

2019 CSNM Student Competition

Nutrition and Hydration Week

Event Planning: Tea Party

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1. INTRODUCTION

A. Description of the type of tea party being offered (theme or concept).

Shady Pines will be hosting an “International Par-Tea”, which is a celebration of diversity and culture. Canada has always been proud of how diverse their citizens are and finds strength in it as well. With Canada’s deep history of colonization and succeeding immigration from all over the globe, Canada became the first country to act out “multiculturalism” (Tierney, 2007; 2008). As Canada experiences an increase in the percentage of people growing older, there is also an increase in demographic, thus, changing the population of most long-term care facilities (Laher, 2017). The reason behind the theme is for this tea party to serve as an occasion where seniors will be able to talk and share their experiences from childhood, food, music, including the travel.

Theme: International Par-Tea: A Celebration of Culture and Diversity



(De bree, n.d.).



(Hudson, n.d.).



(Sharp, n.d.).



(Beistle, n.d.)



(Catch My Party, n.d.)



(Au Top, n.d.)



Big Dot of Happiness. (n.d.)



(iFun iCool, n.d.)

(Yeele, n.d.)



B. How the event to be unique and/or memorable.

It will be a memorable experience for the residents, family, friends, guests and staff as they get to wear and come in any decent clothing that will help them identify with their roots which can be either their preferred national costume, a t-shirt, cap with their country's flag or name printed on it or anything that they are/can be proud of as well as unique to them.

It will also be a day of appreciation of each other's uniqueness and heritage and culture. Different and colorful flags will adorn the resident's tables and the hall as well. Wherein, it will show how diversity is appreciated and respected in the facility. Culture is unique to individuals; everyone will feel included and identified with. It will be a day filled with pride and stories of residents waiting to be told and shared both with the other residents and with the staff and guests.

In connection with the purpose of ensuring that everyone will have a fabulous time and to increase the level of engagement, the residents will not be seated in their usual seats, instead, they will be seated according to the following considerations:

1. According to the similarity of diet- based on an actual experience, residents tend to refuse to eat their required diet (e.g. resident on pureed diet seated next to a resident on regular diet). They prefer to eat the same food as the other residents to feel they are not different. Therefore, residents who are on regular diet can be seated right next to a diabetic diet, or a pureed diet resident will be seated with the same diet or slightly modified like the minced diet.
2. Their diets will be identified by the servers assisting, based on the placemat they have. An example will be, an Italy flag placemat can be identified by the server as the gluten-free diet, or on an allergen diet.

Another consideration taken was the games, which will all be a form of a group game. This will involve all residents (the resident's participation will depend on their capacity to play the game and mobility issues; however, they will be taking part in a specific game or two). This will allow residents to showcase their skills and abilities and be appreciated by other residents.

C. Explanation on how the party is intended to measure the success of the event.

The very first indicator is the turnout of residents, guests (family and friends), and staff's attendance and participation. The number of people coming in their national costume will also play an important indicator that the theme is well accepted. However, the best indicator in determining the success will be the level of how the residents interact with each other together with their families and friends. The level of engagement with the games, entertainment, appreciation of the food, and the conversations that will resonate in the dining hall after the party in the succeeding days. Lastly, there will be a Likert scale card for the residents, staff, family and guests so they can give their feedbacks regarding the tea party.

D. Activities being offered keeping in mind of the frail elderly, including patients with Alzheimer's and dementia were considered. Explanation why these this activity(s) was/were chosen, citing a minimum of one reference in support of the choice(s).

1. Games:

- a. *Memory Flip Game*- there will be a set of famous landmarks of different countries and residents will have to reveal one picture at a time and match it by flipping another picture. Unmatched pictures will be flipped again until they find the correct match. This simple game can be easily adapted by someone with dementia or Alzheimer's (Hospital News, n.d.).

