

Milkshake making and fruit delights at Lulworth House Residential Care Home



Baking Club milkshake making

As part of Nutrition and Hydration Week last week, we enjoyed using our blender to mix ingredients to make banana and chocolate milkshakes, and strawberry and raspberry milkshakes with our residents at Lulworth House Residential Care Home.

The most popular was definitely the strawberry and raspberry flavoured! We also created some **mocktails**.

We had a **cold drinks trolley** which we took around our lounges before the tea trolley and our residents enjoyed choosing something sweet or fizzy from it.

Fruit delights

As part of the week's **nutrition focus**, we also spent some time **washing and preparing fruit** – plums, blueberries, watermelon and raspberries to name a few. We made some **fruit mandalas**, but the fruit was so tasty it ended up being mostly eaten!

We set up selections of fruit on our dining tables which we enjoyed nibbling on during lunch on Friday. Some residents had a small nibble, whilst others cleared the whole plate! You can certainly see the enjoyment as our ladies tucked into the delicious selection.

We also made **fruit smoothies**, which was so much fun as we just added anything our residents fancied into the blender to see how it went! Yum!



Enjoying milkshakes, smoothies and fresh fruit