- Everyone (residents, staff, family and visitors, community members)

Adequate nutrition is very important in the elderly population to prevent malnutrition and support the body throughout the changes associated with aging. Some physiological changes that can affect nutrition are loss of sight which can make shopping and preparation of food difficult, loss of taste and smell which may reduce desire to eat, decreased saliva production making swallowing hard and teeth loss which may make chewing harder as well as the digestive tract which is unable to absorb all the available nutrients from food. (Sizer, 2018, p633) In addition to nutrition, adequate hydration is especially important in the elderly population. The main concern is dehydration because as we age the body wont signal to the brain to drink as often as it needs. The kidneys ability to recapture water is reduced but bathroom visits become more frequent meaning the body is losing more water. (Humber, 2017, p41). Keys to preventing dehydration include offering a variety of drinks throughout the day, use a variety of cup sizes and the individual's favorites. (Sizer, 2018, p637)

At the tea party the attendees will be encouraged to bring their own mugs to use when trying one of the varieties of tea and other beverages. There will also be a variety of different food options for all residents and texture needs. This will allow the residents to have their preferred choice of food or drink which makes them more likely to finish it all and enjoy what they are eating/drinking.

Menu Development:

Diet Type	# Of Residents	Menu:
Regular	85 residents+ 110 estimated guests with regular diets = 195	<p>Drinks:</p> <ul style="list-style-type: none"> ○ Tea; orange pekoe (regular and decaf), earl gray, green tea ○ Coffee (regular and decaf) ○ Water (hot and cold) ○ Juice (strawberry watermelon flavour) ○ Cream ○ Milk (2%) ○ Sugar ○ Sweetener (sweet n low) <p>Foods:</p> <ul style="list-style-type: none"> ○ Egg salad ½ sandwiches (half white bread & half whole wheat) ○ Ham and cheese salad ½ sandwiches (half white bread & half whole wheat) ○ Raisin Scone (served warm and pre-buttered) ○ Pudding (chocolate and vanilla) ○ Pudding Toppings: bananas, strawberries, graham cracker crumbs, whipped topping
Full-Minced	15	<p>Drinks: Same as the regular diet type or according to diet type for fluids</p> <p>Foods:</p> <ul style="list-style-type: none"> ○ Crustless Egg salad ½ sandwiches (half white bread & half whole wheat) ○ Crustless Minced Ham and Cheese Salad ½ sandwiches (half white bread & half whole wheat) ○ Minced Raisin Scone (served warm and pre-buttered to make it soft and easy to chew) ○ Pudding (chocolate and vanilla) ○ Pudding Toppings: minced bananas, minced strawberries, graham cracker crumbs, whipped topping
Full-Pureed	12	<p>Drinks: Same as the regular diet type or according to diet type for fluids</p> <p>Foods:</p> <ul style="list-style-type: none"> ○ Puree Egg salad ½ sandwiches (white bread) ○ Puree Ham and Cheese Salad ½ sandwiches (white bread) ○ Puree Raisin Scone (use ½ warm milk and ½ warm water to help blend if needed) ○ Pudding (chocolate and vanilla) ○ Pudding Toppings: mashed bananas, puree strawberries, graham cracker crumbs, whipped topping

