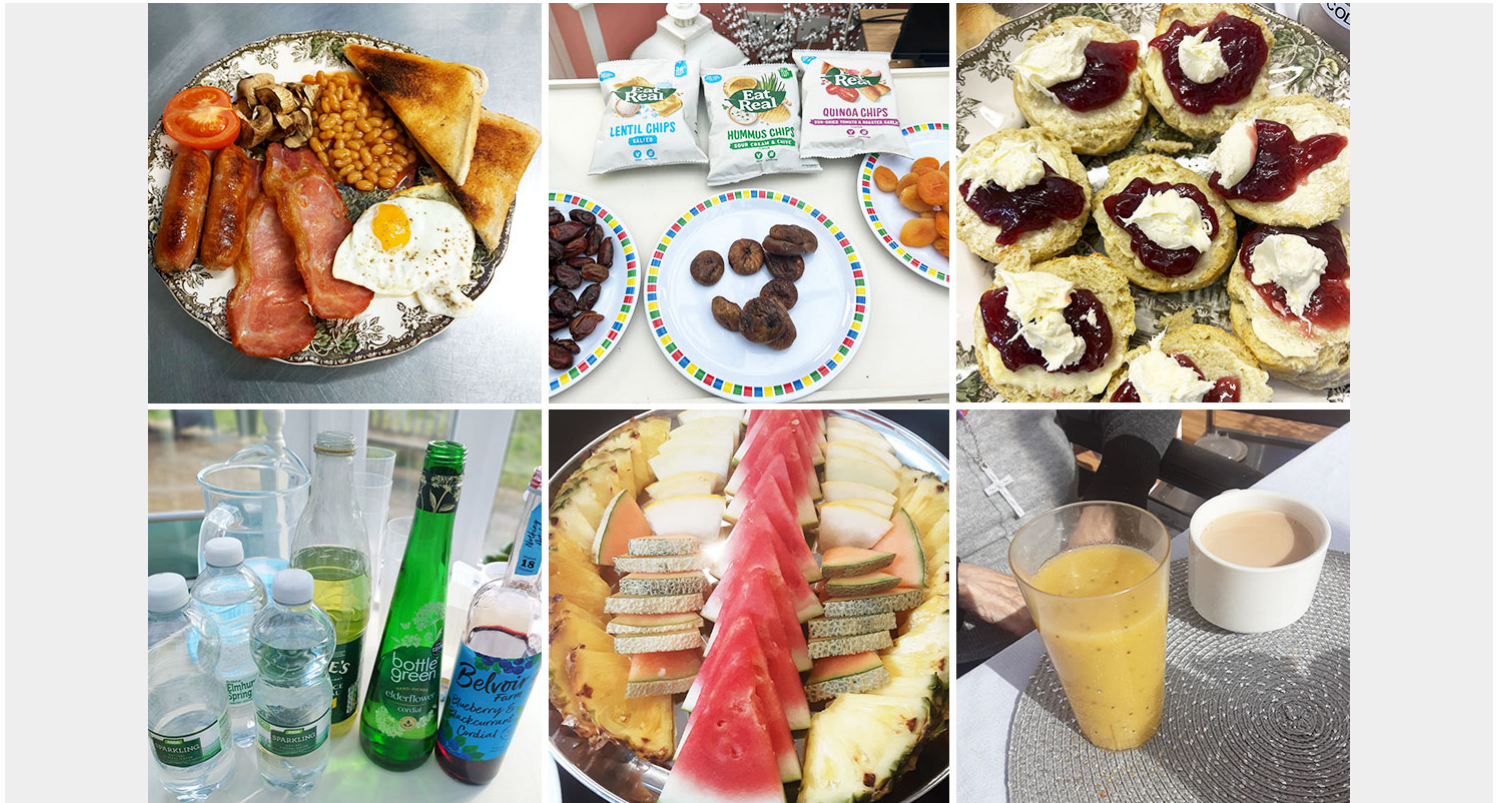


Loose Valley Care Home celebrates Nutrition and Hydration Week



Last week at Loose Valley Care Home we joined in with **Nutrition and Hydration Week**, which aims to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and wellbeing in health and social care.

We held '**Big breakfast Monday**' to highlight the most important meal of the day, and served **full English breakfasts** packed with flavour and protein.

This was followed by '**Snacky Tuesday**' when we had a selection of **dried fruits and vegetable crisps** on offer to show the value of snacks between meals, as a way to boost calories for those who need it.

On Wednesday we got together and our residents made some **gorgeous scones** to eat that afternoon for our '**Global Afternoon Tea**' which was a very sociable occasion over cups of tea!

For '**Thirsty Thursday**' and '**Fruity Friday**' we focused on keeping hydrated and our Head Chef prepared some lovely fresh smoothies for '**Smoothie Saturday**'.

To finish the week in style, we all got creative and did **DIY ice-cream sundaes on Sunday** with a wonderful choice of toppings.

What a fantastic week of great 'eats' and refreshments!

