



CARE SECTOR GUIDE

**Good Nutrition: supporting the
health and wellbeing of our
ageing population**

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MEETING THE NEEDS OF RESIDENTS

There are almost 11 million people aged 65 or over in the UK, and by 2032 there will be 13 million, which equates to 22% of the population¹. This age group makes up a significant proportion of the total number of care home residents across the UK, which is approximately 441,000².

We understand many residents in care are likely to have support needs and/or health conditions that affect their food and drink intake. Therefore, it's crucial the food and drink they do consume is enjoyable, nutritious and accessible, in order to maintain physical health and emotional wellbeing.



HERE TO HELP

Scott Emmett Premier Foods

As well as offering personalised and enjoyable experiences, mealtimes in care homes are all about ensuring residents get the nutrients they need.

With a wide range of much-loved brands from the United Kingdom, Premier Foods is proud to help chefs across the care sector, providing insight, advice and recipe ideas to help them get closer to meeting the nutritional needs of their residents. From our range of Bisto gravy granules and Homepride sauces, to the original instant mashed potato 'Smash' and the famous Angel Delight, our products are renowned for their flavour, consistency and ease of use.

The information and recipes in this guide are designed to help care home caterers continue to deliver high quality care; from advice on how to improve nutrition intake with a food first approach, tips on how to cater for residents living with dementia, and promoting a hydration culture in care.

We are delighted to continue to support care home caterers and hope you find this guide useful.



Scott Emmett

Scott Emmett
Healthcare Lead

www.premierfoodservice.co.uk



IMPROVING NUTRITION INTAKE WITH A FOOD FIRST APPROACH

Around three million people in the UK are malnourished or at risk of malnutrition³. Older people over the age of 65 are particularly at risk, especially if they live in a care or nursing home⁴. In fact, according to the largest ever survey on malnutrition in care homes, 35% of residents admitted in the previous six months were malnourished⁵.

Being malnourished or at risk of malnutrition increases the risk of illness and infection, slows wound healing, leads to a low mood, reduces energy levels, and lowers muscle strength, which can affect mobility, ability to perform normal activities, and increases susceptibility to falls. Ultimately, a person's quality of life is affected, highlighting the vital role that nutrition plays in maintaining good health.

UNDERSTANDING MALNUTRITION

Malnutrition occurs when energy and/or nutrient intakes are inadequate. Many factors may play a part in this. For example, appetites often dwindle as we age, smell and taste changes can happen, and there may be increased difficulties with chewing and swallowing. Illness, infection, low mood and physical and mental disabilities can reduce the amount of food eaten. With advancing years, the body becomes less efficient at making certain nutrients and absorbing and storing others. Memory loss can also mean forgetting to eat. All these factors can affect food and drink intake, making malnutrition more likely, and the job of care home caterers even more challenging.

SPOTTING THE SIGNS

It can be easy to miss signs of malnutrition, so it's important that people living in care homes are regularly screened and monitored to identify if they are nutritionally vulnerable. The Malnutrition Universal Screening Tool (MUST)⁶ is used to assess the risk, but there are also some common signs to look out for. These include unplanned weight loss, often identified through looser fitting clothes, jewellery and dentures, together with a loss of appetite, a lack of interest in eating and drinking, tiredness, less muscle strength, and a change in mood.

TAKING A 'FOOD FIRST' APPROACH

Healthcare experts, including dietitians, agree that for anyone who is malnourished or at risk of malnutrition, it's usually best to meet nutritional needs through everyday food and drinks that are rich in calories, protein, vitamins and minerals. This is known as a 'food first' approach⁷.

The key is to choose foods that are nutrient dense – in other words, foods that provide plenty of nutrient's relative to their calorie content. These include meat, fish, eggs, full-fat milk and yoghurt, cheese, soya, beans, lentils, nuts, wholegrains, fruit and vegetables.

A food first approach means residents in care home's will typically be eating foods they are already familiar with and meals they enjoy. This can help to increase the amount of food – and therefore the calories and nutrients – consumed. This approach also focuses on increasing the calories, protein, vitamins and minerals in meals, snacks and drinks by 'enriching' or 'fortifying' them with familiar, everyday foods.



Adding hot water to these dehydrated potato flakes creates ready to serve mash, which can be fortified with milk, butter or cream to add extra calories. It can also be sprinkled into soups or casseroles to thicken and add extra energy.

FILLING THE NUTRITION GAP

Making sure residents in long-term care get all the energy (calories) and nutrients they need is often challenging. Up-to-date research on the nutritional status of older people living in residential or nursing homes in the UK is in short supply. But from the limited evidence available, residents are most likely to have low intakes of energy, protein, fibre and a range of vitamins and minerals, including vitamins C and D, folate, iron and zinc⁸.

Helping those living in care homes meet their calorie and protein needs is particularly important to lower the risk of malnutrition, but can be hard to achieve. One small study found after two weeks of being admitted to a nursing home, less than one in five residents – just 18% – consumed enough of either⁹.

Fortunately, there are plenty of ways care home caterers can bolster intakes using a food first approach.

PUTTING ENERGY AND PROTEIN ON THE MENU

Protein should be made a priority for meals and snacks. Foods rich in this nutrient include meat, chicken, fish, eggs, milk, cheese, yoghurt, beans, lentils, tofu and nuts. Better still, the protein in these foods naturally comes with many other vitamins and minerals, adding further nutritional value to meals.

For residents with poor appetites, providing full-fat, rather than low-fat foods, is a way to add more calories, for example, full-fat rather than skimmed or semi-skimmed milk, butter rather than reduced-fat spread, and full-fat cream cheese rather than light varieties.

Encouraging residents to eat 'little and often' by offering three meals plus two to three snacks, each day, can also increase the amount of food – and therefore calories and nutrients – consumed. While snacks such as cake, biscuits, and chocolate add calories to diets, it's good to include protein-rich foods, too. Good snack choices include: bowl of custard, pot of full-fat yoghurt, pot of rice pudding, cheese and crackers, peanut butter on toast, boiled egg, small handful of nuts, and cheese scone with butter.