Thickened Fluids	7	<p>Drinks:</p> <ul style="list-style-type: none"> - Tea (Lyons Thickened Tea- nectar/level 2 and Lyons Thickened Tea- honey/level 3) - Coffee can be thickened upon request by resident - Cream, Milk 2%, Sugar, Sweetener are available to add into resident's drink as preferred - Juice (strawberry watermelon, thickened ahead of the party in house by the chef (level 2 and level 3) - Water (Lyons thickened lemon flavoured water- nectar/level 2 and Lyons thickened lemon flavoured water- honey/level 3)
Gluten Free (Regular texture)	1	<p>Drinks: Same as the regular diet type or according to diet type for fluids</p> <p>Foods:</p> <ul style="list-style-type: none"> o Gluten free scone (outsourced from Baker and Scone Bakery- a local bakery in Toronto) o Ask resident what sandwich they prefer ahead of the party since just one resident o Egg salad or ham and cheese and make the sandwich but with gluten free bread o Gluten free Pudding (chocolate) <p>Pudding Toppings: bananas, strawberries, graham cracker crumbs, whipped topping, granola</p>
Nutritional consideration: Diabetes	20	<p>Drinks:</p> <ul style="list-style-type: none"> o Same as the regular diet type EXCEPT, o The juice is sweetened naturally with Stevia, thus lower sugar content per glass o Encourage sweetener for tea versus sugar <p>Foods:</p> <ul style="list-style-type: none"> o According to resident's diet type (regular, minced, pureed) o Offer either the pudding or the scone to keep sugar levels under control o However, the pudding will be sugar free
Totals: from the estimated 250 people	140 residents, and about 110 guests	

When planning the menu, keeping those residents who have Alzheimer's/dementia in mind was important. Although most of these residents don't need any "extra special" diets because of their disease they do require extra consideration to ensure they receive and eat a diet which is balanced. This means including a variety of foods such as fruits and vegetables, whole grains, and lean protein products. (Alzheimer's Association, 2019) The menu contributes to a healthy balanced diet by offering a variety of foods and drinks covering all of the food groups to allow the resident to eat a healthy snack they will enjoy and can be happy about eating.

Since malnutrition is a common concern in the elderly due to loss of appetite it is important to make sure the food options are nutrient dense for a healthy diet. This means getting as many nutrients as possible into every bite since some individuals are only eating a few bites a day. (Canadian Malnutrition Task Force, 2019)

To increase nutritional intake the variety of foods being offered will make for a colourful plate from the red strawberries to the yellow of the egg salad sandwiches, which will be appealing to the eye and may make the resident more likely to eat. To increase fluid intake and hydration of the residents there is going to be a variety of fluids offered. The choice of tea flavours or other beverages allows for preference which makes them more likely to finish their drink and enjoy it.

Human Resource Management:

All of the six life enrichment staff will be responsible for the set-up and clean-up of the tea party. They will be using the decorations provided by the nutrition manager. One staff member will be responsible for greeting guests at the front door of the facility and guiding them through the facility to the activities room. One will have the job of taking pictures of the residents, guests and staff (upon consent) to document this event. The pictures will be for the monthly newsletter and for social media. Another staff member will be responsible for playing music and asking residents if they have any song requests. The staff will be responsible for facilitating the crafts activity. The craft will be making headpieces or other 1920's inspired props such as top hat and moustaches. The activities staff will also need to facilitate the fashion show. They will have to introduce the fashion show and the staff members who are participating as well as facilitate the judging of costumes. They will also be responsible for assisting in helping the more fragile/immobile residents get their food, drinks and move around the event. They will also double as "runners". If there is something needed at the tea party, elsewhere in the facility these staff members will go retrieve what is needed.

The eight volunteers have been assigned various roles to help the tea party run smoothly. The volunteers will arrive around 12:30 to assist the activities department in the set-up of the activities room. At 1:45 a few of the volunteers will be sent to the kitchen to assist the chef with transporting the food and beverages to the activities room. At 2pm the event will formally begin. The volunteers will be responsible for serving the food and beverages. The volunteers will also be responsible for keeping an eye on the quantity of the utensils, cups, food, drinks and if there is any shortages, they must report to the nutrition manager as soon as possible. Around 4pm when the event is coming to an end the volunteers will assist in the clean-up efforts.

