

TIPS FOR MAXIMIZING MEAL ENJOYMENT

While
Managing the
Budget

THE IMPORTANCE OF FOOD

As Nutrition

- Eating a variety of foods including fruits, vegetables, legumes, lean meats, nuts and seeds, and dairy products
- Older adults have an increased need for nutrients even if they need fewer calories
- Increased need for B-12, B-6 vitamins, calcium and Vitamin D and Folate in people over 65
- Calorie needs average between about 2000 and 2800 per day depending on activity level.
- Hydration is also very important for older adults



THE IMPORTANCE OF FOOD

Consider the difference between Minimally Processed, Processed, and Ultra Processed foods

- Any food that is changed from its natural state to save time in preparation is considered processed
- Make sure most foods you choose are minimally processed or processed for better nutrition as often as possible
- Ultra processed foods should be used in the diet sparingly



THE IMPORTANCE OF FOOD

Minimally Processed



- Whole grains
- Legumes
- Fruits
- Vegetables
- Whole muscle meats
- Nutrient dense
- Higher in fiber
- Low in sodium

Processed



- Olive oil
- Pasta
- Rice
- Dry Beans
- Rolled Oats
- Tomato Sauce
- Frozen Vegetables
- Nut and Seed Butter
- Canned Vegetables
- Canned Fruits
- Broth
- Frozen meats

Ultra processed



- Fully prepared meal options
- Chips
- Candies
- Packaged cookies
- Soda
- Juices
- Higher in sugars
- Higher in sodium
- Low quality oils
- Lower quality overall

THE IMPORTANCE OF FOOD

Food can help to fight inflammation in our bodies

Inflammation can lead to health problems over time such as cardiovascular disease, cancer, and type 2 diabetes among others

One of the biggest benefits of doing more of our cooking from scratch is to have a larger quantity of freshly prepared anti-inflammatory foods

Foods that cause inflammation

- Sugars and sweets
- Sugary beverages
- Ultra processed foods such as:
- Packaged snack food
- Processed meats like deli meat and dried sausages
- Foods high in sodium
- Fried foods
- Lower quality cooking oils
- Trans fats
- alcohol

Foods that fight inflammation

- Whole grains like brown rice and oats
- Legumes like lentils
- Poultry
- Eggs
- Fish particularly oily fish
- Leafy greens
- Nuts
- Fresh Fruit
- Garlic and onions
- Leafy greens
- Spices like turmeric and cinnamon
- Ginger
- Monounsaturated and polyunsaturated oils
- like olive and avocado

THE IMPORTANCE OF FOOD

As **Belonging**

Food is a part of family and generational culture, interwoven in tradition

Food is sentimental for many people (Associated with happy memories)

Food makes people feel special, that they are cared for and nurtured

Olfactory memories are the strongest (long term)

Acknowledging and including foods that are well liked or sentimental can increase appetites for those who may otherwise refuse meals

Can help to maintain weight/vitality in those who struggle with eating enough



THE IMPORTANCE OF FOOD

Person centered care

Care that is guided, and informed by resident's goals, preferences, and values.

- Empowers recipient of care
- Improves quality of life
- Supports independence
- Promotes positive well-being
- Honors choice
- Promotes respect



THE IMPORTANCE OF FOOD

Food Preferences and Variety

- Knowing your resident's specific food preferences can make them feel more at home and increase chances of vitality with higher levels of meal participation.
- Residents' ability to make informed food choices for themselves should be honored
- This can be challenging when a resident chooses against their own well being
- Special care of communication with healthcare providers and documentation is required in these instances
- Autonomy typically trumps beneficence (the promotion of good)
- "Food does them no good if they will not eat it." - Kate Baker



THE IMPORTANCE OF FOOD

Resident right to Access of food

- Access to food is a human right recognized in International law – signed into law by nearly every nation on the planet
- Food should not be withheld from residents as a form of discipline even if they miss a scheduled mealtime
- Withholding food is considered neglect (Negates **belonging!**)
- Changes in eating habits should be reported to a healthcare professional involved in the resident's care.