ENRICHING MEALS, SNACKS AND DRINKS

Adding extra nourishment to foods and drinks by 'enriching' or 'fortifying' them with

other foods also helps to boost calories and protein. Indeed, studies have shown that food enrichment may increase the calories in diets of care home residents by up to 30%¹⁰.

Full-fat milk on its own is a good source of calories, protein and several vitamins and minerals, but it can be 'fortified' to provide extra calories and protein by adding dried skimmed milk powder e.g. Marvel Original. To make fortified milk, stir 4½ tbsp (57g) milk powder into one pint (568ml) of full-fat milk, then use in hot drinks and milk shakes, with cereal and porridge, or in dishes such as white sauce, custard and rice pudding.

Per pint, this simple addition increases calories by a third and more than doubles the protein. Better still, as skimmed milk powder is rich in bone-friendly calcium and fortified with vitamins A and D, values of these nutrients more than double.

	Per 568ml full-fat milk	Per 568ml full-fat milk + 57g dried skimmed milk powder
Energy (kJ/kcal)	1505 / 358	2350 / 556
Protein (g)	19.3	39.9
Fat (g)	20.5	20.8
Saturates (g)	13.0	13.2
Carbohydrate (g)	26.1	56.3
Sugars (g)	26.1	56.3
Salt (g)	0.6	1.4
Calcium (mg)	682	1411
Vitamin A (mcg)	216	530
Vitamin D (mcg)	0	0.9

Try some of these other ideas for enriching meals and snacks with extra calories and/or protein:

ADDS CALORIES AND PROTEIN	
Add...	To...
Dried skimmed milk powder	Custard, rice pudding, creamy soups, porridge, mashed potato
Grated cheese	Potatoes, vegetables, creamy sauces
Boiled egg	Mashed potato
Full-fat plain or Greek yoghurt	Porridge, milk puddings
Nut butters and ground nuts	Porridge, stews, curries
ADDS CALORIES	
Double cream and evaporated milk	Whole milk, custard, rice pudding, creamy soups, porridge, mashed potato, jelly
Full-fat cream cheese or mascarpone	Mashed potato
Butter	Mashed potato, vegetables

A WORD ON VITAMIN D IN SENIORS

A government report on vitamin D found 38% of men and 37% of women living in places such as care homes had low blood levels of vitamin D, increasing the risk of deficiency¹¹. Vital for the immune system, vitamin D contributes to muscle function and helps maintain our bones and teeth. Recognising the greater risk of deficiency, the NHS advises a supplement of 10mcg of vitamin D daily for elderly people who are frail, housebound or living in care homes¹².



RECIPE IDEAS TO BOOST CALORIES AND PROTEIN

01

McDOUGALLS SMASH POTATO CAKES

These potato cakes are made with Smash Instant Mashed Potato, flour, and butter, and are served with cream cheese and avocado to boost calories. They're equally good served warm with soup and cheese or cold with butter and jam.

Prep time: 10 minutes
Cook time: 10 minutes
Serves: 8-10

Brands: Smash, McDougalls
Meal Type: Starter, Snack, Cutlery Free



INGREDIENTS

- 100g Smash The Original Instant Mashed Potato
- 350ml boiling water
- 25g butter
- 100g McDougalls Plain White Flour, plus extra for dusting
- 10g baking powder
- Pinch of salt
- Oil, for frying
- 200g full-fat cream cheese
- 400g small tomatoes, cut in half
- 2 avocados, diced

TIP: Smash is gluten free. This recipe works well when you swap the flour for a gluten free alternative. You can also bake if you are doing en-mase.

Typical values	Per 100g	Per serving
Energy kJ / kcal	655 / 157	1071 / 256
Fat g	11.1	18.2
Saturates g	3.4	5.6
Carbohydrate g	11.8	19.3
Sugars g	2.0	3.2
Fibre g	2.6	4.3
Protein g	2.8	4.5
Salt g	0.6	0.9

METHOD

1. Mix the Smash The Original Instant Mashed Potato and the boiling water and leave to absorb. Add the butter.
2. Mix the McDougalls Plain White Flour, baking powder and salt.
3. Add the prepared flour to the Smash mix to make a soft dough.
4. Lightly dust a work surface with flour. Gather the dough and roll out so its 1cm thick. Cut into 4cm rounds. Place onto a lightly floured tray.
5. Heat some oil in a large frying pan and pan fry in batches for 2-3 minutes each side.
6. Serve warm, with cream cheese, tomatoes, and diced avocado.

ALLERGENS
☒ Cereals with gluten
☒ Milk
☒ Sulphites

SUITABLE FOR
☒ Vegetarians
☒ Vegans
☒ Coeliacs

02

McDOUGALLS MAC AND CHEESE WITH BOILED EGG AND BUTTERED SPINACH

McDougalls Thickening Granules are a great, effortless way, to thicken sweet or savoury sauces. Why not try this simple classic by making the sauce with fortified milk, cream and cheese to add calories and protein, then thicken it with McDougalls Thickening Granules? Adding boiled egg is a simple way to increase protein.

Prep time: 15 minutes
Cook time: 30 minutes
Serves: 10

Brand: McDougalls
Meal Type: Main, Side, Snack



INGREDIENTS

- 500g macaroni
- 1l full-fat milk
- 100g dried skimmed milk powder
- 1 bay leaf
- 200g McDougalls Thickening Granules
- 125ml cream
- 15g English mustard
- 200g cheese, grated
- 5 eggs (soft boiled)
- 50g butter
- 750g fresh spinach, washed
- Salt and pepper to taste
- Fresh parsley to garnish, optional

TIP: If cooking for a large group of people, try chopping and folding the egg through the sauce.

Typical values	Per 100g	Per serving
Energy kJ / kcal	661 / 158	2109 / 504
Fat g	8.7	27.9
Saturates g	5.1	16.3
Carbohydrate g	13.5	43.3
Sugars g	3.8	12.0
Fibre g	1.3	4.2
Protein g	6.6	21.1
Salt g	0.4	1.4

METHOD

1. Pre-heat the oven to 180°C, 350°F gas mark 4.
2. Add the macaroni to a large pan of boiling water, stir and return to the boil. Cook for 11-13 minutes or until tender, drain well, cover, and set aside.
3. Mix the milk with the skimmed milk powder and bring to the boil with the bay leaf.
4. Whisk in the McDougalls Thickening Granules until a smooth sauce is achieved. Simmer gently for 5 minutes. Remove from the heat and take out the bay leaf. Stir in the cream, mustard and 150g of the cheese, to combine.
5. Fold the cooked macaroni into the sauce, spread in a dish, top with remaining cheese and place in the oven for 15 minutes to brown.
6. Melt the butter in a pan, add the spinach and wilt for 3-4 minutes, season and serve with the macaroni topped with a half a soft-boiled egg and parsley if using.

