

A circular graphic with a white background and a blue border. The text "10 years" is written in white, 3D-style letters. The background is filled with colorful confetti in shades of red, blue, yellow, and green.

10 years

15 to 20 March
Nutrition &
Hydration
Week 2021

A large circular logo with a blue background and a white border. The text "Nutrition & Hydration week" is written in white, serif font. A white ampersand is positioned to the left of the text. The logo is set against a white background with a blue, water-like splash effect.

Nutrition
& Hydration
week

Nutrition & Hydration Week

15 – 20

March 2021



Building on the success of past Nutrition & Hydration Weeks with a whole week of fun, food and hydration-based activities



Each day has a set theme, activities and menu



Hospitality, Social Support and Marketing will work together to produce a range of meals, activities and supporting materials, which promote good nutrition and hydration



Ensure activities are listed on March HH Calendars – all activities, menus etc. are compulsory but tailored to each home



A special guide to N&H Week 2021 will be produced for residents of each home so they know what is happening in advance



Milkshake Monday Monday 15 March

- **Make your own Milkshake from the Milkshake Station set up for morning tea**
- **Have some fun and take inspiration from the wild milkshakes on sale at some cafes**



**10th Birthday
Tea Party
Tuesday 16 March**

- This year N&H Week turns 10
- Each home will host an afternoon Garden Tea Party (weather permitting)
- Scones with jam and cream, finger sandwiches, tea, coffee and bubbles



**Wacky Wednesday
incorporating
St. Patrick's Day
Wednesday 17 March**

- **Morning Tea – Irish Fruit Bread (Barmbrack)**
- **Lunch – Irish Fare along with Green Beer, Guinness and Shamrock Cocktail**
- **Afternoon Tea – Irish Coffee and Bailey's Cup Cakes (made by residents)**



Thirsty Thursday

Thursday 18 March

Throughout the day try different drinks from around the world

- Bubble Tea
- L&P, Dr.Pepper
- Kombucha
- Irn-Bru



**Fruity Fantasy
Friday
Friday 19 March**

- **Try exotic fruits from around the world**
- **Enjoy homemade fruit punch at Happy Hour**



Smoothie Bikes are Back!



- Each home will host the Smoothie Bike
- Residents pedal to make themselves a healthy refreshing smoothie of their choice
- Those who cannot pedal can assist with chopping fruit, setting out ingredients and/or cups