- b. *"Mystery Bag"* (Matching Textures)- there will be as set of wooden items in different shapes like cube, rounds etc. in a bag, and residents will have to match the one in the picture by feeling the wooden shaped items in the bag. This is one of the most popular games designed for individuals with dementia, as they encourage independence, increase self-esteem and self-fulfillment (Hospital News, n.d.).
- c. *"Junk in the trunk"*- players will have to wear a contraption that is made with a box of tissue with ping pong balls (older adults, wider opening on the tissue box). The tissue box is stuck in the rump and the goal is to get rid of as many balls as possible in 2 minutes using body movements. Since this is a group game, the group with less balls on the tissue box at the end of 2 minutes wins. Physical activities are as important as cognitive activities (Hospital News, n.d.).
- d. *Name that Tune*- guess the title of the song (made popular by international artists (will be good as a memory game) with clues provided- Cognitive activities are as essential as physical activities which can stimulate the mind (Hospital News, n.d.).

Note: These are some of the games that will be prepared for the event, however, depending on the time allocated and remaining.

2. **Photo booth-** capture rare and fun pics of residents with family and friends as well as guests and staff. This is intended for the purpose of some residents creating a “life story or memory box”- which has a calming effect on the residents on those time when they are upset, irritated and agitated (Hospital News, n.d.).

Note: The pictures will be sent to the family, friends, guests, and staff via email, however, printed pictures will be given to the residents.

3. **Open dance floor-** just to get moving as well as enjoy some music from the golden years.

E. Explanation why adequate food intake (nutrition) and hydration is so important for the elderly.

Adequate nutrition in older adults is essential as it can help maintain healthy weight, help prevent infection and diseases, and provide the body with much needed energy to stay active (Medline Plus, 2019). It will also help in the wound healing, increase muscle mass which can prevent seniors from falls and fractures, decrease hospitalization, and decrease the risk of death (Winchester Hospital, 2017).

Hydration in elderly is as important as having adequate nutrition. It can decrease hospitalization, improve attention, focus and concentration, improve blood pressure, decrease the level of fatigue and weakness, keep the kidneys healthy, beneficial for the transportation of nutrients, waste and toxins, relieves pressure sores, prevents constipation and improve digestion (British Nutrition Foundation, n.d.).

2. MARKETING AND PROMOTION

a. Written report on how the information about the event will be communicated (marketing mediums), to residents, staff, family and visitors.

Marketing such as print, radio, and Shady Pine's website, and other social media of Shady Pines will be utilized. Local radio will be tapped, advertisement using the local radio, online, facility's website and other social medias (Facebook, tweeter, and Instagram) as well as the use of printed invitations, poster of the event. Invitation emails will also be sent to all department regarding the event and a request for information like the number of staffs attending and willing to volunteer as well as the duties (if there is any). A facility-wide public announcement will be made to be played in the dining halls every meal times and common rooms to remind staff, residents, family and guests of the upcoming event.

b. Vehicles used to reach out to various members within the community, included a brief description on how the event will be communicated to the relevant group(s).

Posters of the event will be posted in bus stops and other prominent areas where the public is gathering like parks and community centre. A local radio station can make announcements regarding the event. Facility's website and other social media -Facebook, Twitter, Snapchat and Instagram and newsletters will also be utilized.

Tea Party Poster



Shady Pines celebrates

• **NUTRITION & HYDRATION WEEK** •
March 16-22, 2020

With an

INTERNATIONAL PAR-TEA!

• Families and friends are invited •

Let's celebrate diversity with fun, games, music, and refreshments from around the world!

MARCH 20, 2020

From 2 pm - 5 pm

Shady Pines Party Hall

Join us for:

- Guest Speakers & Refreshments @ 2:00 pm
- Fun & Games @ 3:00 pm
- Get together, Music & Dancing @ 4:00 pm



"It's a small world after all."

3. MENU DEVELOPMENT

a. Foods and/or recipes chosen or developed to meet the special dietary requirements and texture modifications of the residents.