ALLERGENS
☒ Cereals with gluten
☒ Eggs
☒ Milk
☒ Mustard
☒ Soy-beans

SUITABLE FOR
☒ Vegetarians
☒ Vegans
☒ Coeliacs

03

ANGEL DELIGHT TOFFEE TIRAMISU

A modern twist on a classic Italian dessert. Made with full-fat milk and mascarpone to add extra calories, Angel Delight Butterscotch works well in this dish as it's quick and easy to make. Try creating a large one and cut and serve, or serve in glasses as we have.

Prep time: 15 minutes
Cook time: N/A
Serves: 10

Brand: Angel Delight
Meal Type: Dessert, Snack



INGREDIENTS

- 400ml full-fat milk
- 250g mascarpone
- 150g Angel Delight Butterscotch Whip
- 20 sponge fingers* check for allergens
- 300ml boiling water
- 15g instant coffee
- 50g grated chocolate *check for allergens

Typical values	Per 100g	Per serving
Energy kJ / kcal	943 / 225	1287 / 308
Fat g	12.5	17.0
Saturates g	8.1	11.1
Carbohydrate g	22.9	31.3
Sugars g	16.7	22.8
Fibre g	0.2	0.2
Protein g	5.3	7.3
Salt g	0.3	0.5

ALLERGENS

- ☑ Cereals with gluten
- ☑ Milk

SUITABLE FOR

- ☑ Vegetarians
- ☑ Vegans
- ☑ Coeliacs

METHOD

1. To make the Angel Delight Butterscotch Whip, put the milk and the mascarpone into a mixing bowl fitted with a whisk. Add the Angel Delight and whisk on low for 1 minute.
2. Scrape down and whisk for a further 4 minutes on high speed until thick and creamy.
3. Place into a piping bag with nozzle. Place in the fridge.
4. Chop the sponge fingers into four, or pieces small enough to fit into your glasses.
5. Add the instant coffee to the boiling water.
6. Take the Angel Delight from the fridge and pipe a layer into the bottom of 10 glasses. Dip the sponge finger pieces into the coffee one at a time and place on top of the Angel Delight until you have a full layer.
7. Repeat so you have Angel Delight, sponge fingers, Angel Delight, sponge fingers, finish with Angel Delight and top with grated chocolate.
8. Chill until required.

TIP:
If you are looking to avoid coffee, you could soak the sponge fingers in hot chocolate.

CATERING FOR RESIDENTS WITH DEMENTIA

According to the Alzheimer's Society, around 70% of care home residents across the UK suffer from dementia or severe memory problems. Affecting people over time, dementia leads to memory loss, poor concentration and motor skills, reduced understanding and cognitive function. The result can be changing food preferences, an inability to recognise foods, refusal to eat, forgetting to eat, problems chewing, swallowing and using cutlery.

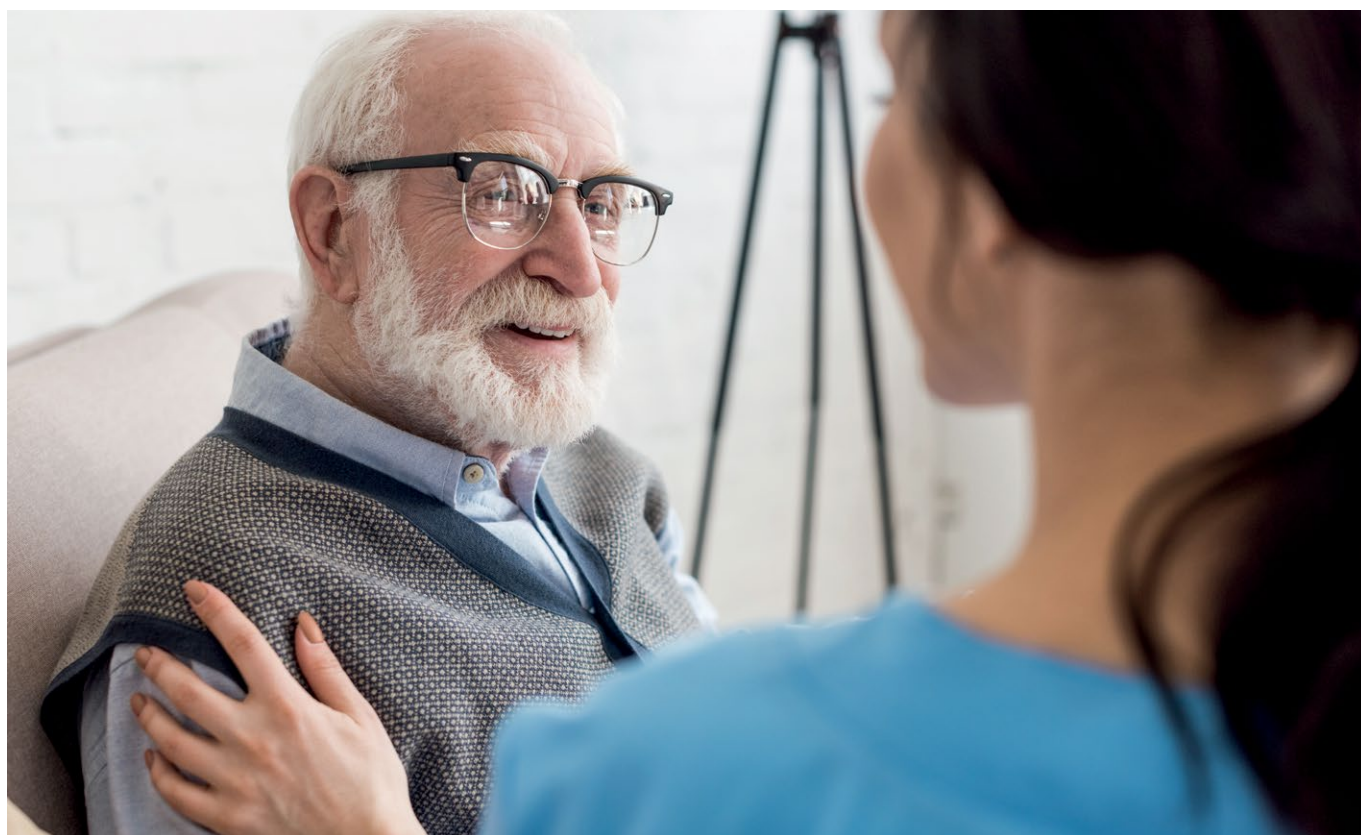
With a host of complexities that make eating and drinking independently more difficult, it's critical to provide food that residents enjoy while meeting nutritional requirements. To help achieve this, we've highlighted the key considerations and outlined some top tips.

