

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

June 2021

Diary Date:

Nutrition and Hydration Week
10th Year plus 1 Celebration

14th to 20th March 2022

Thank you

We were blown away by the activities you held during the week despite all the restrictions in place.

Thank you once again for your support of the week.

Your dedication to the week and promoting your work is immense.

It is good to see your work and the constant references that it is not just the week we deliver this service but every week. As the week's strapline states you are "Making a difference every day".

Keep it up and together we can truly make a difference.

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

@NHWeek

#NHWeek

Cateys Award Shortlisting



We received some fantastic news at the start of July – Nutrition and Hydration Week has been shortlisted for the Health and Nutrition Award at the Caterer & Hotelkeeper Awards, known as The Cateys.

These prestigious awards are seen as the ultimate accolade in the UK for catering and food related activities. The awards night is often referred to as the catering Oscars!

It is a privilege, on your behalf, for the week to be recognised in such a way. It reflects all the fantastic work you deliver every day for the people you care for.

Without you Nutrition and Hydration Week would not have received such a prestigious nomination and shortlisting. Thank you for your continued support.



Doulton Recipes for Delicious Water with a Twist

Doulton Water filters have shared with us recipes for making some enticing drinks with water.

1. Minty Cucumber Freshness

Easy to make, low sugar and calorie content and utterly refreshing.

- Wash and thinly slice one cucumber - leave the skin to gain maximum nutrition
- Rinse eight fresh mint leaves
- Add to approx. two litres of water and lightly stir
- Refrigerate for four hours or overnight to lock in flavour

2. Cherry Lime Blast

A sweet and sour fusion to kick your taste buds into action without the added sugar of a carbonated pop drink.

- Wash 680g of fresh cherries and slice in half
- Rinse and thinly cut one fresh lime
- Add to approx. four litres of water and lightly stir
- Refrigerate for four hours or overnight to lock in flavour

3. Herby Watermelon and Basil

A fragrant sweet blend that will delight the whole family.

- Trim the rind off half a watermelon and finely
- Rinse 15 fresh basil leaves
- Add to approx. four litres of water and lightly stir
- Refrigerate for four hours or overnight to lock in flavour

4. Luscious Lavender Lemonade

A healthy twist to the traditional favourite.

- Three tbsp. dried lavender or a large bunch of fresh leaves
- 85g clear honey
- Optional 85g sugar
- Heat sugar with 450ml water to dissolve then add honey and lavender once removed from the heat
- Cover to allow steeping for 15 minutes then strain
- Separately mix 450ml freshly squeezed lemon juice with
- 900ml water then combine
- Refrigerate for eight hours or overnight to lock in flavour

5. Pineapple Spice

A sweet and spicy mix with fiery flavour.

- Peel and chop a fresh pineapple
- Rinse and gently crush five sprigs of mint
- Smash eight thin slices of fresh ginger
- Add to approx. two and half litres of water and stir
- Refrigerate for four hours or overnight to lock in flavour

Care UK Hydration Booklet

As a longstanding supporter of Nutrition and Hydration Week, Care UK has gone one step better in 2021 and produced a guide that uses its 35 years of experience of running care homes to produce a new guide to hydration designed for family members caring for an older person or someone living with disabilities in their own home.

The booklet covers every aspect of hydration from why older people are more likely to suffer from dehydration to how to create inspiring drinks for those reluctant to take on board more fluids

The booklet includes recipes that Care UK teams are already using to help residents stay hydrated – something that is of interest to everyone regardless of where they live in the current warm spell. The recipes include a range of garnished flavoured waters, mocktails, strawberry iced tea and fruit puree drinks – all of which will be served to residents in Care UK homes.

As well as drinks, the booklet also helps everyone to find out more about how different foods can also help people with their hydration – this is of particular importance in those who may be reluctant to drink. For example, the book shows how a ripe tomato is 94 per cent water, a cauliflower is 87 per cent and melon 90 per cent so fruit, salad and vegetables can all help prevent dehydration.

Care UK's Hotel Services Manager James Clear is proud of the booklet that he and his team have written in-house. When asked what his top hydration tips were for those caring for loved ones in their own home, James had a very interesting reply. He said: "Think about presentation of their drinks. That might be making sure a favourite mug or glass is always used. If it can be done safely – give cold drinks a

garnish with fruit slices or herbs. And for hot weather, make sure drinks are served nice and chilled. There's research from the National Association of Care Catering which demonstrates seeing the condensation droplets running down a glass or jug can actually trigger our thirst mechanisms. But always be careful of any choking risk from ice or garnishes."

The guide to hydration which will be of particular interest to anyone caring for an older person or someone with disabilities in their own home. It includes tips, recipes, and ideas for making hydration fun. Copies can be downloaded free of charge [here](#).

Look out for "The Sun Never Sets" campaign

Our aim is to showcase all types of foodservices across all health and social care platforms around the world.

On Tuesday March 15th local time, when the sun rises in New Zealand the focus will begin with breakfast service and hopefully finish with the supper service in the mid Pacific on the 15th of March local time, (The time in New Zealand will now be breakfast time on the 16th March Global Afternoon Tea Day.)

So, the sun will have not set on health and social care providers, on this day, and it never sets on food provision to the who need it most on every day of the year.

Supporting Other Focus Events

We realise that many of you who utilise the week, use others too. So, we thought we'd look at other opportunities for you to promote your fantastic work and key messages. We will share with you events and weeks we become aware of. So if you know of any focus weeks, months or days in your country please drop us an email and we'll see what we can do.

To start you off here is a link to a fortnight being held in the UK.

British Food Fortnight 18 Sept – 3 Oct.

Some suggestions to take part are promoting an existing menu, developing a new seasonal menu, introducing a single new supplier, featuring a 'special' on the menu for British Food Fortnight, and for schools and care homes, in particular, organising fun foodie activities for pupils and residents.

General advice on taking part: <https://www.lovebritishfood.co.uk/advice-for-public-sector-caterers>

Case studies of others who have taken part: <https://www.lovebritishfood.co.uk/case-studies>

Support for you

Over the coming months we will be looking into ways we can provide further support for you to promote the week. One suggestion is for an email signature which can be added in the lead up to the week. If you have any ideas you would like to see us investigate drop us an email.