

Nutrition and Hydration Week Newsletter



Website

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

Social Media

Twitter : @NHWeek Facebook : NHWeek LinkedIn : Nutrition and Hydration Week Supporter

May 2021

Nutrition and Hydration Week 14 – 20 June 2021

Diary Date

Nutrition and Hydration Week 10th Year plus 1 Celebration

14 - 20 March 2022

Thank you

Thank you to all those of you who still utilised the original Nutrition and Hydration Week 2021 date in March. It was so uplifting and inspiring to see your activities on social media. Over the coming months we will be using some of your great ideas and tips as Tip of the Week. Keep a check and see if one of yours appears.

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

@NHWeek

#NHWeek

on your social media so we can track them.

We have some exciting news; we have secured not one but two sponsors for the next two Nutrition and Hydration Weeks

A big thank you to McVities and Lakeland Dairies for coming on board and supporting the week.



McVities Tasties

McVities Tasties have launched a challenge for 'The Biggest Virtual Afternoon Tea Party' on the 16th June. There is a booklet full of activities and ideas you can download from the resources page of our website or by following the link here.

https://nutritionandhydrationweek.co.uk/wp-content/uploads/2021/04/0000_pladis_activity_booklet_nw_v6-1-compressed.pdf

They are also running a competition - bring out the biscuits and tee up the cups: McVitie's and Jacob's owner pladis has teamed up with Nutrition and Hydration Week (14-20 June 2021) to break their Nutrition & Hydration Week record for the UK's biggest virtual afternoon tea party. And we would love you to get involved!

It's easy and free to join in – all you need to do is arrange an afternoon tea for your residents on Wednesday 16 June. From a simple afternoon cuppa and a biscuit, to a show-stopping event. We can't wait to see what you come up with. And all entries will be in with a chance of winning one of ten fantastic hampers, full of biscuit goodies, in their prize draw.

Simply email mcvities@williammurray.co.uk a photo of your afternoon tea and your details will be entered into our prize draw. Please send in your entry image by 22 June.



Lakeland Dairies

The partnership with Lakeland Dairies will see them using its dairy expertise to develop a range of professional resources to support social care and healthcare caterers. The resources will include an informative milk powder fortification document 'The Importance of Knowing Your Milk Powders', a fortification recipe booklet packed with tips and recipes, and a 'scrumptious scone' campaign for Nutrition and Hydration Week Global Tea party on Wednesday 16th June 202.

Jean Cattanach, marketing controller, Lakeland Dairies comments. "We are delighted to share our dairy expertise with N&H Week to support their ambition to promote nutrition and hydration excellence. The goodness of milk in all its various formats, such as butter, cream, and milk, can make a valuable contribution to nutrient intake."

She continues:

"One of the resources we are developing explains our 'food first' fortification approach. This approach uses milk powder to support those with, or at risk, of undernutrition and explains how to fortify food and drink with the right balance of calories and protein. As the nutritional content of milk powder can vary, it's important to understand the differences. Our N&H Week resource will help caterers to easily identify the best milk powder to use for the desired nutritional outcome. We're extremely excited to support NHS and care caterers in the UK and contribute to this global event."

So, look out for the following in the coming weeks and months:

- Fortification recipe booklet – Tips and recipes for fortifying food and drink to help prevent undernutrition with milk powders
- Nutrition and Hydration Week resource – The importance of knowing your milk powders - produced in conjunction with their consultant Dietitian
- Nutrition and Hydration Week resource – case study around fortifying drinks, produced in conjunction with consultant Dietitian
- Scrumptious Scones give away – for the Global Afternoon Tea Party

The Hydration Foundation Offer

The Hydration Foundation is supporting Nutrition and Hydration Week by offering up to 1,000 Hydrants at no cost to those who need them. This offer has been enabled by generous contributions to the cause.

The Hydration Foundation is a Community Interest Company established solely to raise funds to enable the free distribution of The Hydrant drinking system (<http://bit.ly/The-Hydrant>) to those vulnerable people in the community who struggle to drink independently.

If you are a potential user, a carer of someone who may need one , or a healthcare professional with a client that it may help then contact the Hydration Foundation to arrange for delivery of The Hydrant directly to you or your client.

How to order your Hydrant –

Simply email the details of where it needs to be delivered to:
nhw@thehydrationfoundation.org

Or call 0800 043 6003 for more information

The Week's Aims

As we celebrate the 10th edition, we thought it timely to remind everyone of the week's aims:

- Promote the 10 Key Characteristics for Good Nutritional Care
- Promote Protected Mealtimes / Mealtime Matter
- Nutrition Advocates / Champions for each health and social care setting
- Minimum Standards for Good Nutrition in each setting
- Sharing good nutrition and hydration practices
- Promoting Continued Education and Profession Development
- Promoting good nutrition and hydration for staff teams

Nutrition Champions

To assist you in developing your network of support for staff wellbeing through nutrition and hydration, we are pleased to announce that further guidance for setting up Nutrition

Champions or Advocates in your organisation is being added to our website in the lead up to Nutrition and Hydration Week in June. These templates can be formatted to reflect your organisation's corporate style and help you further embed good nutrition and hydration throughout your workplace.

Hopefully it will save you time in having to design from scratch your information, training tools, certificates, and posters.