MENU	
• Chicken Salad Finger Sandwich	 (Jshj, 2008).
• Egg and Avocado Salad Sandwich	 (Adam, 2019).
• Lemon Mixed Berry Scones	 (Roberts, 2019).
• Savory Cheddar Herbed Scones	 (Parsons, 2008).
• Rice Pudding with Mangoes	 (Rowjee, 2015).
• Chocolate Pudding	 (Holly, 2018).
• Egg Custard Tarts	 (Glutafin, n. d).
• Taro cupcakes	 (@swtdizertbakery, n.d.).
• Mixed Fruit cups	 (Amazon Prime, n.d.).
• Fruit Punch	 (Elenathewise, n.d.).
• Coffee	 (Nuriiev, E., n.d.).
• Flavoured Tea	 (Serezniy, n.d.).
• Infused Water (Orange/Mint)	 (Breen, n.d.).

SPECIAL DIET CONSIDERATIONS				
Diet	Menu			
	Savory/Sandwiches	Scones	Sweets	Beverages
	<ul style="list-style-type: none"> • Chicken Salad Finger Sandwich • Egg and Avocado Salad Sandwich 	<ul style="list-style-type: none"> • Lemon Mixed Berry Scones • Savory Cheddar Herbed Scones 	<ul style="list-style-type: none"> • GF Chocolate Pudding • Egg Custard Tarts • Mixed Fruit cups • Rice Pudding with Mangoes • Taro cupcakes 	<ul style="list-style-type: none"> • Fruit Punch • Coffee • Assorted Flavoured teas • Infused Water
Regular Diet (85)	<ul style="list-style-type: none"> • Chicken Salad Finger Sandwich • Egg and Avocado Salad sandwich 	<ul style="list-style-type: none"> • Lemon Mixed Berry Scones • Savory Cheddar Herbed Scones 	<ul style="list-style-type: none"> • GF Chocolate Pudding • Egg Custard Tarts • Mixed Fruit cups 	<ul style="list-style-type: none"> • Fruit Punch • Coffee • Assorted Flavoured teas • Infused Water

<p>Gluten free (1)</p>	<ul style="list-style-type: none"> • Gluten-Free Chicken Salad • Finger Sandwich • GF Egg and Avocado Salad sandwich 	<ul style="list-style-type: none"> • GF Lemon Mixed Berry Scones • GF Savory Cheddar Herbed Scones 	<ul style="list-style-type: none"> • GF Chocolate Pudding • GF Egg Custard Tarts • Mixed Fruit cups 	<ul style="list-style-type: none"> • Fruit Punch • Coffee • Assorted Flavoured teas • Infused Water
<p>Diabetic Diet (20)</p>	<ul style="list-style-type: none"> • Chicken Salad Finger Sandwich • Egg and Avocado Salad sandwich 	<ul style="list-style-type: none"> • Lemon Mixed Berry Scones • Savory Cheddar Herbed Scones 	<ul style="list-style-type: none"> • GF Chocolate Pudding • Egg Custard Tarts • Mixed Fruit cups 	<ul style="list-style-type: none"> • Fruit Punch • Coffee • Assorted Flavoured teas • Infused Water
<p>Minced Diet (15)</p>	<ul style="list-style-type: none"> • Minced Chicken Salad Finger Sandwich • M. Egg and Avocado Salad sandwich 	<ul style="list-style-type: none"> • Minced/ Moist Lemon Mixed Berry Scones • Minced/ Moist Savory Cheddar Herbed Scones 	<ul style="list-style-type: none"> • GF Chocolate Pudding • M. Egg Custard Tarts • M. Mixed Fruit cups 	<ul style="list-style-type: none"> • Fruit Punch • Coffee • Assorted Flavoured teas • Infused Water