THE IMPORTANCE OF FOOD

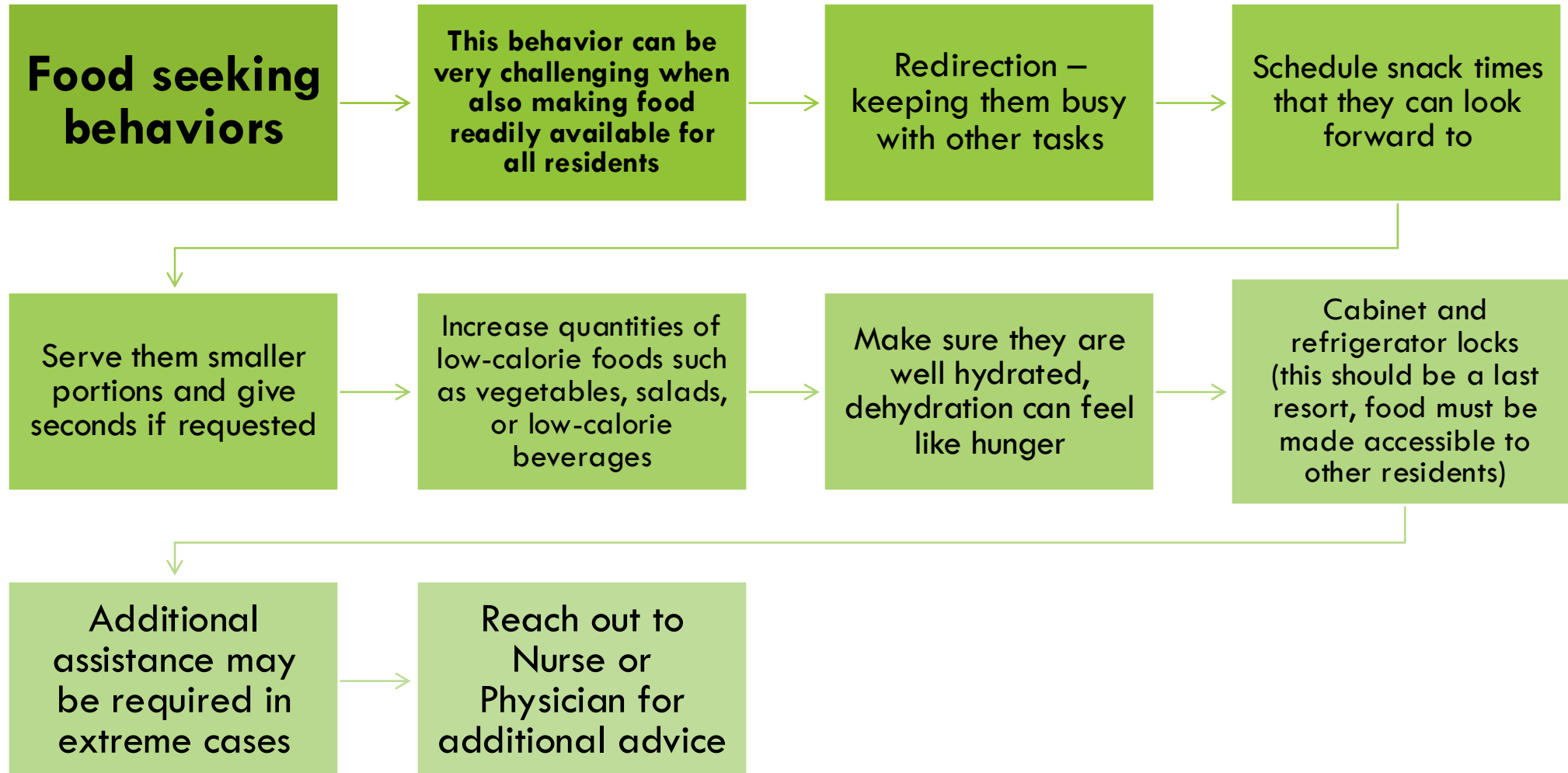
24-hour access to food

- Multnomah County Administrative rules state that:

 “Residents[Will] have... the freedom and support to access food at any time.”
- Part of person-centered care
- Meals that have been saved if missed
- Additional portions if desired and available
- Simple preparation options for all hours
- Snacks



THE IMPORTANCE OF FOOD



THE IMPORTANCE OF FOOD

Special Diets

- Meeting dietary needs while offering and appetizing variety
- Try to make meals as similar as possible to what others eat unless otherwise requested
- This is often a process of slight omission of ingredients and can flow nearly seamlessly with the rest of food preparation for the same meal
- More effort is needed to sustain a feeling of belonging
- Special food needs can make them feel like a burden
- Take time to talk with them about foods they would like to try that will meet their diet needs research ideas together when possible
- Involve them in the process of cooking when possible
- Family can be helpful with ideas for favorite offerings when available.



