

## Nutrition and Hydration Week at Lulworth House Residential Care Home



We were busy here at Lulworth House Residential Care Home as we embraced Nutrition and Hydration Week.

### Boosting protein shakes

On Monday, our Nourishment and Social Wellness Coordinator Katja decided to try to **improve our protein shakes** for those who need them. Adding protein to food can be a great way to support healing; anyone who has a wound of any kind will be started on a regular protein shake if they are not on any other supplements.

**She commented:** "I added strawberries and an apple to our residents' shakes to add vitamins and minerals and see how the added fruit would be enjoyed. Our residents who enjoy a regular protein shake told me it was good with the fruit in! Though some were put off by the strawberry seeds which didn't blend down enough."

### Fruity mocktails

Following the fruity theme, during the week our **Well-Being Team Member Nina ran a lovely mocktail session**, using delicious

fresh strawberries, raspberries, cucumber, lemons, limes, blueberries and mint. Our ladies and gents really enjoyed their refreshing drinks and the added fruit got eaten after the drinks were finished!

## Trolley tips

As part of the week, Katja took time to **work on improving our tea trolleys** and got **feedback from both care and kitchen team members about how we would like our trolleys to be:**

*"I'm working on photos to be in the kitchen and kitchenette about how the trolleys should be laid out before service, as well as how our Carers can leave the trolleys after they have finished service. I hope to rectify any untidiness and encourage pride in our trolleys!"*



## Take pride in your tea trolley



**Keep it stocked**

**Keep it clean**

**Keep it tidy**