

## **Nutrition and Hydration Week continues in style at Loose Valley Care Home**



**We continued to embrace Nutrition and Hydration Week here at Loose Valley Care Home from Wednesday 12 to Sunday 17 March, when we had something different for our residents to try every day.**

### **Day Three**

Fruit smoothies and milkshakes were on the menu. Our residents really loved these and they went down a treat! We also enjoyed music from singer and 'Smoothie' Kevin Walsh, who entertained us for the afternoon with his uplifting music.

### **Day Four**

Today we served mocktails - Hawaiian style! Our ladies and gents enjoyed the fruity creations and tropical decorations! Our staff got into the spirit of the day too by wearing colourful Hawaiian garlands. One of our lady residents turned 94 on this day, so we all enjoyed celebrating her birthday with her, with a celebration cake.

### **Day Five**

We served a traditional British fish and chips dinner, together with delicious puddings on Friday. The day coincided with *Red Nose Day*, so some of us dressed up and gave a donation to the charity.

### **Day Six**

This day saw our 'chocolate trolley' in full swing! Our residents could choose what they fancied from a trolley full of different chocolate treats, including chocolate cake. We also served hot chocolate with marshmallows and cream. This was a popular day!

**Day Seven**

To celebrate St Patricks Day, we focused on 'all things Irish'. Our residents enjoyed Baileys cheesecake, Baileys ice cream and a bottle of Baileys to drink! Paula, our Recreation and Well-Being Champion also made a Baileys cheesecake. Yummy! There were plenty of other choices on the dessert trolley too, so something for everyone!



