“Dementia creates an ever-present barrier to eating well for many reasons – from a person not understanding that it's breakfast, lunch or dinner time, to not recognising some foods or having difficulties with fine motor skills. Therefore, it is imperative that chefs and catering teams understand the individual needs of each resident living with dementia and are agile and creative in their approach to food and mealtimes.”

Sue Cawthray, CEO Harrogate Neighbours, Past National Chair of the National Association of Care Catering (NACC) with almost 30 years' experience working with the elderly

LEARN ABOUT RESIDENTS' FOOD PREFERENCES

Food likes and dislikes are a key part of our individual identity. They drive whether or not we want to eat a meal or snack. And simple touches, such as the addition of herbs or spices, can ruin our enjoyment of an entire meal. The communication difficulties often associated with dementia can make it difficult for people to express their food preferences. So, when you get a new resident with dementia at your care home, discuss with their family which foods they like, dislike and what makes them feel happier. This will enable you to develop menus which cater to their individual tastes as well as emotional needs.



CREATE A COMFORTABLE DINING ENVIRONMENT

Mealtimes are not always easy or enjoyable for someone with dementia, so a comfortable, distraction-free dining environment is vital.

Room To Relax

- Create a relaxed dining area with a laid table and pictures on the walls
- Eliminate distractions in the dining area – keep diners away from serving pathways, televisions, or noisy machinery
- Two's company? Find out what residents prefer – do they want to dine alongside a carer or sit with other residents?

PROVIDE ACCESSIBLE TABLEWARE

With impaired visual or spatial abilities, it can be difficult to distinguish food from the plate or table and heavy or awkward tableware can seriously hamper the eating process. This has led to the availability of a growing range of 'dementia-friendly' tableware, including brightly coloured blue plates. According to research published by the Dementia Centre at the University of Stirling, people with dementia consumed an additional 0.5lb of food per day when eating from blue plates, compared to white ones¹³.

You may consider investing in these; however, there are several other ways to offer a more personal and enjoyable mealtime experience:

- Avoid distracting patterns in the dining environment – on tableware, place-mats or tablecloths
- Focus attention through serving food on a coloured plate that contrasts with the tabletop or tablecloth
- Brightly coloured cups draw attention to drinks, and a clear glass enables the diner to see what's inside
- Overcome obstacles to drinking by providing cups or glasses that are easy to hold and not too heavy
- If a person has particularly bad motor skills, consider serving food in bowls rather than plates, and provide a large handled spoon instead of a fork.

ENCOURAGE GRAZING: THINK LITTLE AND OFTEN

Finger Foods

Providing short boosts of energy and nutrients, finger foods are perfect for making sure residents with reduced appetites get closer to meeting nutritional needs throughout the day. They can be strategically placed for residents who are restless or unable to sit down for extended periods and they avoid any of the difficulties that may arise when using a knife and fork.

There are many different ways to create delicious finger foods such as miniaturising familiar favourites or creating eye-catching 'sushi style' snacks. Provide a nutritious and varied selection, which appeals to both the palate and eyes of residents.

FLEXIBLE TIMING

Most care homes follow a standard schedule, serving main meals every 4 to 6 hours, and beverages every 2 to 3 hours. Encourage food intake throughout the day and night by making snacks available at all times for residents needing additional support. Whether they are finger foods or easier to eat soft foods, display them in key areas – or in their rooms – to encourage regular consumption.

APPEAL TO THE SENSES

People with dementia respond better with multi-sensory experiences, so consider how best you can incorporate these during mealtimes.

Visual cues: Picture menus are a useful tool for residents who are unable to recognise different foods or find it difficult to decide what they want to eat. You can also make food visual by showing residents a plate of food, so they understand what is being served and whether they will like it.

Aromatherapy: Loss of appetite is common, but it's possible to encourage residents to eat through appealing to their sense of smell. Bread machines, toasters and popcorn machines create delicious aromas and can help stimulate the appetites of residents in the run up to mealtimes.

MAKE MEALTIMES MEMORABLE

Mix Up The Menu: Care homes generally have a weekly menu with options running for three or six months. Sophie Murray, Nutrition and Hydration Ambassador, NACC and Quality Improvement and Regulatory Partner at Harbour Healthcare Carehomes advocates an “always available” menu, so if there’s roast dinner on the set menu, the resident can order something else from this menu.

Popular dishes include cottage pie, beef bourguignon, lamb hotpot, salmon with tomato cream sauce and for vegetarians, ‘shepherdless’ pie with lentils and vegetarian gravy or nut roast. Fruit based sponges, mousse and ice cream are also a hit when it comes to dessert.

CREATE (AND RECREATE) FOOD MEMORIES

Reminiscence-based activities are incredibly valuable for dementia sufferers, and according to the Social Care Institute for Excellence (SCIE), images of food help promote memories connected to meals.

Make the most of this by celebrating the heritage of food. Why not print out old adverts of some of Premier Foods’ most nostalgic brands such as Ambrosia, Angel Delight and Bisto, to encourage reminiscence.

