

The Food First Initiative

Making the most of every mouthful

New E-Learning package available to increase knowledge and understanding

Aims to reduce malnutrition and improve cost effectiveness

Contributes to CQC standards

More manageable caseload meaning KPIs are met

Previously known as Nutrition Mission

Reducing hospital admission and inappropriate referrals

Empowering staff to optimise the nutritional status of clients in residential and nursing care settings

Malnutrition is estimated to affect
3 million adults in the UK

1300 kcal
40g protein

Before Fortification

BREAKFAST

Porridge with semi-skimmed milk
Cup of tea

LUNCH

Cottage pie and fruit and jelly
Orange squash

DINNER

Soup and ham sandwiches and a yoghurt
Orange squash

SNACK

Rich tea and ginger nut biscuits
Option from the fruit bowl
3x cup of tea

MILKSHAKE

- Full cream milk
- Ice cream
- Double cream
- 15g milkshake powder

500 kcal
13g protein

After Fortification

BREAKFAST

Porridge with full fat milk, cream and golden syrup
Cup of tea with full fat milk

LUNCH

Cottage pie with cheesy/buttery mash with cauliflower cheese
Sponge and custard/ice cream
Fresh fruit juice

DINNER

Soup with added cream and croutons
Ham, cheese and mayo sandwiches
Thick and creamy yoghurt
Orange squash

SNACK

Chocolate digestives, cheese and biscuits
Option from the fruit bowl with cream
Fortified milkshake/glass of milk x 2

3000 kcal
95g protein

STANDARD COMPACT ORAL NUTRITIONAL SUPPLEMENT

300 kcal
12g protein

Training feedback

“ A useful training session on ways to increase calories for our residents ”

“ I plan to apply the training to my day to day practice and pass this information onto my team members ”