The chef will need to prepare various snacks and beverages for the party. The chef will be required to mix up the strawberry watermelon juice and thicken 2 of the 7 jugs of juice. One will need to be thickened to level 2 (nectar consistency) and the other to level 3 (honey consistency). The chef will be required to make both the egg salad and ham and cheese salad sandwiches, ensuring that both sandwiches are available in regular, minced (crustless) and puree texture. The chef will be required to make the raisin scones, and butter them ahead of the party. The chef will also need to make up both the vanilla and chocolate pudding and texture modify the strawberries and bananas as toppings for the pudding bar. Around 1:30 the chef will need to heat up the scones (both regular ones made in house and the gluten free ones that were outsourced) so that they will be served warm at the party. The chef will also need to ensure safe temperatures for the food and drinks to be served at, as well as setting up attractive displays for the food to make it look appealing to the guests but more importantly the residents so that they will want to eat.

The tea party will be marketed to the residents, staff, family and community members of Shady Pines facility. However, there are a few professional in the foodservice/senior's care networks that will be invited and/or made aware of the efforts to promote adequate nutrition and hydration in the elderly population.

The first individual that will be contacted is the senior management of Shady Pines facility. By reaching out to the senior management it makes Shady Pines stand out for their attention to preventing malnutrition in the residents. Since the event will also be marketed on the community board at the local senior's centre, the main director of the programs offered at the senior's centre will be contacted and invited to the event. This way the community members get involved and the program director can also promote the event to attendees of the centre's programs.

Since the tea party is to promote nutrition and hydration week which is a global and the organization that hosts the event is based out of the United Kingdom they won't be able to join us but the pictures taken at the event will be shared

on Shady Pine's social medias with the hashtag that will be used globally by hospitals and long-term care facilities to promote the week and the tea party. (Nutrition and Hydration Week, 2019)

Financial Management:

Beverage Purchases:



Beverage Type:	Quantity as purchased	Notes:	Unit Cost (\$):	Total Price:
Regular Beverage Products: (Walmart Grocery)				
Tea (great value orange pekoe)	300 bags		73 cents/100g	\$6.94
Tea (Tetley orange pekoe decaf)	80 bags		9 cents	\$7.34
Tea (Tetley earl grey)	24 bags x 2		12 cents	\$5.94
Tea (Lipton green tea)	72 bags		8 cents	\$5.98
Coffee (Maxwell house original roast)	150g jar		\$3.97	\$3.97
Coffee (Folgers classic decaf ground)	320g jar		\$4.97	\$4.97
Cream (18%) (great value)	1L x 6		\$3.77	\$22.62
Milk (2%) Sealtest	4L x 2		\$4.47	\$8.97
Sugar	Sugar is below in food purchased section; kitchen sugar will be used in drinks as well			
Sweetener Packets (sweet and low)	100 packets	Primarily for those with diabetes	3 cents	\$2.97
Water, (cold and hot)	Cold water in jugs with ice & Hot water kettle			
Juice (great value strawberry Watermelon Juice Mix)	7 packets (2 will be thickened)	Just have to add water to packets, sweetened with STEVIA	\$2.47	\$2.47
Thickened Beverage Products:				
Lyons thickened lemon flavoured water- nectar/level 2	1 case x 6 cartons		\$35.99 (case)	\$35.99
Lyons thickened lemon flavoured water- honey/level 3	1 case x 6 cartons		\$35.99 (case)	\$35.99
Lyons Thickened Tea- nectar/level 2	20 packets		\$7.99	\$7.99
Lyons Thickened Tea- honey/level 3	20 packets		\$7.99	\$7.99
Juice (Strawberry Watermelon Juice Mix)	2 packets to be thickened	Price of packet included above in `chart (Will be thickened in house by the chef (level 2 and level 3)		
				Total: \$160.13

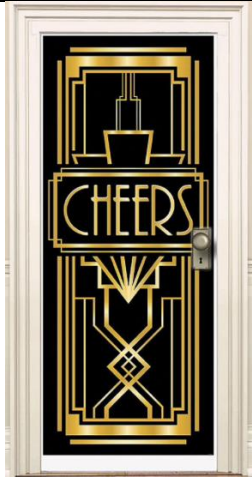




Food Purchases:

