

Food Tip 1

Sometimes it is hard for people to remember any instructions you have given them when you kindly hand in homemade food. It is often difficult for people living with dementia.

It is helpful if you:

- Put the day and date that it needs to be eaten by on it (you could also use a picture or part of the packaging of ingredients)
- How to store it
- How to heat it up
- Your name and phone number so they can phone you if they aren't sure what to do
- Ingredients (ideally check with them or a family member in case they have allergies or intolerances)



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Food Tip 2

Plastic storage containers with plastic flaps that fold and click down on each side can be easier to open if people are struggling to grip.



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Food Tip 3

As we get older our appetite can reduce and we want to get a good amount of energy and protein from a small amount of food.

It can help to:

- Include high calorie foods such as full fat milk, butter or cream
- Foods high in natural fats also work well, like:
 - Unsalted nuts and olives
 - Cheese
 - Avocado
 - Peanut butter and chocolate spread
 - Soups with beans or lentils
 - Milky drinks - milkshakes or hot chocolate
 - Flapjacks, protein bars or shakes



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Food Tip 4

As we get older our senses become less acute. Many health problems such as having a cold or a chest infection will affect our sense of smell too, as can dementia. It means food may not taste or smell the same as a person is used to.

- Try adding herbs and spices to the food to give it a stronger taste. Even Worcestershire sauce can add a delicious 'kick' to bland food
- Lemon juice can be used to season food, as the acid boosts and balances other flavours
- If all someone wants is sweet foods, try adding small amounts of honey or sugar to savoury food. You could also add sweet chutney or even a wee bit jam!



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The Committed to Good Support project will develop practical resources that:

- Make it easier for community groups' immediate response to Covid
- Make it easier for older people to get the support they need in this crisis stage and as long as this continues
- Put community groups in a stronger place for the next stage of responding to Covid-19 and being part of how communities in Scotland work in the future.

How to get in touch

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The project is based at Outside the Box. We will have updates and other resources at web address (will send this to you as soon as the page is live)