<p>Full Pureed Diets (12)</p>	<ul style="list-style-type: none"> • Pureed. Chicken Salad • P. Egg and Avocado Salad 	<ul style="list-style-type: none"> • P./ Moist Lemon Mixed Berry Scones • P./ Moist Savory Cheddar Herbed Scones 	<ul style="list-style-type: none"> • GF Chocolate Pudding • P. Egg Custard Tarts • P. Mixed fruit cups • P. Rice Pudding with Mangoes • P. Taro cupcakes 	<ul style="list-style-type: none"> • Thickened Fruit Punch • T. Coffee • T. Assorted Flavoured teas • T. Infused Water
<p><u>Note: For dysphagia diet:</u></p>				
<p>Level 1: Only Pureed foods (Drugs.com, 2019a).</p>				<ul style="list-style-type: none"> • Thickened Fruit Punch
<p>Level 2: Moist and soft foods (pieces of food are less than ¼ inches) or smaller (Drugs.com, 2019b).</p>				<ul style="list-style-type: none"> • T. Coffee
<p>Level 3: Moist and bite size foods, avoiding hard, extremely dry, sticky, and crunchy foods (Drugs.com, 2019c).</p>				<ul style="list-style-type: none"> • T. Assorted Flavoured teas
<p>Adding liquid like milk to puree cakes, muffins, baked and pastry products to ensure it meets the IDDSI Framework (IDDSI, n.d.).</p>				<ul style="list-style-type: none"> • T. Infused
<p>Thickened Fluids (7). Drinks are prepared according to the level and desired thickness (nectar, honey-like and spoon-thick) (Drugs.com, 2019c) using thickener.</p>				<ul style="list-style-type: none"> Water

b. Nutritional consideration made for the residents with Alzheimer's/dementia.

According to the Alzheimer's Association (n.d.), individuals who have Alzheimer's or dementia does not need any special diet. The key is to ensure that they are eating well and the meals served are both well-balanced and nutrient-dense (Alzheimer's Association, n.d.).

When planning for the menu for individuals with Alzheimer's or dementia, several factors were taken into consideration when planning the menu. Ensuring that the foods which will be provided to them are appetizing, colorful, soft enough, smells good, can be held in their fingers (finger foods). For the reason that sometimes, they sometimes do not recognize the foods placed right in front of them, they cannot articulate that they have pain while they are eating due to their dentures, because they do not have enough exercise, it decreases their appetite apart from some medications they are taking, lastly, they have decreased sense of smell and taste (Alzheimer's Association, n.d.).

Other Considerations made:

- A Balanced Meal- Carbohydrates (bread, cupcakes, rice pudding, scones)

 Protein (Egg, Chicken, milk, cheese, cream)

 Fat (Avocado, fat from milk, unsalted butter, olive oil)
- Limit use of unsaturated -use olive oil in recipes which can replace butter
- Limit the use of refined sugar- adjustment to a recipe that can allow replacement of refined sugar and serve the fruit cup to satisfy the sweet tooth. Advice care giver to not serve sweets in the earlier meals so residents can still enjoy some of the sweets serve during the tea party.
- Limit the use of sodium/salt- prefer use of unsalted butter, less salt, use of herbs and spices to flavor food (Alzheimer's Association, n.d.).

c. How the foods and/or recipes increase the nutritional intake and hydration of the residents.

The foods to be prepared and served are moist and nutrient-dense. Each food item except for the fruit cup are all complete with carbohydrates, protein and fats. The drinks prepared are ranging from fruit punches, flavoured teas, hot coffee and tea as well as flavoured water. All of which will address the nutrition and hydration requirements for the seniors.

4. HUMAN RESOURCE MANAGEMENT

a. Responsibilities delegated to the six Life-enrichment staff (Activities Department).

- 1 host
- 1 game host master
- 4 assistants/ushers

b. Responsibilities delegated to the eight volunteers:

- 1 photographer/photobooth
- 5 kitchen assistants/servers
- 2 event coordinators/decorate the hall/runners
 - a. Food/Kitchen Coordinator (1)
 - b. Event/Party Hall Coordinator (1)

c. Responsibilities delegated to the Cook.

The cook with the 5 kitchen assistants will prepare the following:

- Chicken Salad Finger Sandwich/GF Chicken Salad Finger Sandwich
- Egg and Avocado Salad Sandwich/ GF Egg and Avocado Salad Sandwich
- Lemon Mixed Berry Scones/GF Lemon Mixed Berry Scones
- Savory Cheddar Herbed Scones/ GF Savory Cheddar Herbed Scones
- Rice Pudding with Mangoes
- GF Chocolate Pudding
- Egg Custard Tarts / GF Egg Custard Tarts

- Taro cupcakes/ GF Taro cupcakes
- Mixed Fruit cups
- Beverages (tea, coffee, fruit punch, infused water)

d. Professionals/agencies reached out as a guest speaker as support to the event.