THE IMPORTANCE OF FOOD

Scheduled mealtimes

Food is a social event
fosters a sense of community
residents and the family should eat together as often as possible

Resident meals

The quality and quantity of food served to residents should not be substantially different from that which is eaten by the Operator's or Resident Manager's family

Resident preferences and ethnic background needs to be considered as part of person-centered care

Food does them no good if they will not eat it

Building rapport with residents and finding mutual ideas and interest in food can open the door to them trying new things

MAXIMIZING THE FOOD BUDGET



Food Shopping

Compare pricing ahead of time

Consider wholesale stores and Sales at traditional grocery stores

Make a plan to shop

Makes the most of your time without wasting time price checking in stores

Bulk buying saves money, AND it only saves money if you use all of the product

Consider rules for emergency supplies

1 week supply of shelf stable food

3-day supply of fresh food

Food is an investment make it work for you

It's a balancing act

Buy only what you can use realistically before it goes bad

MAXIMIZING THE FOOD BUDGET

Consider buying from a wholesaler

For example:

Doing a bit of price checking around town, (including popular warehouse stores that you need a membership to access)

The cost of Beef is up to **double the price** of wholesale markets

Purchasing a 25 lb package instead of a 2.5 lb package will save you money in the long run and your subsequent grocery trips will be lighter in cost and weight

Packaged appropriately these can hold months in a freezer and Cryovac packaging lends some flexibility in prepping beef

(Beef Chuck roast/Chuck roll)



\$5.19-8.49/lb
Regular markets



\$3.99-4.59/lb at
Wholesale markets

MAXIMIZING THE FOOD BUDGET



Food Storage



Proper food storage ensures that you get your money's worth out of everything you buy.



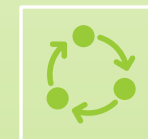
Sealing for freshness



Appropriate temperatures



Labeling, dating, and rotating



FIFO- First in, First out.
Using the oldest product first ensures that nothing is wasted because it's overlooked

MAXIMIZING THE FOOD BUDGET

The proper equipment makes all the difference

Storing food in containers that won't leak or break

Making good choices for sustainability whenever possible

Choose not to use plastics when possible

MAXIMIZING THE FOOD BUDGET



Stainless Steel

- Durable
- Food Safe
- Must add wrap to seal

Glass

- Durable
- Food Safe
- Handle with care

Plastic Freezer Storage Bags

- Good For Liquids
- Flat Freezing (Quick thawing)
- Not for Reheating
- Single Use Only

Aluminum Foil Pans

- (Cheaper Short-Term Solution)
- Single Use Only

MAXIMIZING THE FOOD BUDGET

How do I find this equipment affordably?



