Food for the brain
A Centre based experience
OUR VISION

To build on the capacity within each individual to achieve their personal potential.
Background

• Rise have delivered services in the Hills for 30 years

• Strengthening the communities of our elderly, people with a disability, those with mental health issues, youth at risk and care givers.

• Aged Care includes in home, overnight respite and Centre Based activities
Background

• In April 2012 the position of Cook/Activity assistant was created,
• Aimed to design menus influenced by member’s choice.
• Implement cooking classes and to raise awareness of nutritional information for members to go about and use in their daily lives
The journey began

• Our clients with dementia had little interest in food, we looked at stimulating the appetite by introducing -

• Fresh herbs and produce
• A variety of spices
• In season fresh fruit and vegetables
• Incorporating colour, texture and variety
• Putting a modern spin on old fashioned favourites
One year later...

- Clients are engaged in eating
- Appetites have been stimulated using herbs and spices
- A variety of food is prepared within budget
Creating an Interest in Food

• Enhance flavour by changing cooking method eg stewing to baking
• Layering foods with sweet and sour tastes
• Ensuring kitchen aromas waft through the Day Centre
• Presenting food attractively using colour
• Small portion sizes
• Making meal times a social event
Tic Toc activity

Activity designed to:
• stimulate reminiscing
• participate in group task
• follow simple instructions
• enjoy a sweet treat.
METHOD:

- Take the biscuit with icing facing upwards.
- Put a little icing in the centre of the biscuit.
- Place a Marshmallow on top of icing to create the cup.
- Stick half a LifeSaver into the side of the marshmallow to create a handle.

Now it’s time to enjoy your TAC-TAC cup.
The story continues...

Passion
Discovery
Enthusiasm
Thank You