You can also encourage residents to get excited about food by involving them in cookery. Baking cakes or bread provides several steps for your residents to get involved, and the resulting aromas are ideal for stimulating their appetites. Try our convenient and easy to use McDougalls baking products such as the White Bread and Roll Mix, which just requires the addition of water to create delicious baked goods.

CONSIDER PRESENTATION

Short-term memory can make it difficult for people with dementia to remember what they have ordered, so avoid asking them to choose meals in advance. Instead, use pictures of food or a plate of food at the time, so they can make a choice on the spot.

A few other useful tactics when serving food include:

- Serve food in front of residents, so they can choose what is put onto their plate
- Serve one or a few different food items on the plate and add more food as this is eaten
- Serve one course at a time to avoid overwhelming them
- Serve food so the person can distinguish between items e.g. not covering food in sauce or gravy, or mixing food items together on a plate

CARING COMPASSIONATE SERVICE

Regular interaction is important for people with dementia and mealtimes present an opportunity for you to positively impact their day – even if they suffer from memory loss. Make the most of this through adopting the following tips, taken from Age UK’s ‘Dignified Dining Toolkit’:

- Use simple, appropriate words and short sentences
- Use facial expressions and tone of voice to reassure
- Make sure the person can see your face and make eye contact
- Respond to communication even if you are struggling to understand
- Use gentle touch if appropriate
- Use pictures and signs where possible

Mealtimes serve up a host of challenges for people with dementia and care home caterers need to give extra thought to dining environments, tableware, changing appetites and tastes, and service. Fortunately, with a specialised approach that considers individual needs, several easy-to-implement ways can make mealtimes easier. With positive interaction and small portions of familiar and delicious food that improves mood and stimulates memories, caterers can play a vital role, making food an enjoyable and beneficial experience for residents.



Perfect for all dishes such as pies, casseroles, soups and roast dinners. Suitable for Vegans, it is made simply by adding boiling water and thickens instantly.



RECIPE IDEAS FOR PEOPLE WITH DEMENTIA

04

MCDUGALLS BACON FLODDIES WITH DIPPING GRAVY

Floddie's are grated potato with onion and bacon, bound together to make an easy-to-eat finger food snack that can be served with a dipping pot of Bisto Gravy. You can always add some bread and butter or easy to pick up vegetables.

Prep time: 10 minutes
Cook time: 20 minutes
Serves: 10 (3 per portion)

Brands: McDougalls, Bisto
Meal Type: Starter, Snack



INGREDIENTS

- 200g raw grated potato
- 500g onion, peeled and finely chopped
- 80g McDougalls Premium Yorkshire Batter Mix
- 300g back bacon, finely chopped
- Pinch of pepper to taste
- Oil for frying

GRAVY

- 40g Bisto for Meat Gravy Granules
- 500ml boiling water

TIP:
Why not try different grated vegetables in the floddie, such as sweet potato, squash, or parsnip.

Typical values	Per 100g	Per serving
Energy kJ / kcal	678 / 162	1172 / 280
Fat g	9.1	15.8
Saturates g	1.6	1.6
Carbohydrate g	9.3	16.1
Sugars g	2.2	3.8
Fibre g	1.1	1.9
Protein g	3.6	6.3
Salt g	0.9	1.5

METHOD

1. Mix the grated potato, onion, McDougalls Premium Yorkshire Batter Mix and bacon so it all comes together, season with pepper.
2. Heat 2cm of oil in a pan, or you can deep fry. Drop a dessert spoon scoop of the mixture into the hot fat. Cook about 5 at a time. You should get 30 from the mix.
3. They will take some time to cook, 8-10 minutes.
4. Add the Bisto for Meat Granules to the boiling water and whisk. Serve as a dipping pot.

ALLERGENS
☒ Cereals with gluten
☒ Eggs
☒ Milk
☒ Soy-beans
☒ Sulphites

SUITABLE FOR
☒ Vegetarians
☒ Vegans
☒ Coeliacs

05

BISTO BEEF CASSEROLE IN YORKSHIRE PUDDING

Filling small Yorkshire puddings is a fantastic way to serve traditional meals for those who struggle with cutlery. Ensure all the food is easy to pick up and eat with the hands. It is always a clever idea to offer extra gravy as a dipping pot for the vegetables and potatoes. We suggest serving this beef casserole with green beans and potato croquettes.

Prep time: 30 minutes
Cook time: 2 Hours
Serves: 10

Brands: Bisto, McDougalls
Meal Type: Main

INGREDIENTS

- 50ml oil
- 1kg beef, cut into 1cm dice
- 1 onion, finely diced
- 4 garlic cloves, chopped
- 10g fresh rosemary
- 2 bay leaves
- 1l water
- 25g Bisto Beef Boullion Paste
- 350g parsnip, diced
- 350g carrots, diced
- 75g Bisto for Meat Gravy Granules

FOR YORKSHIRE PUDDINGS

- 25ml oil
- 200g McDougalls Premium Yorkshire Batter Mix
- 600ml water

TO SERVE

- 20 potato croquettes
- 600g green beans

DIPPING GRAVY

- 50g Bisto For Meat Gravy Granules
- 600ml boiling water



BISTO BEEF CASSEROLE IN YORKSHIRE PUDDING CONTINUED...

METHOD

- 1. In a frying pan, heat the oil. Add the diced beef, fry to seal and add colour.
- 2. When the beef has browned, add the onion and continue to cook for 3 minutes. Add the garlic, rosemary, and bay leaves.
- 3. Add the water to the pan, stir and bring to the boil, add the Bisto Beef Boullion Paste.
- 4. Simmer for approximately 1 hour.
- 5. Add the parsnips and carrots and cook for a further 30 minutes or until the beef and vegetables are tender. Add the Bisto for Meat Gravy Granules and stir through to thicken.
- 6. Prepare the McDougalls Premium Yorkshire Batter Mix, following on pack instructions and leave to stand for 10 minutes.
- 7. Set temperature in the oven to 220 °C, 425 °F, gas mark 7.
- 8. Place the oil into 30 parts of 3 x 12-hole bun tins (shallower than a muffin tin) and heat in the oven for 2 minutes.
- 9. Divide the Yorkshire batter mix between the tins, placing 1 tbsp of mix into each compartment. Bake until golden and well risen, 10- 12 minutes.
- 10. Cook the green beans and potato croquettes. Make the dipping gravy by adding the Bisto for Meat Granules to the boiling water and whisk.
- 11. Place 3 Yorkshire puddings on the plate, fill with beef casserole, serve with green beans, potato croquettes and the dipping gravy.