Professional kitchen discount/used supply stores - better equipment \$\$



Want ads liquidating equipment, restaurant closures better equipment \$\$



Garage or Estate sales – can sometimes find useful things \$

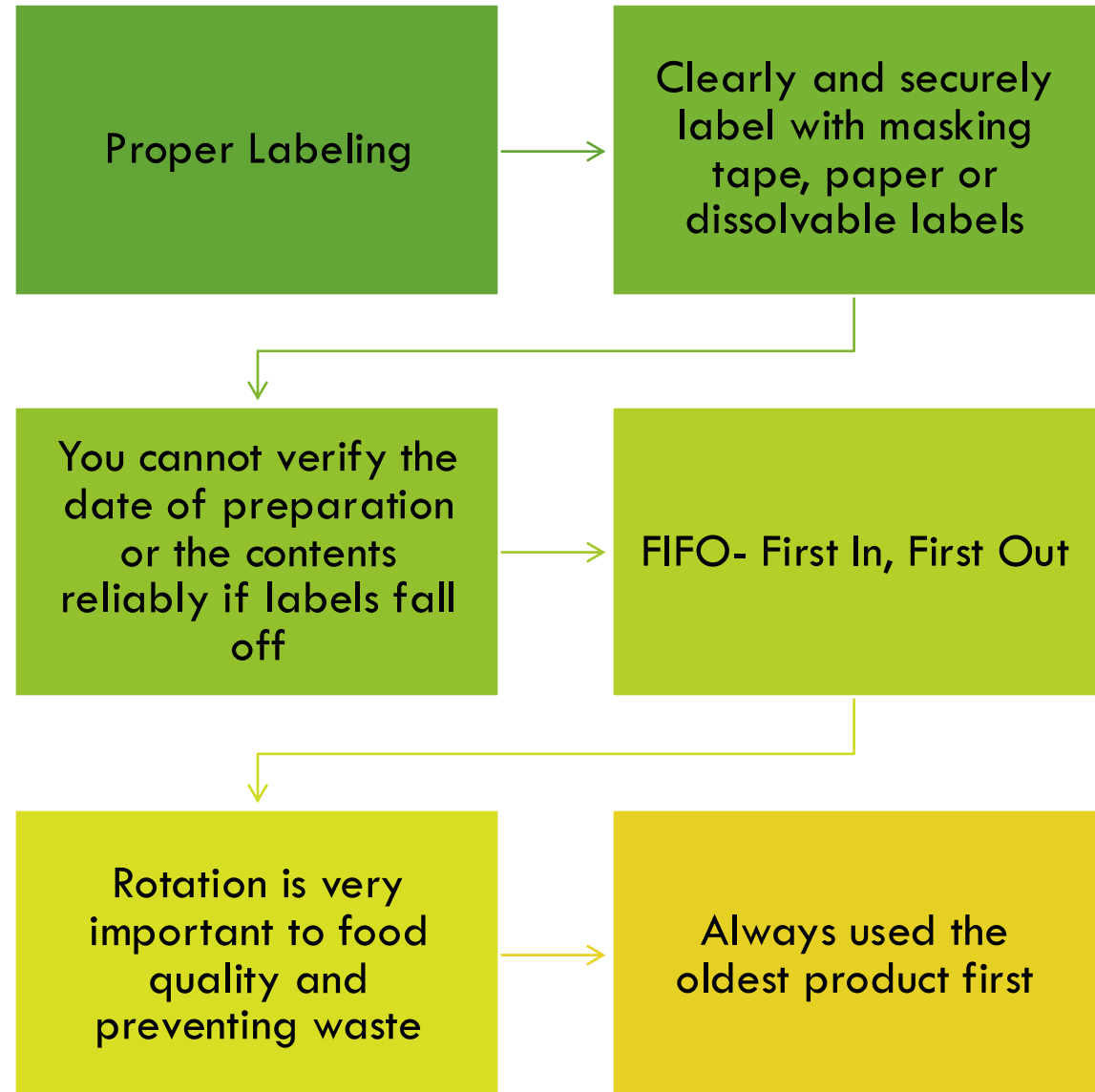


Thrift stores – can sometimes find useful things \$



Purchase new – likely the most expensive option, better equipment \$\$\$

MAXIMIZING THE FOOD BUDGET



MAXIMIZING THE FOOD BUDGET

Keep refrigerator no more than $\frac{3}{4}$ full at all times

- Consider an additional unit if needed
- Do not block vents –allow air circulation
- Properly functioning refrigerators save money \$\$\$
- Helps prevent foodborne illness
- Arrange food to prevent cross contamination
- Always have a working thermometer



MAXIMIZING THE FOOD BUDGET

Keep freezers at least 3\4 full at all times

- Runs more efficiently when full. Saves \$\$\$
- Wrap food items well (Double plastic film and double foil wrap)
- Do not block air vents
- Always have a working thermometer



MAXIMIZING THE FOOD BUDGET

Freezer Burn

Freezer burn is caused by a process called “sublimation,” during which the product dries out



Sublimation is the act of frozen moisture within the product turning to gas before it turns to liquid



It then freezes into ice crystals on the surface or in the packaging and leaves a dried-out spot on food



Freezer burn can be prevented by wrapping and sealing items well, keeping the freezer running optimally and keeping it closed



Inspectors may request that food which is questionable in quality be discarded



Is it safe to eat?
Technically yes, however it is unappetizing, and the overall quality of the item is lowered



MAXIMIZING THE FOOD BUDGET

Dry food Storage

Keep all foods well
wrapped/sealed

Keep one week supply minimum

No more than you can use in 3-6
months

MAXIMIZING THE FOOD BUDGET

Wrapping it up

Focus on good utilization habits and meeting requirements



Using prepared foods within 4 days



Using shelf stable foods within expiration dates, or within 6 months to 1 year



Store frozen meals for 6 months or less, well protected from freezer burn



Plan shopping trips to ensure that there is fresh food for three days at all times



1 week of non-perishable shelf stable food at all times

SANITATION



Proper Sanitation in Food prep and storage areas (as well as the rest of the home) is an important element of care



A regular thorough sanitation routine saves money and time by:

Reducing cleaning time in the long run
Cleanup takes less time in a well cleaned area



Any spills or mishaps are prevented or found quickly, avoiding waste and pest infestation, which is a huge headache as well as a financial loss

SANITATION



A clean environment fosters belonging



In and out of the kitchen, residents are dependent on you for their care



Their ability to trust you as their caregiver and food preparer can make a huge difference in their sense of well being and safety.



Proper sanitation in regular practice saves
Money

SANITATION

Good Sanitation encourages trust

- If you enjoy eating at restaurants, do you notice how much you pay attention to the environment? How clean is the table/kitchen/plate/silverware?
- If you notice a problem at a restaurant, how inclined are you to trust them handling your food? How likely are you to return there to eat?
- Your residents depend on you as their restaurant they may not have the choice to go to a different place (without significant effort.)