Food Type:	Quantity as purchased	Notes:	Unit Price (\$):	Total Price:
Food Purchases: Walmart Grocery				
Sandwich's: Egg salad sandwich and Ham and Cheese Sandwich's				
Note: 200 half sandwich's totals (100 full), 40 half sandwiches on whole wheat (20 full egg salad and 20 full ham and cheese), 60 half sandwich's on white bread (30 full egg salad and 30 full ham and cheese)				
White bread (great value)	1 loaf x 7		\$1.64	\$11.48
Whole wheat bread (great value)	1 loaf x 5		\$1.64	\$8.20
Eggs (gray ridge XL white eggs)	18 count x 3		\$4.77	\$14.31
Mayonnaise (Hellmann's)	890mL bottle x 3		\$4.97	\$14.91
Mustard (French's)	400mL bottle		\$1.97	\$1.97
Green onion	1 bunch		97cents	\$0.97
Salt (Windsor table salt)	1 Kg box		\$1.17	\$1.17
Pepper (great value, ground black pepper)	85g bag		\$1.97	\$1.97
Paprika	130g bag		\$1.97	\$1.97
Cheddar cheese, shredded (Kraft, medium)	320g x 3 bags		\$3.97	\$11.91
Ham (Schneider's reduced sodium half ham)	700g		\$7.97	\$7.97
Celery	1 bunch		\$2.97	\$2.97
Baked Goods/Desserts:				
Flour (great value, original all purpose)	2.5Kg		\$3.67	\$3.67
Sugar(red path white granulated)	2Kg		\$1.97	\$1.97
Baking powder (magic baking powder)	225g tub		\$3.97	\$3.97
Butter (great value, unsalted)	454g x 3		\$4.27	\$12.81
Salt	Price included above in chart			
Milk	Price included above in chart in beverage purchases section			
Raisins (great value, sultana type)	750g bag		\$5.97	\$5.97
Eggs	Price included above in chart			
Pudding (chocolate and vanilla)	4 chocolate and 4 vanilla		\$1.27	\$10.15
Graham cracker crumbs (great value)	400g bag		\$2.97	\$2.97
Whipped topping (cool whip light)	1L		\$3.77	\$3.77

Gluten Free:				
Gluten free bread (Udi's soft white sandwich loaf)	1 loaf		\$5.97	\$5.97
Gluten free scones (Baker and Scone)	6 scones	Getting a half dozen scones from a local bakery; Baker and Scone to avoid the chances of cross contamination	\$29.00	\$29.00
Pudding (kozy shack)	624g		\$3.17	\$3.17
Produce/Fresh:				
Strawberries	1lb x 5		\$2.97	\$14.85
Bananas	A bunch x 2 (about 15)		\$0.30	\$4.50
Food and Beverage Thickener: Lyons				
Lyons, ready care, instant food and beverage thickener	1 x 8oz can x 3 cans		\$4.99	\$14.97
				Total: \$197.54

Speciality Party and Craft Supplies:

Decorations (party city):	Price:	Picture:
Glitter gold polka dot and chevron paper fan decoration	\$ 7.99	
Glitter gold cheers sign kit	\$22.99	
Roaring 20s silhouette cut-outs 2ct	\$7.99	

Roaring 20s door cover	\$6.99	
Black and white feather centerpiece	\$13.99 x 2 (\$27.98)	
Single stem gold feather	\$1.99 x 15 (\$29.85)	
Roaring 20s tablecloth	\$7.99 x 3 (\$23.97)	
Metallic roaring 20s lunch napkins 48ct	\$5.99 x 5 packs (\$29.95)	
Roaring 20s scene setter with photo booth props	\$9.99	
Craft Supplies (Michael's):		