A letter of invitation will be sent out to the current community leader as guest and speaker with posters and invitation so they can post in their office for people who wish to take part. A community leader will be invited to speak regarding the importance of diversity in the community, the value of the seniors in the community, the services that the community is offering. This will be a great venue for families to learn about the services that they and their senior loved one can avail.

Invite a resource speaker (dietitian or care coordinator) from the Community Care Access Centres to speak regarding how adequate nutrition and hydration can impact the health of the seniors as well as the different community services that they provide of which the seniors can avail.

5. FINANCIAL MANAGEMENT

a. How the \$600 budget was spent. Provided a detailed list of items purchased for the event, including tax for approximately 250 including the 140 residents:

- 85 are on a regular diet, with regular consistency and no dietary restrictions
- 15 full-minced diets
- 12 full-pureed diets
- 7 are on thickened fluids
- 1 resident requires gluten-free, with regular consistency
- 20 require nutritional consideration of their diabetes
- 25% of the facility residents have dementia

Menu	Item	Vendor/Product	Specification	Unit	Unit price	Total Price w/ Tax	Remarks
Chicken Salad Finger Sandwich	Chicken Breast	T & T	Fresh, boneless, per pound (T & T Canada, n. d).	3	\$ 3.29	\$ 11.15	Purchased
	Brown Bread (GV)	Walmart	675 g (Walmart Canada, n.d. g).	7	\$ 1.64	\$ 12.97	Purchased
	Mayonnaise	Walmart	Great Value Real Mayonnaise (Walmart Canada. (n.d. h).	2	\$ 2.87	\$ 6.49	Purchased
	Onion, Red	Food Basics	10 lbs./bag (Food Basics Canada, n.d. d).	1	\$ 2.88	\$ 3.25	Will be used for the other recipes
	Carrots	Freshco	3 lbs./bag (Freshco Canada, n. d. a).	1	\$ 1.49	\$ 1.68	Purchased
	Celery	No Frills	1 Stalk (Walmart Canada. (n.d. f).	1	\$ 2.97	\$ 3.36	Purchased
	Mustard	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Granulated garlic	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Paprika	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Ground pepper	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Olive oil	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free

GF Chicken Salad Finger Sandwich	GF Brown Bread	Walmart	O' Doughs Flax Loaf Gluten Free (Walmart Canada, n.d. e).	1	\$ 4.77	\$ 5.39	Purchased
Egg and Salad sandwich	Egg	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Avocado	Food Basics	Product of Mexico, bag of 5 or 6 (Food Basics Canada, n.d. c).	3	\$2.98	\$ 10.10	Free
	Brown Bread (GV)	Walmart	675 g (Walmart Canada, n.d. g).	6	\$ 1.64	\$ 11.12	Purchased
	Mayonnaise	Walmart	Great Value Real Mayonnaise (Walmart Canada. n.d. h).	2	\$ 2.87	\$ 6.49	Purchased
	Onion, Red	Freshco	Utilize Kitchen Staples	N/A	N/A	N/A	Included in the recent purchase
	Carrots	Freshco	3 lbs./bag (Freshco Canada, n.d. a).	1	\$ 1.49	\$ 1.68	Purchased
	Celery	No Frills	1 Stalk (Walmart Canada. n.d. f).	1	\$ 2.97	\$ 3.36	Purchased
	Mustard	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Granulated garlic	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Paprika	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Ground pepper	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free

	Olive oil	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
GF Egg and Salad sandwich	GF Brown Bread	Walmart	O' Doughs Flax Loaf Gluten Free (Walmart Canada, n.d. e).	1	\$ 4.77	\$ 5.39	Purchased
Savory Cheddar Herbed Scones	Flour	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Baking Powder	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Egg	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Sugar	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Butter	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Parmesan	No Frills	Parmesan Cheese 250g (No Frills Canada, n.d. e).	1	\$ 5.00	\$ 5.65	Purchased
	Cheddar cheese	Food Basics	Black Diamond slices 450g (Food Basics Canada, n.d. b).	2	\$ 1.97	\$ 4.45	Purchased
	Black pepper	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Favorite dried herbs	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Soured milk	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Garlic clove	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free

