

NELLSAR NUTRITION AND CATERING PLANS FOR 2021

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As we welcome in 2021, Nellsar has so much to look forward to and I can see a very positive start to the year. Here are some of the things we already have in store for the new year in the area of Nutrition and Catering within our Homes;

TRIALS

Nourish by Jane Clarke

nourish® by Jane Clarke

Towards the end of last year, **Nellsar** teamed up with **Nourish by Jane Clarke** to take part in a trial of Jane's wonderful **drinks to help nourish our residents**.

This trial is running in **three of our Homes** which we are very excited about. The drinks are all **organic**, with the best quality ingredients and can be transformed into ice-cream, added to coffee, and poured on desserts for an extra boost of **calories and nutrition**.

As Jane describes, "Our delicious Nourish drinks are dietitian-designed to supplement your diet when you need it most, whether you want a healthy energy boost or you have a health challenge that makes eating difficult. Great taste, no nasties, made with organic milk, fruits and chocolate. Nutritionally balanced with essential vitamins and minerals. Four delicious flavours to boost your appetite."

If you would like to find out more about Jane and her product, visit: www.nourishbyjaneclarke.com

Jelly Drops



Nellsar is also one of the first Care Home Groups to have the privilege of being asked to run a trial with **Jelly Drops (water sweets)** to **trial their new recipe**.

Jelly Drops are a relatively new company, started by a grandson who was concerned by the health and hydration of his grandmother;

"Lewis Hornby spent a month in his grandmother's Care Home to try and find a solution. Consulting with doctors and speech and language therapists, he spent 18 months testing and developing the product you see today. Jelly Drops are made with 95% water and are an engaging sweet that allows people to boost their water intake independently and with more dignity. Created with Grandma Pat in mind but loved by everyone."

When Jelly Drops approached me over Christmas, asking if **Nellsar** would like to take part in the trial, I jumped at the chance! We have **five Homes** who are potentially going to be involved with the trial and we will hopefully see some positive outcomes with regards to further **hydrating** those residents who find it difficult to drink enough fluids throughout the day.

To read more about Jelly Drops, visit: www.jellydrops.com

MEMBERSHIPS

Vegetarian for Life (VFL)



Each of our **Nellsar Homes** is now a **member of Vegetarian for Life**, who we very much look forward to working with in the coming months.

VFL offer members British Dietetic Association **approved training** on recipes and how to best provide for vegans and vegetarians in later life, giving their stamp of approval to Care Homes they have assessed and believe are providing an excellent quality of service to their vegan and

vegetarian residents.

Watch this space! We aim to be leading the way in this area of service with the help of VFL!

To read more about VFL: vegetarianforlife.org.uk

National Association of Care Home Catering (NACC)



Nellsar has been a member of the **National Association of Care Home Catering (NACC)** for more than two years now and our Head of Catering, Adrian Silaghi, and I continue to attend national events (now online) and use the best practices from the NACC as a guide for all our **Nellsar Homes**.

We look forward to continuing to **attend forums** and being involved, bringing more and more of our catering teams in as active members this year.

The first **forum will be at the end of January** and will provide all catering staff coaching on building a **special diets menu** within a Care Home. This will be a valuable top up of the information they already hold and will no doubt benefit our residents.

STAFF WELLBEING



I will be sending out tips and information to our staff during lockdown as part of our **Weekly Wellness** initiative.

Our staff worked phenomenally hard last year and continue to do so; we are aware that we need to look after our teams and offer as much information as possible on **how to stay healthy and well**. As a registered Nutritional Therapist, I can offer advice professionally and safely.

So, as I say, *watch this space!* The **Nellsar Catering & Nutrition Team** have so many exciting developments happening in such difficult times. We are focused on positivity and do see a light at the end of the tunnel!

Here's to 2021!