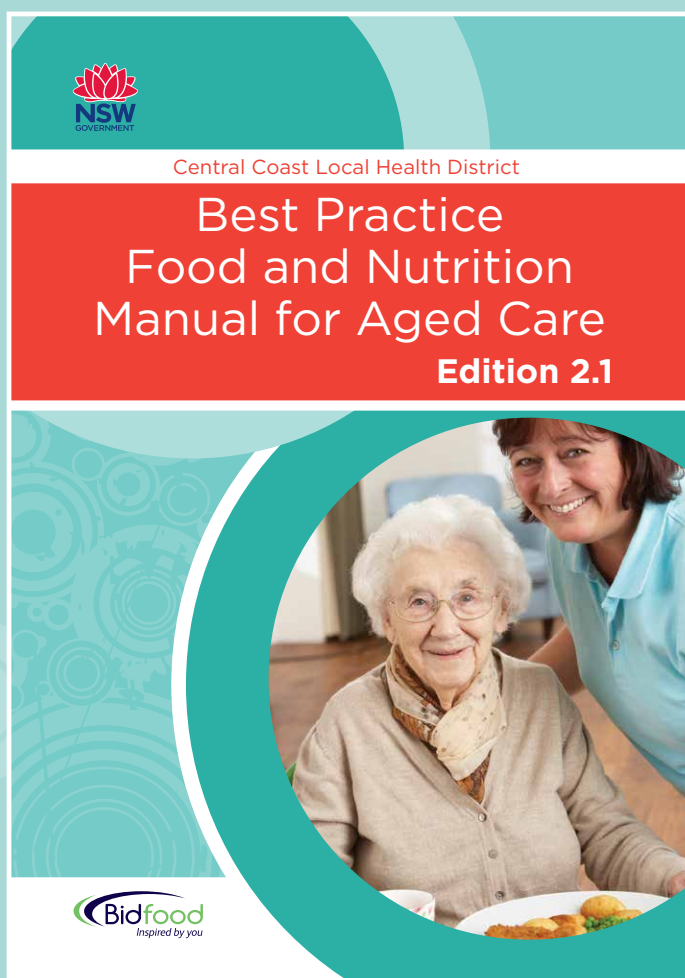


# Best Practice Food and Nutrition Manual for Aged Care Facilities. Edition 2.1

***Family and friends of people entering 'Aged Care Homes' may worry about the food and drinks their loved one will be given.***

- ***Will it be suitable?***
- ***Will it be enough?***
- ***Will it be eaten?***

Family and friends who are worried about food provided to their loved one will benefit from information in the Best Practice Food and Nutrition Manual.



The manual is free to download from the following websites.

1. <http://www.cclhd.health.nsw.gov.au/ourservices/nutrition/Documents/BestPracticeFoodandNutritionManual-Edition2.pdf>
2. [Bidfood.com.au/Bidcare](http://Bidfood.com.au/Bidcare)

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When there are concerns in regard to food and fluid intake, the manual content will help identify problems and suggest possible solutions. This then encourages informed and productive discussion with aged care staff.

The manual builds on the first edition published in 2004 that became an essential resource for those providing food for residents in Aged Care Homes. This latest edition of the 'Best Practice Food and Nutrition Manual' has a 'person centred' approach when it comes to the provision of enjoyable and nutritious meals for residents in aged care. Among other things, the content suggests ways to:

- ✓ maximise meal enjoyment
- ✓ increase meal appeal
- ✓ avoid unnecessary food restrictions
- ✓ increase meal and snack variety
- ✓ prepare food that is culturally appropriate
- ✓ reduce nutrition related health issues such as malnutrition, pressure injuries and falls.

The manual also addresses texture modification of food, thickened fluids, high energy, high protein foods and diets for residents with diabetes. The focus is on meal enjoyment, preventing malnutrition and avoiding unnecessary low fat, low sugar and low salt dietary restrictions.

Written by Rudi Bartl, Public Health Community Nutritionist/Dietitian and Carolyn Bunney, Public Health Community Nutritionist/Home Economist both from Nutrition Services, Central Coast Local Health District, the manual contains comprehensive and user friendly information for today's aged care homes.

**The content reflects extensive consultation and review by relevant peak bodies, organisations and specialised health care professionals including:**

- ✓ Emeritus Professor of Human Nutrition, The University of Sydney
- ✓ Aged Care Home staff
- ✓ Dietitians with experience in aged care
- ✓ Multicultural Health Services
- ✓ Aged Care Standards and Accreditation Agency
- ✓ Nursing Academics
- ✓ Professor in Geriatric Medicine

**Who was this manual written for?**

Anyone who requires a supportive resource that provides professional, current and relevant nutrition and hydration information including:

- ✓ Food service staff who plan and prepare meals
- ✓ Staff who serve the food and care for residents
- ✓ Families and friends of those who are in aged care
- ✓ Dietitians working in aged care homes
- ✓ Accreditation personnel