Typical values	Per 100g	Per serving
Energy kJ / kcal	531 / 127	3056 / 730
Fat g	5.6	32.3
Saturates g	1.9	11.2
Carbohydrate g	8.8	50.7
Sugars g	1.5	8.7
Fibre g	1.2	6.8
Protein g	3.9	22.6
Salt g	0.5	3.1

TIP:
Why not make your own croquettes using Smash, which can be prepared with both hot and cold water, creating a ready to serve mash that can be fortified with milk, butter or cream?

ALLERGENS

- ✓ Celery
- ✓ Cereals with gluten
- ✓ Eggs
- ✓ Milk
- ✓ Soy-beans
- ✓ Sulphites

SUITABLE FOR

- ✗ Vegetarians
- ✗ Vegans
- ✗ Coeliacs



06

BIRD’S MINI RHUBARB AND CUSTARD CAKES

These small, bite-size cakes are a great way to offer easy-to-eat sweet treats. Why not add a pot of dipping custard if you are serving as a pudding? We have added raspberries for colour.

Prep time: 10 minutes
Cook time: 10 minutes
Serves: 10 (3 mini muffins per portion)

Brands: Bird's, McDougalls, Ambrosia
Meal Type: Dessert, Snack

INGREDIENTS

- 100g rhubarb, small dice
- 110g butter, divided
- 120g sugar, divided
- 100g McDougalls Self Raising Flour
- 25g Bird's Original Custard Powder
- 2 eggs
- 2 tbsp full-fat milk
- 250g raspberries
- 50g McDougalls Crumble Topping
- 500ml Ambrosia Devon Custard

TIP:
Bird's custard powder is a wonderful way to add flavour to any of your sponges.

Typical values	Per 100g	Per serving
Energy kJ / kcal	782 / 187	1091 / 261
Fat g	9.1	12.6
Saturates g	5.2	7.3
Carbohydrate g	23.0	32.1
Sugars g	15.2	21.2
Fibre g	1.1	1.6
Protein g	3.3	4.6
Salt g	0.3	0.4

METHOD

- 1. Preheat the oven to 170°C, 350°F, gas mark 4.
- 2. Grease a mini muffin tin unless you are using non-stick silicon.
- 3. Place the rhubarb, with 10g of the butter and 20g of the sugar, in a pan. Place on a medium heat and cook for 3-4 minutes to just soften the rhubarb, remove from the heat, and reserve until needed.
- 4. Place the remaining butter and sugar in a mixer with the McDougalls Self Raising Flour, Bird's Original Custard Powder and eggs. Mix to form a smooth batter.
- 5. Then add the milk to make a soft dropping consistency. Fold in the rhubarb with 50g of chopped raspberries. Divide between the mini muffin tins. Sprinkle with McDougalls Crumble Topping and bake for 8-10 minutes.
- 6. Let the tin sit on a cooling rack for 5 minutes and then turn them out on to the rack.
- 7. Serve the mini cakes with raspberries and a small pot of Ambrosia Devon Custard.

ALLERGENS

- ✓ Cereals with gluten
- ✓ Eggs
- ✓ Milk

SUITABLE FOR

- ✓ Vegetarians
- ✗ Vegans
- ✗ Coeliacs



HOW TO PROMOTE A HYDRATION CULTURE IN CARE

One in five (20%) care home residents suffer from dehydration suggests a UK study, while a further 28% showed impending dehydration¹⁴.

Many things combine in our more senior years to increase the risk of dehydration. First off, the mechanism that triggers thirst is blunted so we don't receive the message we're thirsty and need to drink. Our kidneys also become less effective at conserving water, while at the same time we have smaller reserves of fluid in our body.

Effectively we dry out as we age. At birth our body is about 75% water, but this drops to around 50% in later life¹⁵. For elderly people, a host of additional aspects can adversely affect their intake and retention of fluids:

- Medications such as diuretics and laxatives can increase the amount of fluid lost from the body
- Memory problems may lead residents to forget to drink
- Some voluntarily choose to reduce fluids as they're worried about incontinence or getting to the toilet
- Swallowing difficulties may affect drinking habits, while poor vision and an inability to get a drink from table to mouth can lead to reduced intakes



For older people, dehydration can lead to potentially serious health consequences. They may suffer from headaches and low energy levels, which can escalate to dizziness, increasing the risk of falls. Confusion and forgetfulness are other indications, which can sometimes be mistaken for dementia. And with insufficient water in the body, there is a greater risk of urinary tract infections (UTIs). Unchecked, these can result in preventable admissions to hospital and increased length of stay.

RECOGNISING THE SIGNS OF DEHYDRATION

Health and social care professionals generally rely on visual cues like dark urine and dry or slack skin. This is in addition to anecdotal evidence; asking residents whether they have a dry mouth or are thirsty. However, experts have found these commonly-used symptoms unreliable and instead recommend that support for drinking is made a key part of care home culture¹⁶.



HOW MUCH FLUID IS REQUIRED?

The European Society for Clinical Nutrition and Metabolism (ESPEN) recommends offering older women at least 1.6 litres of drinks each day. Older men require at least 2 litres of drinks – unless they have a medical condition that needs a different approach¹⁷.

HYDRATION MYTHS

According to ESPEN, it's a common myth that plain water needs to be drunk to stay hydrated. Instead, it recommends offering any drinks – including water, sparkling water, flavoured water, hot or cold tea, coffee, milk and milky drinks, fruit juices, soups, sports or soft drinks and smoothies – to older people according to their preferences and the fluid and nutritional content of the drink. Variety, offering a range of drinks, and the drinks preferred by older adults, will be both hydrating and more enjoyable than always sticking to water.

