

Food and Fluid Preference Tuesday

Why are food and fluid preferences important? To support resident oral intake it is important to find out what they like to eat and drink (remember tastes may change over time, so re-ask regularly)

Food and Fluid Preference Tips

1 Discussion with resident/ family/ POA

Involve family and named carers to ensure you fully understand your residents eating and drinking needs/ habits

2 Relate current food choices to preferences

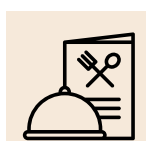
Find out how favourite food/ drink choices can be adapted to meet current needs e.g. made sweeter or more savoury/ the texture adjusted/ visually more appetising

3 Communicate with kitchen staff

If kitchen staff are aware of food and fluid preferences, then they can ensure these items are available for residents when required

4 Guilty pleasures

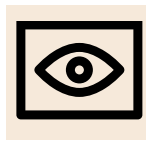
Find out your residents food and fluid guilty pleasure? I.e. what is the food/ fluid that comforts them when ill, what is their favourite ever food/ fluid, what would they have if they could only have one food forever. These are the foods/ fluids they are most likely to eat when unwell or have a poor appetite



Regularly review and update menus



Ensure food choices are safe



Ensure food choices are visually appealing



Person centered and individualised

Other things to consider

- **Eating environment:** Where does your resident like to eat and drink? e.g. dining area vs in their room



- **Supported independence:** Is everything in place to support your resident to be independent? e.g. use of adapted cutlery



- **Time taken:** Are residents provided enough time to eat and drink their meal at their own pace?

