

## Vintage recipe sharing at Lulworth House Residential Care Home



We celebrated Nutrition and Hydration Week (14-20 March) with lots of fun activities and culinary laboratories here at Lulworth House Residential Care Home.

Our ladies enjoyed **sharing recipes** and looking through **vintage cooking magazines**.

We reminisced about war time, **food rationing** and what mothers used to cook with very little ingredients available, including the use of margarine over butter!

*It's always fascinating to hear everyone's stories and memories.*