Black heavyweight cardstock paper by recollections (8.5 x 11)	\$15.99		
Gold Foil Cardstock Paper by Recollection (8.5 x 11)	\$5.99		
Martha Stewart Gold Paper Dollies	\$5.99		
Gold Butterfly Dimensional Stickers by Recollections	\$7.49		
Low temp mini glue gun by craft smart	\$4.99		
Mini all temp glue sticks by art minds	\$7.99		
Total: \$216.14			
Other Items:			
Tim Hortons Gift Crad (for fashion show prize) \$25			

Purchasing Summary:

Beverage Purchases		\$160.13
Food Purchases		\$197.54
Party Supplies Purchases		\$241.14
		Grand Total: \$598.81

Originality/Creativity:

The tea party will be unique and memorable because there will be opportunities for reminiscing. To allow for reminiscing, the party will have popular music from the 1920-1930's era as well as music from the Great Gatsby movies. There will be elements of this time era in the fashion of staff participating in the fashion show, the decorations and the props for the residents.

There are many benefits of reminiscing for seniors such as reinforcing self-worth and identity by helping seniors to connect with their past. It also helps to reduce symptoms of depression, a common concern in the elderly population as well as eliminating boredom especially for those in assisted living homes. In summary it allows the resident to relive their younger more active days. (Cemental, 2019)

More importantly the event will allow the Shady Pines community to share a fun afternoon with each other while promoting the global Nutrition and Hydration week tea party and the importance of "eating for health" rather than strictly "healthy eating".

References:

Allrecipes., (2019)., Delicious Egg Salad for Sandwiches., Retrieved from: <https://www.allrecipes.com/recipe/147103/delicious-egg-salad-for-sandwiches/print/?recipeType=Recipe&servings=4&isMetric=false>

Allrecipes., (2019)., Ham and Cheese Salad., Retrieved from: <https://www.allrecipes.com/recipe/15613/ham-and-cheese-salad/print/?recipeType=Recipe&servings=5&isMetric=false>

Alzheimer's Association., 2019., *Daily care, food and eating.*, Retrieved from: <https://www.alz.org/help-support/caregiving/daily-care/food-eating>

CMTF, Canadian Malnutrition Task Force., (2019)., *Malnutrition Action Centre.* Retrieved from: <https://nutritioncareincanada.ca>

Cemental. R., (2019)., *9 Reasons why reminiscing can benefit seniors.*, Caring seniors service., Retrieved from: <https://www.caringseniorservice.com/blog/9-reasons-why-reminiscing-can-benefit-seniors>

Humber Institute of Technology & Advanced Learning. (2017). *Food & nutrition management: nutrition & healthy lifestyle promotion.* Toronto, ON: Nelson.

Lyons., (2019)., *Instant Food Thickener.*, Lyons Ready Care @ Home., Retrieved from: <https://store.lyonsreadycare.com/collections/thickeners/products/instant-food-thickener>

Michaels Canada., (2019)., Michaels Canada Online Store., Retrieved from: <https://canada.michaels.com>

Nutrition and Hydration Week., (2019)., *Nutrition and Hydration Week, 16-22 March 2020.*, Retrieved from: <https://nutritionandhydrationweek.co.uk>

Party City., (2019). Shop Party City Canada., Retrieved from: <https://www.partycity.com/ca/>

Sizer, F., Whitney, E., & Piche, L. (2018). *Nutrition: concepts and controversies* (4th Can. Ed.). Toronto, ON: Nelson

Walmart Grocery., (2019), *Walmart.ca Grocery.*, Retrieved from: <https://www.walmart.ca/en/grocery/N-117>

Wulick, A., Dr., (2018, November 4)., *Everything you need to know: the great Gatsby era.* PrepScholar, Retrieved from: <https://blog.prepscholar.com/great-gatsby-era-backdrop-1920s>

Promotional Poster References:

Admiral Farragut Academy, (2015), Great Gatsby Auction. Received from: <https://farragut.schoolauction.net/auction2014/homepages/show>

Shonese, D., (n.d), 1st Choice 1920's Retrieved from: <https://www.pinterest.ca/pin/359865826462393751/?lp=true>

Shutterstock., (2019)., Gold and black art deco. Retrieved from: <https://www.shutterstock.com/image-vector/art-deco-gatsby-inspired-roaring-20s-1578157201>

Twibbon., (2019). Nutrition and Hydration Week., Retrieved from: <https://twibbon.com/support/nutrition-and-hydration-week/twitter>

Appendix:
Promotional Poster:



In celebration of Nutrition and Hydration Week,
Join us for a...

