

**Clinical Nutrition:
Challenges & the Dietary Department**

Keeping the Dignity: Options Galore
&
Maintaining the Brain: Farm to Table

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Traditional Challenges

1. Waste
2. Choices
3. Quality
4. Healthy Options
5. Service Time
6. Ability to Select
7. Resident Culture



Keeping the Dignity

New Philosophy

Options Galore!

New Vision



Creating a New Vision in Dining Services

Vision Statement

- We strive to create special moments for our residents, as we touch upon fond memories with our home style recipes, and foods that are prepared with fresh and wholesome ingredients.
- Our menus are designed to provide a myriad of choices to enlighten and entice the palate.
- Well maintained dining rooms welcome residents to relax, socialize, and enjoy the moment, while attentive Dining Captains provide an exceptional dining experience, anticipating our residents' needs and preferences





Goals of Dining Services



- Increase overall dining experience
- Increase choices
- Increase production of fresh foods
- Reduce food waste
- Increase resident satisfaction



Dining Experience

- **Atmosphere**
soft music
change color scheme
seating design
- **Autonomy**
more variety
encourage engagement
provide visual aids for healthier choices
- **Service**
more knowledgeable wait staff
change service flow





Maintaining the Brain

Farm to Table
“Here we Grow”





Maintaining the Brain Community Organic Gardening

Benefits of growing our own vegetables, herbs and partnering with the local growers

1. Nutritional Value
2. Fresh ingredients
3. Variety/Choice
4. Bring the community together
5. Discovering our own master gardeners
6. Building new relationships









Maintaining the Brain High Quality, Stock Ingredients

What are we GROWING?

- **Thyme** – Calcium, potassium, phosphorous
- **Basil** – Potassium, manganese, copper, and magnesium
- **Oregano** – Good source of fiber.
- **Kale** – Vitamin K, A, C, Manganese, fiber
- **Cauliflower** – Vitamin C, K, folate, fiber, B6
- **Tomatoes** – Carotenoids, C, A, K, potassium
- **Butter Squash** – Fiber, vitamins A,C, magnesium, potassium
- **Eggplant** – Fiber, potassium, manganese
- **Cucumbers** – Thiamine (Vit. B6) Riboflavin (Vit. B2), Calcium, Iron, Zinc
- **Lettuce** – Vitamins K, A, C, folate, manganese, chromium
- **Bell Peppers** – Fiber, Vitamins A, C, E, K, & B6, Folate, potassium, magnesium
- **Watermelon** – Vitamins A, C, B1, potassium, magnesium




Maintaining the Brain
Educational Benefits





high in fiber


Recipes



Available to residents and staff

Health Icons

To help residents make better decisions




Recipe

Fiona and Garden
Fresh Veggies  

Ingredients

- 1 to package elbow pasta
- 4 yellow squash, chopped
- 2 zucchin, chopped
- 2 (15 ounce) cans kidney beans, drained and rinsed
- 1 (15 ounce) can corn
- 4 (8 ounce) cans tuna, drained
- 1 cup house salad* salad dressing

Directions:


1. Bring a large pot of salted water to a boil. Stir in pasta and return pot to boil. Cook until al dente. Drain well.
2. Place squash and zucchini in a medium sauciger with 2 cups of water. Bring to a boil and cook until tender, about 15 minutes. Drain and set aside.
3. In a large bowl, combine pasta, squash, zucchini, kidney beans, corn and tuna. Mix well and chill for at least 30 minutes. After salad is chilled, stir in dressing and serve.


DETAILED NUTRITION



Serving Size 1/6 of a recipe
Servings Per Recipe 6

Amount Per Serving
Calories 620
Calories from Fat 72



	% Daily Value*
Total Fat 8.2g	16%
Saturated Fat 1.4g	3%
Cholesterol 17mg	3%
Sodium 4.7mg	0%
Potassium 1027mg	23%
Total Carbohydrates 78.5g	15%
Dietary Fiber 15.6g	31%
Protein 26.4g	53%
Sugars 5.5g	11%
Vitamin A	12%
Vitamin C	27%
Calcium	11%
Iron	28%
Thiamin	37%
Niacin	134%
Vitamin B6	29%
Magnesium	49%
Folate	191%




Reduce Waste

Options =



Satisfaction Where we Started in Dining Services

Spring Hills Mount
Vernon, VA

%We need better choices+

%Dinner comes too early+

Only **83.8%** of our
residents were
satisfied with the
current Dining
Program.





Satisfaction Where we are now

Spring Hills Mount
Vernon, VA

100%
SATISFACTION



%I commend all the servers. I sit at a very
difficult table and everyone has held their
tempers. Kudos's to you!+

%I always enjoy the dining room.+



Feature Presentation



Spring Hills Mount Vernon
Community Garden
