

Nutrition and Hydration Week at The Old Downs Residential Care Home



Last week our residents and staff joined in to mark Nutrition and Hydration Week here at The Old Downs Residential Care Home.

We started the week with delicious mocktails – *Pina Coladas*, *Virgin Mimosas* and *Shirley Temples*!

On Tuesday, our residents enjoyed a '**Taste and Smell**' decision game when they tried different foods blindfolded and had to guess them. Great fun and a good way to stimulate the senses.

We held our own '**Fruity Tea Party**' on Wednesday afternoon with a buffet of chicken goujons with pineapple chutney, Hawaiian pizza, mini croutons with burgers served with banana and tomato sauce and dolce gelato sponge and coconut bread pudding. What a feast! We also had on offer a variety of fruit teas to try.

Our exotic **fruit tasting session with fruit smoothies** was a big success on *Fruity Friday* and to finish the week on Saturday afternoon, our residents loved their chocolate brownie fruit and nut sundaes.

What a fantastic week of tastes and flavours – Bon appetite!