HYDRATING FOODS

While drinks are the main source of fluids, many foods have a high-water content and can make an important contribution to fluid – as well as nutrient – intakes. These include:

- Yoghurt, fromage frais, rice pudding, custard
- Jelly, mousse, crème caramel and egg custard
- Stews and casseroles, dishes with a lot of sauce such as Bolognese and curries
- Most fish, especially if steamed or poached
- Most fruit, especially berries, citrus fruits, melon, grapes, kiwi, mango, nectarines, peaches, pears, pineapple, plums, fruit salad, tinned and stewed fruit
- Vegetables (most are at least 90% water)
- Porridge
- Fruit juice lollies

ENCOURAGING REHYDRATION

The triple A approach, which makes drinks accessible, available and attractive is a key recommendation from Sophie Murray, Quality Improvement and Regulatory Partner (Nutrition and Hydration), Signature Senior Lifestyle and NACC Nutrition and Hydration



Adviser. To ensure that residents are correctly hydrated, she also advises on the need for the right balance of mineral salts or electrolytes – vital for our muscles and brain to function properly:

Accessible drinking involves providing drinks around the care home in jugs, carafes or pre-poured glasses. This should also include giving residents in their rooms easy access to drinks around the clock. Barriers to drinking should be avoided, such as cartons or bottles that require opening. Make aids available for people who struggle to drink, such as spouted or nose dip cups.



Easy to make and refreshingly fruity vegan jelly crystals. Available in three different flavours: Orange, Strawberry and Raspberry.

Availability: requires having drinking vessels, such as glasses, cups and mugs, that are ready to go, then offering drinks regularly throughout the day. According to Murray, a common guideline is '10 offers a day' to achieve the required two litres of liquid. This may mean getting creative about the size of drinking vessels provided, and the optimal times and places to offer residents drinks.

Attractive: beverages compel people to drink more. So, opt for glass dispensers over plastic catering jugs and consider adding slices of lemon and mint to make water look more appealing. Make hot milk frothy to give hot chocolates or coffee an indulgent feel. Consider glass over plastic beakers where possible, as they feel more premium to drink from.



“The arrival of the drinks trolley provides a social interaction for residents and helps to achieve a drinking routine. Socialising amongst residents can also be a trigger for drinking so should be encouraged.”

Juliette Kellow, Registered Dietitian

Staying hydrated is essential for the health and wellbeing of residents in care homes. Dehydration is a serious threat to older people, leading to health issues and a decline in cognitive function and quality of life. With established hydration strategies, care homes can ensure residents get the correct balance of fluids. This ranges from offering different beverages, which include fortified options, through to encouraging and monitoring fluids across the day.

By making hydration a priority, care homes can help residents feel their best and lead happy healthy lives.



RECIPE IDEAS FOCUSED ON HYDRATION

07

BISTO VEGETABLE BROTH

Offering light soups and broths is a great way to help with hydration. If your client prefers a clear broth, you can strain out the finely chopped vegetables.

Prep time: 10 minutes
Cook time: 25 minutes
Serves: 10

Brands: Bisto
Meal Type: Starter, Snack

INGREDIENTS

- 1 tbsp oil
- 2 stalks celery, finely chopped
- 1 medium potato, finely chopped
- 2 medium carrots, finely chopped
- 1 medium onion, finely chopped
- 3 to 4 garlic cloves, crushed
- 2.5l water
- 60g Bisto Vegetable Bouillion Paste
- 3 bay leaves
- Black pepper to taste

METHOD

1. Heat the oil in a large pan.
2. Add the celery, potato, carrot, onion and garlic, and fry for 5 minutes.
3. Add the water, Bisto Vegetable Bouillion Paste, bay leaves and pepper to the pan and bring to a boil.
4. Reduce the heat and let the vegetable broth simmer for 15 minutes covered with a lid.
5. Remove the bay leaves once the broth is cooked.
6. Serve as a light supper or a mid-meal snack.

Typical values	Per 100g	Per serving
Energy kJ / kcal	88 / 21	277 / 66
Fat g	0.9	2.9
Saturates g	0.1	0.4
Carbohydrate g	2.9	9.2
Sugars g	1.1	3.5
Fibre g	0.6	1.9
Protein g	0.4	1.2
Salt g	0.5	1.5

ALLERGENS

☑ Celery

SUITABLE FOR

- ☑ Vegetarians
- ☑ Vegans
- ☑ Coeliacs

TIP:
Add other vegetables such as bell peppers, broccoli stalks, basil stems and leaves or whatever extra trimmings you might have around, for a slightly different flavour.

08

BISTO BRAISED CHICKEN IN A TARRAGON SAUCE WITH LEEKS

Serving extra gravy or sauce with a meal really helps with hydration.

Prep time: 15 minutes
Cook time: 35 minutes
Serves: 10

Brand: Bisto
Meal Type: Main



INGREDIENTS

- 10 boneless chicken thighs, skin on
- Salt and pepper, to season
- 1.5l water
- 115g Bisto for Poultry Gravy Granules
- 1 lemon, zested and juiced
- 50ml cream
- 15g fresh tarragon, chopped
- 50g butter
- 500g leeks, washed and sliced

TIP:

Serving with a selection of vegetables helps with colour and meal appeal. Try puréed carrots to offer a selection of textures. It also has a higher-water content as it is blended with stock.

Typical values	Per 100g	Per serving
Energy kJ / kcal	407 / 97	1364 / 326
Fat g	6.5	21.9
Saturates g	2.8	9.4
Carbohydrate g	2.8	9.4
Sugars g	1.2	4.0
Fibre g	0.5	1.6
Protein g	6.3	21.0
Salt g	0.5	1.8

METHOD

1. Pre-heat the oven to 180°C, 350°F, gas mark 4.
2. Season the chicken thighs with salt and pepper, place in a roasting tray and roast for 25-30 minutes or until cooked through and tender.
3. To make the tarragon sauce, place the water in a large pan and bring to the boil. Whisk in the Bisto for Poultry Gravy Granules, then season with lemon zest and juice, cream, and tarragon. Reserve until needed.
4. Melt the butter in a pan, add the sliced leeks and sweat for 5 minutes until soft.
5. Serve the chicken on a bed of the sautéed leeks, with the tarragon sauce drizzled over and an extra jug of the sauce on the side.
6. Accompany with potatoes and seasonal vegetables.