GF Savory Cheddar Herbed Scones	Abundant Life Foods GF Scone Mix, Basic	Abundant Life	15 oz / bag (Abundant Life Foods, n.d. a).	1	\$ 4.56	\$ 5.15	Purchased
Lemon Berry Scones	Flour	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Baking Powder	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Egg	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Sugar	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Butter	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Lemon	Walmart	Your Fresh Market Lemon, Walmart Canada. (n.d. j).	1	\$ 3.97	\$ 4.49	Purchased
	Mixed Berry	Food Basics	Irresistables Fruit Frozen 600g (Food Basics Canada, n.d. a).	2	\$ 2.97	\$ 6.71	Purchased
	Black pepper	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Favorite dried herbs	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Soured milk	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
GF Lemon Mixed Berry Scones	Abundant Life Foods GF Scone Mix, Basic	Abundant Life	15 oz / bag (Abundant Life Foods, n.d. a).	1	\$ 4.56	\$ 5.15	Purchased

GF Chocolate Pudding	GF Chocolate Pudding	Abundant Life	Sugar Free Dark Chocolate Pudding Mix 6/9.25 oz/ bag	2	\$ 28.65	\$ 64.75	Purchased
Egg Custard Tarts	Tart Shells	Walmart	30 x 3" (7 cm) tart shells, 570 g (Walmart Canada, n.d. a)	10	\$ 3.98	\$ 44.97	Purchased
	Eggs	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Milk	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Sugar	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Vanilla	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
GF Egg Custard Tarts	Abundant Life Pie Crust mix	Abundant Life	Abundant Life Foods Gluten Free Pie Crust Mix 17 oz (Abundant Life Foods, n.d. c).		\$ 1.00	\$ 4.20	Purchased
Mixed Fruit Cups	Club Supreme Canned Fruit - Fruit Cocktail in Light Syrup	Amazon	Bulk 9.55L (Case of 24 x 398ml / 14 Fl Oz) Club Supreme. (n.d.).	1	\$ 38.00	\$ 42.94	Purchased
Rice Pudding with Mangoes	Whole milk (3.5% fat)	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Soft, butter	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Eggs	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free

	Sugar	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Cooked rice	Walmart	Great Value Thai Jasmine Rice 900 g (Walmart Canada, n.d. b).	2	\$ 2.97	\$ 6.71	Purchased
	Vanilla	No Frills	No Name Artificial Vanilla Extract (No Frills Canada, n.d. c).	1	\$ 2.97	\$ 3.36	Purchased
	Canned mangoes for the topping	No Frills	Aroy D Mango Slices, Canned 425g (No Frills Canada, n.d. b).	4	\$ 1.67	\$ 7.55	Purchased
Taro Cupcakes	Flour	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Eggs	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Baking Powder	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Sugar	Kitchen Staples	Utilize Kitchen Staples	N/A	N/A	N/A	Free
	Purple Yam Powder (flavoring)	Amazon	4.06oz Fil Choice Brand Powdered Purple Yam (Fil Choice Brand, n.d.).	2	\$ 9.75	\$ 22.04	Purchased
GF Taro Cupcakes	GF Cake Mix	Abundant Life	Gluten Free Golden Cake Mix 15 oz/bag (Abundant Life Foods, n.d. b).	1	\$ 4.44	\$ 5.02	Purchased
Fruit Punch	Orange	Food Basics	Seedless Orange Navel	2	\$ 0.68	\$ 1.54	Purchased