SANITATION

Dry storage

Maintain at a temperature range of (50°F -70°F)

Humidity level of around 50-60%

Food should be stored:

- Off the floor (at least 6 inches)
- Away from sewer lines
- Away from outdoor walls when possible (prevents exposure to extreme temperature changes and condensation)
- Cleanable surfaces
- Trays to catch leaks
- Free of garbage or chemical storage
- Free of insects and vermin



SANITATION

Refrigerator



Temperature control Maintain between
32°F- 40°F

Keep free of spills at all times

Have a working thermometer at all
times

Clean inside and out regularly
(Weekly or monthly)

Coils and general area surrounding the
unit cleaned Monthly to bi-annually for
optimal chilling

SANITATION

Freezers

Temperature control
Maintain between
0°F - - 20° F

Keep free of spills at
all times

Free of excessive frost
(Frost free units are
ideal)

Have a working
thermometer at all
times.

Clean inside and out
regularly (Weekly or
monthly)

Coils and general
area surrounding
cleaned Monthly to
bi-annually for
optimal chilling



SANITATION

Timelines and Organization


- Regular cleaning schedules make the job quick and easy
- It's always easier to clean a well-maintained area than a neglected one
- Kitchen inspections will be easily passed in a well-maintained kitchen
- Cleaning jobs should be broken up into daily, weekly, monthly, bi-annual task checklists




SANITATION




Proper Cleanup




A good degreaser works well for most jobs ie:
(A High-quality Dish soap)



Do consider using a bleach/water solution of 5.25-6.25% to disinfect food prep areas **after cleaning** (1T bleach with one gallon of water)



The solution should be sprayed or wiped over surfaces and allowed to air dry thoroughly



Do not ever mix bleach with other chemicals as it can create harmful gases!



Store chemicals in a safe place away from food prep areas and residents

COOKING

Safe Food Preparation



Quality basics built to last

Chef Knife
Cutting Board
Pots and Pans



Stem thermometers for checking food temperature

Reheat food to temp of 165°F

Stir

Recheck that temp has reached 165°F



Safe Thawing

Best practice

In the refrigerator

Items stored flat will thaw quickly



Proper cooling

Best practice

Portion into flat containers

Stir

Reach 70°F in 2 hours

Reach 41° in 4 hours

COOKING

Think like a chef to maximize time and productivity



Batch cooking- Prepping several full portions at a time saves time in the long run



Always be prepping for what is coming up next be working on parts of meals ahead, chopping vegetables, portioning, cutting, slicing, marinating, breading



Prep fresh foods ahead that can be used within a few days without losing quality



When you chop an onion, chop one or two for the next dish coming up



Safety tip (only work with the amount of product you can prepare being outside the refrigerator for one hour or less)



Food prep times decrease as room temperature increases, another good reason for full meals prepped and held in storage for hot weather months

COOKING

Food can be prepared in advance, and the golden rule is:

“Prepare as much in advance as possible without sacrificing food quality or safety.”

Don't: Slice snacks like apples too far in advance = likely waste

Do: Slice/dice onions, peppers, celery etc. ahead of time especially if they go in more than one dish you will be making in the next few days = time savings and ease of preparation.

COOKING

Meal prepping complete dishes for freezer storage

Saves money if products can be purchased in bulk on sale or wholesale prices

Eases food preparation responsibilities on challenging days

Provides time for more involved meal preparation or preparation of special diets

Provides more time for resident involvement in food preparation tasks

It doesn't take much longer to make several full meals ahead of time than it takes to make one

COOKING

Makes a house a home

Involve residents in food preparation as much as possible to help give them a sense of purpose surrounding food and a level of comfort with having their dietary needs met through involvement and belonging

This is a good way to bond over cooking and that rapport may allow them to be more open to and interested in trying new things

Make new cooking traditions together

Have them complete tasks at their ability level while being able to maintain proper sanitation in the kitchen

Can be as simple as washing vegetables or wiping surfaces while you work or as involved as cooking depending on ability

If they are independently able to come into the kitchen, give them a space to keep snacks and refrigerated foods they know are available to them

COOKING

Breaking down preparation
into useable parts



Remember that 25 lb beef
roast?