ALLERGENS

- ☑ Cereals with gluten
- ☑ Milk
- ☑ Soybeans

SUITABLE FOR

- ☑ Vegetarians
- ☑ Vegans
- ☑ Coeliacs

09

MCDUGALLS ST CLEMENTS JELLY POT

We added lemons to the orange jelly to make a ‘St Clements’. “St Clements” (or “Oranges and Lemons”) is a traditional English nursery rhyme and singing game, referring to church bells, which would be lovely to sing together as the jelly is served.

Prep time: 5 minutes
Cook time: 5 minutes
Serves: 10

Brand: McDougalls
Meal Type: Dessert



INGREDIENTS

- 175g McDougalls Vegan Orange Jelly Crystals
- 900ml boiling water
- 2 lemons, zested and juiced
- 2 oranges, segmented
- 50g meringue, crushed (optional)

TIP:

The jelly is great on its own or served with fruit.

Typical values	Per 100g	Per serving
Energy kJ / kcal	230 / 55	321 / 77
Fat g	0.1	0.1
Saturates g	0.0	0
Carbohydrate g	13.3	18.5
Sugars g	12.3	17.2
Fibre g	0.5	0.7
Protein g	0.2	0.3
Salt g	0.0	0.0

METHOD

1. Dissolve the McDougalls Vegan Orange Jelly Crystals in the boiling water.
2. Stir well until completely dissolved. Add the lemon zest and juice.
3. Leave to set in a refrigerator. (Made up jelly is best stored in a refrigerator below 5°C and eaten within 48 hours.)
4. Serve with the fresh orange segments and crushed meringue, if desired.

ALLERGENS

N/A

SUITABLE FOR

- ☑ Vegetarians
- ☑ Vegans
- ☑ Coeliacs

HOW PREMIER FOODS CAN SUPPORT YOU IN THE KITCHEN

Premier Foods is one of Britain's largest food producers and is home to some of the nation's favourite brands, including Ambrosia, Bisto, McDougalls, Bird's and Angel Delight.

Its extensive range of products are ideal for use across UK care homes, enabling chefs to meet the needs of residents.

WHAT CARE HOME CHEFS HAVE TO SAY...

“Bird’s Custard is a popular dessert staple in our home, many of our residents would not eat pudding without it!”

Yann Forgeais, Head Chef, Skylark House



“Premier Foods’ dessert products help us to deliver much-loved desserts. Our residents love it when we get creative with the various mousses, custards, and jellies to create different combinations. Food is often a subject talked about here at Hollins Park Care Home as it can provide so much enjoyment, especially for those with a sweet tooth.”

Rick Oakes, Head Chef, Hollins Park Care Home



“We use Angel Delight in our menus as it’s a very tasty and light dessert that the residents enjoy and fits well in our budget requirements”.

Scott Whyte, Owner, Wallace View Care Home



“As well as focusing on creating products that caterers and chefs can trust, we strive to offer the best advice and menu inspiration. Here, we’ve highlighted our top 10 products and how, with a small bit of preparation and care, they can benefit you and your residents.”

Louise Wagstaffe, Culinary Advisor



PREMIER FOODS PRODUCT FOCUS



BISTO GRAVY GRANULES (RED BOX)

Our Bisto gravy granule range consists of five versatile products: Original For Meat Granules, Reduced Salt, Poultry Granules, Vegetable and Gluten Free Granules. Each makes a great sauce base that can work with any flavours you want to add, allowing care chefs to tailor it to their own requirements. The granules dissolve directly into boiling water, which thicken instantly, and can be made up from a still and is bain-marie stable.

Except for the Poultry Granules, all products in the range are suitable for a vegan diet, so can be served as gravy across the menu for both meat and meat-free dishes.



BISTO GLUTEN FREE FINE GRAVY GRANULES

The 25 litre tub produces flavourful, gluten-free gravy. Suitable for meat, vegetarian and vegan diets, this great product allows care chefs to tailor it to their own requirements with complementing flavours. It is made simply by adding boiling water and thickens instantly. It can be made up from a still and is bain-marie stable.



ANGEL DELIGHT WHIP

Quick and easy to make, it can be prepared with water or milk and can have cream or mascarpone added to increase energy (calorie) intake.

Available in five different flavours – Chocolate, Butterscotch, Raspberry, Strawberry and Banana – you can combine some of them or use each flavour individually. Served on their own or with fruit, the product is easy to pipe and layer.



BIRD'S CUSTARD POWDER (3KG)

A storeroom staple, it provides the base for homemade custard. As well as being able to alter sugar quantities for different recipes, the product can be made with plant-based milks and suitable for those on a vegan diet.



AMBROSIA DEVON CUSTARD

Ready-to-use product, saving valuable time in the kitchen. It can be served hot or cold, offering versatility across the menu.



AMBROSIA CUSTARD POT/RICE POT (READY-TO-EAT)

Ambient, easy-to-open pots provide a great option for 24-hour snacking. The custard pots are IDDSI level 4 whereas the Rice pots are IDDSI level 5 for those on a dysphagia diet.

PREMIER FOODS PRODUCT FOCUS



MCDUGALLS THICKENING GRANULES

The granules dissolve directly into boiling hot liquid and thicken instantly. A versatile product that can be used for both sweet and savoury products.



MCDUGALLS VEGAN JELLY

These easy to make, refreshingly fruity vegan jelly crystals offer a great way to support hydration. Available in three different flavours – Orange, Strawberry and Raspberry – you can simply add water or use as part of a recipe such as a trifle or fruit panna cotta.



MCDUGALLS FISH BATTER MIX

An easy-to-use, complete mix that only requires water before whisking up into a creamy batter.



SMASH THE ORIGINAL INSTANT MASH POTATO

Dehydrated potato flakes can be prepared with both hot and cold water, creating an easy-to-pipe topping for dishes such as shepherd's and cottage pies. Adding hot water creates ready-to-serve mash, which can be fortified with milk, butter or cream. It can also be sprinkled into soups or casseroles to thicken them.



For more ideas on how our versatile products can be incorporated into your recipes and menus, please visit the Premier Foods website:

WWW.PREMIERFOODSERVICE.CO.UK/SECTORS/CARE/

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NOTES



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