	Apple	Food Basics	Fuji Apple	1	\$ 0.98	\$ 1.11	Purchased
	Fruitopia Strawberry Passion	No frills	1.75 L (No frills Canada, n.d. f).	10	\$ 1.47	\$ 16.61	Purchased
	Cranberry Raspberry Cocktail Raspberry	No frills	1.89 L (No frills Canada, n.d. a).	10	\$ 2.47	\$ 27.91	Purchased
	Orange Juice, unsweetened	No frills	1 L (No Frills Canada, n.d. d).	5	\$ 1.00	\$ 5.65	Purchased
Coffee	Coffee	Walmart	Maxwell House Original Roast Ground Coffee (Walmart Canada, n.d. d)	1	\$ 6.97	\$ 7.88	Purchased
Tea	Ahmad Tea Twelve Teas	Amazon	925g (Ahmad Tea, n. d).	2	\$ 13.03	\$ 29.45	Purchased
Infused Water	Orange	Food Basics	Seedless Orange Navel	1	\$ 0.68	\$ 0.77	Purchased
	Mint	Walmart	Sold in Bunches (Walmart Canada, n.d. i).	2	\$ 1.97	\$ 4.45	Purchased
Thickener	Nestle Resource Thickenup Clear, Instant Food and Drink Thickener, 125g Canister	Amazon	125g Canister (Resource Thickenup, n.d.).	1	\$ 15.99	\$ 18.07	Purchased
TOTAL						\$ 429.00	

DECORATIONS					
Item	Vendor	Unit	Unit Price	Total Price w/ Tax	Remarks
Welcome Banner					
· Shady Pines International Par-Tea! Welcome	Amazon Prime	1	\$ 16.95	\$19.15	Purchased
“Welcome” in different languages International Welcome Banner					
Party Banner					
A Celebration of Culture and Diversity	Facility	N/A	N/A	N/A	Free
Posters (Walls of the hall)					
"It's a small world after all"	Facility	N/A	N/A	N/A	Free
Experience the world in one Par-Tea!	Facility	N/A	N/A	N/A	Free
Share our similarities and celebrate our differences-M. Scott Peck	Facility	N/A	N/A	N/A	Free
Other Decorations					
Post with directional signage of countries and how far they are from Canada	Facility	1	N/A	N/A	N/A
Flags of different countries	Amazon Prime	1	\$ 5.22	\$5.90	Purchased
International flag dangling	Amazon Prime				Included in the \$16.95 kit
Streamer	Amazon Prime				Included in the \$16.95 kit
It's a small world after all	Facility	N/A	N/A	N/A	Free
Back Drop					
World Map	Amazon Prime (McNally, n.d.).	1	\$ 6.95	\$7.85	Purchased

Table Decorations					
Taste around the world	Facility	N/A	N/A	N/A	Free
Around the World Tea	Facility	N/A	N/A	N/A	Free
Invitation					
Invitation-boarding pass	Facility	N/A	N/A	N/A	Free
Visitor's Pass Tag					
Posters of the event	Facility	N/A	N/A	N/A	Free
Flyers	N/A	N/A	N/A	N/A	Free
Photo Booth					
· Photo Prints	Staples	150	\$ 0.17	\$28.82	Purchased
Background	Amazon	1	\$ 16.99	\$19.20	Purchased
Accessories: Big Dot of Happiness Put on Your Party Pants - Photo Booth Props Kit - 20 Count	Amazon	1	\$ 11.26	\$12.72	Purchased
Accessories: iFun iCool Photo Booth Props 58 Pieces DIY Kit for Wedding Party Reunions Birthdays Photobooth Dress-up Accessories (iFun iCool, n.d.).	Amazon	1	\$ 6.49	\$7.33	Purchased
Take-Away Brochure					
Nutrition and Hydration Week Brochure	Facility	N/A	N/A	N/A	Free
OTHERS					
Plastic cups	Amazon (Pacnic, n.d.)	2	\$ 12.99	\$29.36	Purchased
Paper Baking Cups	Walmart Canada. (n.d. c)	2	\$ 1.97	\$4.45	Purchased
Prizes (Games)				\$ 36.22	
Total Cost for Decorations/ Misc.				\$ 171.00	
(ADD) Total Food Cost				\$ 429.00	
TOTAL				\$ 600.00	

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