Fabricate it into
manageable packaged
sizes to prep one meal or
several at a time, or portion
individually for ease in
preparing special diets



Freeze portions flat for fast
safe thawing and easy
storage in the freezer



COOKING

Utilizing leftovers (Or cooking to have them)

Pot roast

Shred for sandwiches, salads, soup, add to stews

Cooked Poultry

Shred for sandwiches, salads, soup, add to stews

Meatloaf, Meatballs, or Patties

Crumble for gravies, sauces, soups, pasta dishes

Whole roasted Meats

Slice thinly for sandwiches, Salads

Cooked beans, legumes

Add to rice dishes, salads, soups

Cooked Vegetables

Chop and add to rice, pasta, soups, salads, bake into breads

Raw Vegetables

Chop into salsas
Add to soups if appropriate

Boiled Eggs

Fold into casseroles
Chop for salads

Fruit

Make into smoothies
Cook down for desserts

Potatoes

Make into patties
Add to soups
Roast for Salads

- Keep hold times in mind with these items, 4-day limit so make a plan to use them early!

COOKING

Meals and meal components to batch cook that freeze well

- Omit pasta, rice and potatoes when freezing large batches
- These lose palatability upon freezing
- If desired incorporate in a portion of the finished dish, add them freshly prepared later to the frozen portions

Lasagna

Meatloaf

Chili

Stews

Soups

Tomato based sauces

Cream based sauces

Broth

Gravy

COOKING

Individual portion storage can be helpful especially if you have residents with:

- Special diet needs
- Favorite meals that they may request often
- Short term or long-term illnesses (portioned soups can be fast and comforting)
- The need for a quick alternate meal

It will usually be apparent if there is a particular food item you wish was always at your fingertips

If it freezes well, plan to make a little extra and portion it out in containers or in plastic zip-top bags to keep frozen

You will need to be sure you are rotating through these items just like other items in your freezer



COOKING

Alternate choices

Alternate meals should be equivalent to the nutritional value of the regular meal

Check in with your resident during these times to get an idea of the sorts of alternate meals they may be looking for. This should make alternate meal selection easier.

Good options for regular diets include:

Sandwiches with a side of vegetables or salad and fresh fruit or soup

Salads that include a protein dense element (like meat) with a roll or bread

Light entrees like a cooked chicken breast with a starch and vegetable

It is a good idea to keep extra portions of food saved if you have special diets such as a soft food diet when preparing options outside their needs

COOKING

Diabetic Diets

- The idea of cooking for a diabetic diet can seem intimidating
- It's really pretty simple most of the time
- Diabetic needs are just a little different than a normal diet

Increase protein serving size, it should be the star of the meal

Decrease starch serving size, or fill with protein or vegetable booster (or utilize a high fiber higher protein pasta in place of regular)

(like a half and half blend of mashed potato and cauliflower)
or
(a blend of cottage cheese and potato)

Substitute simple starches for complex ones whenever possible

Add foods higher in fiber to keep glucose levels steadier
beans
chia seeds
vegetables

Foods high in fiber make you feel fuller for longer (helpful when managing weight)

Add foods higher in Omega 3 fatty acids for cardiovascular health
Oily fish
nuts
chia seeds

It may be helpful to keep handy portion sizes of cooked legumes available to incorporate into meals

Most substitutions are a matter of slight omission and supplementation to the normal menu

Limit foods with concentrated sugars
syrops
dried fruit
Jams
Marinades and sauces

Each individual reacts to sugars/carbohydrates differently

Check on progress with medical professionals or track glucose levels in the home

COOKING

Diabetic Diets

Mediterranean Diet

The type of diet for diabetes most recommended by physicians and dieticians is the **Mediterranean Diet**

The foundation of the Mediterranean diet is plant foods. That means that meals are built around vegetables, fruits, herbs, nuts, beans and whole grains. Moderate amounts of dairy, poultry and eggs are part of the Mediterranean diet, as is seafood. In contrast, red meat is eaten only once in a while. Fats are mono or polyunsaturated.

(www.mayoclinic.com)

Keto Diet

Another ally of the Mediterranean diet and diabetes can be the **Keto diet**

It is very important to understand that the keto diet should be used only supplementally and not as the center of nutrition in diabetes. It can be too high in cholesterol at times and is not balanced enough for glucose management and insulin use in the body for people with diabetes. In extreme cases it can cause ketoacidosis. It can however be a good source for low carb, low sugar snacks to supplement and is a great source of ideas.

COOKING

Diabetic Diets

Getting Personal

It is important to put yourself in the shoes of a person who is dealing with diabetes, as it is any diagnosis.

It will likely be a big change for someone who has recently been diagnosed.

It is important to be encouraging and not admonishing.

It is important to keep from becoming discouraged when an attempt might not go over well.



