

# Mealtime Friday

Mealtimes are more than just the consumption of food and drinks; they also involve who we're sharing our meal with, our seating arrangements, overall comfort, and the pleasant setting in which we enjoy our meals.

## Importance of Positive Mealtime Experience:

The presentation and serving of food and drinks, as well as the choices offered to individuals, significantly contribute to the overall dining experience, considering that eating and drinking play a substantial role in a resident's daily routine.



## Before the Mealtime

- Consider music, lighting and table set up
- Encourage residents to go to toilet and wash hands before meals
- Ensure there is a calm environment
- Appealing food: consider sights and smells



## During the mealtime

- Offer positive encouragement
- Minimise distractions
- Offer plated visual options to allow choice
- Regular encouragement of fluids
- Provide assistance if required
- Staff are focused on the mealtime
- Ensure residents in rooms get same experience
- If something is declined offer options
- The position of a person when eating and drinking is key to ensure safety and a comfortable eating experience



## Practical tips

- Focus on the person you are helping
- Sit at eye level and make good eye contact
- Look for cues when the person is ready to eat some more
- Offer sips of fluid between mouthfuls
- Discourage the person from talking with food in their mouth
- Assist gently
- Stay with the person you are assisting throughout their meal
- Use verbal prompts e.g. talking clearly about the food you are offering

## Remember!

Mealtimes make up a large part of a residents day, so an enjoyable experience is crucial! Aim to provide the experience you would expect from a restaurant!



## After the Mealtime

- Observe what residents have had to eat and drink
- Obtain resident feedback about meals
- Where appropriate complete food and fluid chart ideally once the meal has ended
- Ensure good oral hygiene after eating
- Review of waste- feedback to kitchen to support menu review
- Offer residents hand wipes