» THE GREAT GATSBY «

TEA PARTY

In the activities room MARCH 18
@ 2-4PM at Shady Pines LTC Facility

Family, friends, staff and community
members are invited

What you can expect:
2:15, 1920's headpiece making crafting
3:30, 1920's fashion show (watch and judge
staff members costumes)

There will be a variety of snacks and
beverages, so make sure to bring your
favorite mug to use!

Appendix Continued...

Egg Salad Recipe for the Sandwiches:



Delicious Egg Salad for Sandwiches

Prep
10 mCook
15 mReady In
35 m

allrecipes

Recipe By: wifeyluvs2cook

"This is a wonderful-tasting egg salad sandwich that you will definitely devour. It's really good on rye."

Ingredients

8 eggs	1/4 cup chopped green onion
1/2 cup mayonnaise	salt and pepper to taste
1 teaspoon prepared yellow mustard	1/4 teaspoon paprika

Directions

- 1 Place egg in a saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop.
- 2 Place the chopped eggs in a bowl, and stir in the mayonnaise, mustard and green onion. Season with salt, pepper and paprika. Stir and serve on your favorite bread or crackers.

ALL RIGHTS RESERVED © 2019 Allrecipes.com
Printed From Allrecipes.com 12/28/2019

Ham and Cheese Salad for Sandwiches:



Ham and Cheese Salad

Prep
10 mReady In
10 m

allrecipes

Recipe By: Barrett

"After making your own ham salad you'll never buy it prepared again. I first tried adding cheese to ham salad when I had to stretch a small amount of ham to make sandwiches for my children's lunches. It worked and they loved it!"

Ingredients

2 cups chopped ham	1/3 cup mayonnaise
1 cup shredded Cheddar cheese	1 1/2 tablespoons prepared mustard
2 stalks celery, chopped	

Directions






- 1 In a food processor, combine the ham and celery; pulse until finely chopped. Add cheese and pulse until mixed.
- 2 Place mixture in a bowl and add the mayonnaise and mustard. Mix well; serve on sandwich or pita bread.

ALL RIGHTS RESERVED © 2019 Allrecipes.com
Printed From Allrecipes.com 12/28/2019

Raisin Scone Recipe:

Raisin Scones

This classic British recipe for Raisin Scones are fantastic straight from the oven or split and toasted the next day.

 Course	Breakfast
 Cuisine	English
 Keyword	Baking Recipes, english scones, Scones Recipes
 Prep Time	15 minutes
 Cook Time	20 minutes
 Total Time	35 minutes
 Servings	8
 Calories	397kcal
 Author	Erren Hart of Erren's Kitchen



Ingredients

- 3 cups all-purpose flour
- ½ cup granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- ½ cup butter chilled and cubed
- ¾ cup cream or milk
- 1 egg
- 1 cup raisins

Instructions

1. Preheat oven to 375F.
2. Sift together the flour, sugar, baking powder and salt.
3. Add the cubed butter into the flour mixture, coat and work into the flour by rubbing between your palms to flatten the butter into the flour until it resembles large crumbs (see photos in post).
4. In a separate bowl, beat together the cream and eggs.
5. Mix the egg mixture into the flour mixture to bring together.
6. Mix in the raisins.
7. Turn out onto a floured surface, roll into a thick disk and cut into 8 wedges.
8. Transfer onto a lined baking sheet (I lined mine with nonstick foil), brush with milk and bake 20-25 minutes or until golden.