COOKING



Diabetic Diets

Type 1 diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a chronic condition. In this condition, the pancreas makes little or no insulin. Insulin is a hormone the body uses to allow sugar (glucose) to enter cells to produce energy.

Different factors, such as genetics and some viruses, may cause type 1 diabetes. Although type 1 diabetes usually appears during childhood or adolescence, it can develop in adults.

Even after a lot of research, type 1 diabetes has no cure. Treatment is directed toward managing the amount of sugar in the blood using insulin, diet and lifestyle to prevent complications.

(www.mayoclinic.org)

COOKING



Diabetic Diets

Type 2 diabetes happens when the body cannot use insulin correctly and sugar builds up in the blood. It was once called adult-onset diabetes.

Over time, high blood sugar levels in type 2 diabetes can damage the eyes, kidneys, nerves and heart. This can happen because the pancreas doesn't make enough of a hormone called insulin that helps sugar enter the cells. It happens also because the cells respond poorly to insulin by taking in less sugar.

Both type 1 and type 2 diabetes can begin during childhood and adulthood. Type 2 is more common in older adults. But the increase in the number of children with obesity has led to more young people with type 2 diabetes.

There's no cure for type 2 diabetes. Losing weight, eating well and exercising can help manage the condition. If diet and exercise aren't enough to manage blood sugar, diabetes medicines or insulin therapy may help.

(www.mayoclinic.org)

COOKING

Diabetic Diets

Blaming or shaming someone with diabetes isn't helpful

Instead, show empathy, and be a source of encouragement and support. A little support and understanding can go a long way.

Words matter

Avoid describing someone with diabetes a "diabetic." Describing someone as a diabetic can imply that they're nothing more than their disease. Instead, say they're "a person with diabetes" or "they have diabetes." It's also important not to call someone without diabetes "normal." This could make someone with diabetes feel abnormal or different and can be stigmatizing.

Managing diabetes is a full-time job

There's no clocking out with diabetes. Daily care for people living with diabetes includes monitoring blood sugar levels, taking medicines, and carefully tracking meals.

Diabetes can be expensive

People with diabetes spend twice as much money on health care costs as someone without diabetes. With doctor visits, diabetes supplies, and medicine, diabetes care can quickly add up and cause financial strain.

Support is critical

Letting someone with diabetes know that you're there to support them if they need you can make a difference.

(www.cdc.gov)

COOKING

Soft Diets

Soft diets are relatively easy to prepare for, once again by omission many times.

Pull a portion of a meal aside during preparation leaving out any nuts, seeds and things that may be difficult to chew like raw vegetables. Soft diet pastas, rice, vegetables should be cooked a little longer and be kept moister than regular preparations. Add a little broth, gravy, butter or similar liquids to help keep food soft and moist. Work with medical professionals to determine your resident's specific needs.

Some good soft food options:

Mashed potatoes

Scrambled eggs

Hot cereals or
grits

Pureed soups

Egg salad

Shepherd's pie

Soft cheeses like
cottage cheese

Puddings

Yogurt

Macaroni and
cheese

Ground meats
and meat cooked
long and slow
until very tender

Tinned meats
(high sodium)

