

Website

You can find a myriad of information on the website at www.nutritionandhydrationweek.co.uk

Social Media

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Series 8 No 4

December 2020

Nutrition and Hydration Week **10th Year Celebration**



15th to 21st March 2021

We are in the process of developing some additional posters for you to download to promote the week, and its 10th year celebration. These will be available in due course on the Resources Page on our website.

Mealtime Matters October

The move of the focus month, instigated by yourselves, from July appears to have been a success with more engagement from the wider health and social care community. Thank you to those of you who contacted us before and during the month for information so you could develop your own information and promotion materials.

As a back up to this we have enclosed a tabulated format of the tips for each day, as a point of reference, the full graphics can be found on our social media feeds.



Date	Mealtimes Matter Top Tip
1st	Mealtimes Matter - It's not a new thing in healthcare.... "Nothing shall be done in the wards when the patients are having their meals" Florence Nightingale
2nd	Protected Mealtimes - Discuss the plan with your multi-disciplinary team - all staff involvement is vital. Explain the benefits
3rd	Protected Mealtimes - Be practical what needs to happen Medication, staff breaks; visitors
4th	Protected Mealtimes - Talk to other professionals who visit the dining area at mealtimes - Explain your plans and benefits to those you ALL care for
5th	Protected Mealtimes - Announce when it is to commence
6th	Protected Mealtimes - Inform everyone they are in place from - email, posters, newsletters Discuss with relatives and their loved one too!
7th	Protected Mealtimes - Be realistic things will happen initially but stay with Protected Mealtimes
8th	Protected Mealtimes - Be persistent to keep them in place work around staff issues to ensure mealtimes run smooth
9th	Making Mealtimes Matter -Make staff aware prior to mealtimes to prepare patients /residents and to understand their needs at the mealtime
10th	Making Mealtimes Matter - Those requiring assistance are identified and support is provided
11th	Making Mealtimes Matter - Report any food quality issues to catering team(s)
12th	Making Mealtimes Matter - Before Mealtime identify the people requiring assistance and ensure they are supported using local processes, e.g. red trays/placemats/white boards

13th	Making Mealtimes Matter - Before Mealtime those eating have their hands washed and are in a safe eating position
14th	Making Mealtimes Matter - Before Mealtime staff have access to hand washing and appropriate protective clothing before commencing service
15th	Making Mealtimes Matter - Before Mealtime the dining area is clean and tidy including no bad aromas
16th	Making Mealtimes Matter - Before Mealtime ensure all the equipment required eg Glasses. Special needs crockery & cutlery is available, clean and ready to use.
17th	Making Mealtimes Matter - During Mealtimes the staffing levels are correct
18th	Making Mealtimes Matter - During Mealtimes minimise non-essential interruptions - Protected Mealtimes
19th	Making Mealtimes Matter - During Mealtimes ensure food and drink is within easy reach of those who are dining / eating
20th	Making Mealtimes Matter - During Mealtimes provide assistance where required (opening packets, cutting up food, pouring drinks)
21st	Making Mealtimes Matter - During Mealtimes support people to eat and drink where required and on a 1:1 basis
22nd	Making Mealtimes Matter - During Mealtimes remember relatives, friends and volunteers may assist if this will encourage food and fluid intake and is safe to do so
23rd	Making Mealtimes Matter - During Mealtimes provide positive encouragement to increase food and fluid intake
24th	Making Mealtimes Matter - During Mealtimes allow sufficient time for people to eat and drink at their own pace.
25th	Making Mealtimes Matter - After Mealtimes ensure all dirty crockery, cutlery and trays are removed
26th	Making Mealtimes Matter - After Mealtimes liaise with others regarding uneaten food and fluids, complete records as required
27th	Making Mealtimes Matter - After Mealtimes offer hand washing after the meal or the use of wipes
28th	Making Mealtimes Matter - After Mealtimes clean and tidy the dining area after, ensure no lingering smells and odours
29th	Making Mealtimes Matter - After Mealtimes tell the people who have had their meal when the next food and drink will be served
30th	Making Mealtimes Matter - After Mealtimes ASK them did they enjoy the meal - use positive and not negative words, and do they want anything else to eat or drink.
31st	Making Mealtimes Matter - It is everyone's business to ensure those they are caring for receive the best possible meal experience. Food and drink is often Highlight of the Day for those we ALL care for

The countdown to 2021 has started

The Canadian Society of Nutrition Management (CSNM) held their annual Tea Party Webinar on Thursday October 22nd. The presentation was about 'Hosting a Tea Party', the benefits to your patients/clients/customers, and to our staff and clinical colleagues

What the session covered:

- Planning
- Delivery
- Marketing and promote nutrition and hydration
- Innovating
- Having FUN
- Leaving legacies

The webinar also acts as a challenge to the foodservice / catering students to engage them in planning an event, they are entered in to a competition to judge the best one and the winner receives a place at the CSNM conference.

A challenge to all of you in professional associations – how can you use this example of utilising the week and engaging with the members of tomorrow? Not only will they become aware of Nutrition and Hydration Week, but also of the professional associations out there who support foodservice / catering in the various sectors of industry.

We look forward to hearing about your plans as they progress, as this is the last newsletter of 2021, season's greetings from us and a we wish you all a better 2021 which will hopefully see us move away from the Covid challenges.

If you do share any of your own tips remember to copy us in using the tags -

@NHWeek

#NHWeek

on your social media so we can track them.

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