Mashed fish
Tuna salad
Or casserole

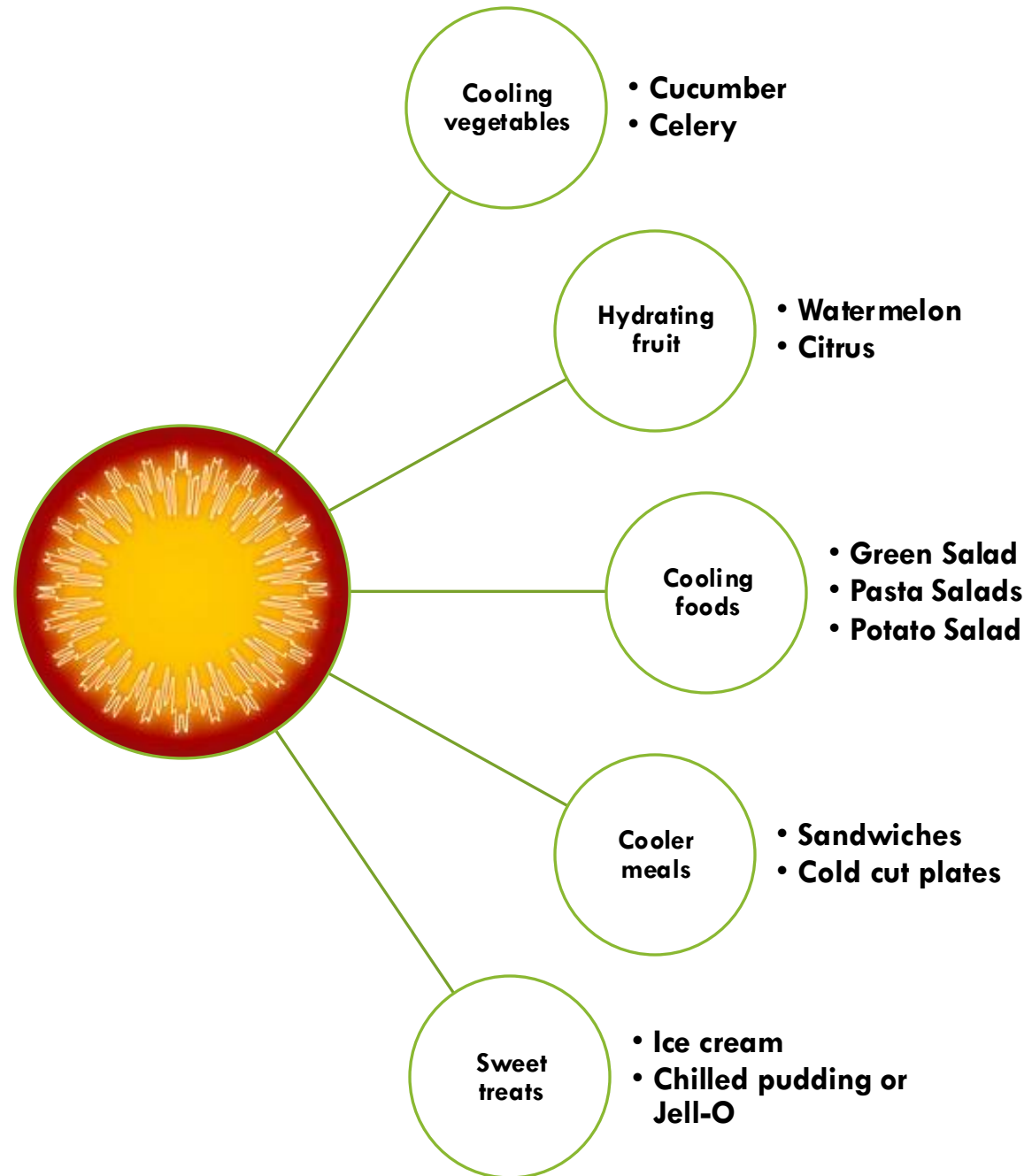
Baked beans

Overcooked
vegetables

COOKING

Meal needs for extreme temperatures

Our bodies lose moisture more quickly in the heat because our body temperature rises. In addition to eating cooler, more hydrating foods, it is important to drink more water than usual unless you have a health condition which prevents it.



COOKING

Snacks

A variety of fresh food and shelf stable packaged or prepared items

Get a sense of what types of food your resident is looking for when they eat a meal outside of normal mealtimes, or snack in between meals

24-hour access to food

Residents must have agency over when they need to eat and how much depending on wants and needs, compromise should be reached on purchasing or resident takes on some financial responsibility



COOKING

Snacks

It can be a good idea to have a combination of pre-packaged snacks as well as homemade

Freshly made snacks are almost always tastier and cheaper

Here are a few ideas



RESOURCES

For solid basic recipes:

All Recipes

www.allrecipes.com

Better Homes and Gardens

www.bhg.com

A Taste of Home

www.tasteofhome.com

Keto Snack examples

www.alldayidreamaboutfood.com/keto-snacks-list/

Articles of interest:

What is Processed Food? Stephanie Kay Nutrition

<https://kaynutrition.com/what-is-processed-food-anyway/>

Sanitizing in food prep areas with bleach solution

<https://oeconline.org/our-work/toxic-free-environments/eco-healthy-home-checkup/green-cleaning/bleach-safety/>

Free cleaning checklist templates

<https://www.homemadesimple.com/kitchen/daily-weekly-monthly-seasonal-kitchen-cleaning-checklist/>

Oregon food sanitation rules & other resources for food safety

<https://www.Oregon.gov/oha/ph/healthyenvironments/foodsafety/pages/foodcode.aspx>

At the end of life, just let grandma eat what she wants (with some caveats)

https://www.oregonlive.com/health/2013/05/just_let_grandma_eat.html

Diabetes Stigma- The effect of negative attitudes about diabetes

<https://www.cdc.gov/diabetes/articles/diabetes-stigma.html>

American Diabetes Association

<https://www.diabetes.org/food-nutrition/diabetes-friendly-recipes>