



DINING Directions

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3 TERRIFIC TIPS FOR SAFELY SATISFYING CRAVINGS FOR FAVORITE FOODS

Sometimes, no matter how hard we try to match a resident's preferences for certain foods, we just can't replicate every person's favorite recipe. So, what do we do? Here are some suggestions to satisfy elders' cravings for desired dishes.

An easy and effective way to do this is for families to bring beloved homemade foods into the community. *To do this as safely as possible, you need to have a policy, protocol, and tip sheets about foods brought in from outside sources.* You can download examples at SeniorNutrition.net resources page under Tips and Forms Food Safety that answer questions such as:

- How long can food be held at room temperature?
- How can you safely store leftovers and where?
- What types of foods and snacks are best to have brought in?
- How can elders enjoy foods and snacks they love and maintain dietary restrictions?



Another method is to let residents make their favorite dishes themselves. This requires making available to families, residents, and staff a kitchenette or a kitchen area with at least a refrigerator and stove where cooking and baking are welcomed. After feeding themselves and their families for decades, many people enjoy cooking and would love to get their stirring spoons into a bowl of cake mix or make Grandma's special spaghetti sauce.

The third tip is to set up a favorite recipe tasting in which residents and staff members make family favorites for everyone to enjoy. Events like this add variety to people's lives and foster community spirit by bringing elders and the people who care for them closer together.

The mission of our highly experienced consulting team at Balanced Senior Nutrition is assisting LTC communities to enhance older adults' dignity, happiness and health through pleasant, meaningful dining experiences. Our goal is making sure individuals have greater freedom to exercise their right to decide when, where and what they will eat which leads to more independence and improved health outcomes. For reading Dining Directions, we would like to offer you a free copy of our e-book "The Inside Scoop on Safe Holiday Cooking" Visit our website at <http://www.seniornutrition.net/inside-scoop-safe-holiday-cooking>.

ARE YOU READY FOR THE BOOMERS?

The wave of savvy residents who know their right to person-directed dining is coming. If you need help avoiding citations for person-directed dining violations, we have free ready-made forms, tip sheets and much more available on our website resources page.



RECIPE CORNER

Ingredients:
 4 cups mashed sweet potatoes, no juice
 1 cup brown sugar
 2 eggs, beaten
 1 teaspoon vanilla
 1/2 cup milk
 1/2 cup butter, melted

Topping:
 1 cup brown sugar
 1 1/2 cups crushed cornflakes
 1 cup pecans, chopped
 1/4 cup butter, melted



Mix all topping ingredients. Place on top of soufflé before baking.

Mix first 6 ingredients and place in buttered 2 quart baking dish. Bake with a lid for 25 minutes at 350 degrees. Bake an extra 10 minutes without the lid. Serve hot.

Nutrition Per serving: Calories: 269 calories Fat: 14 grams Protein: 2 grams Carbohydrate: 33 grams

SAFE FOOD HANDLING FOR THE HOLIDAYS



- **CLEAN:** Bacteria can get on hands, cutting boards, knives and countertops spreading throughout the kitchen.
- **SEPARATE:** Cross contamination is how bacteria spread.
- **COOK:** Improper heating of food means bacteria can survive.
- **CHILL:** Bacteria spreads fastest between temperatures of 40F and 140F, so chilling food properly reduces the risk of foodborne illness.

SAFE FOOD HANDLING AT A GLANCE

QUICK TIPS TO KEEP RESIDENTS SAFE WHEN SERVING THEM FOOD

DON'T LOSE YOUR TEMPERATURE

Keep hot food hot, and cold food cold. If food has been sitting at room temperature for over 2 hours, throw it out.



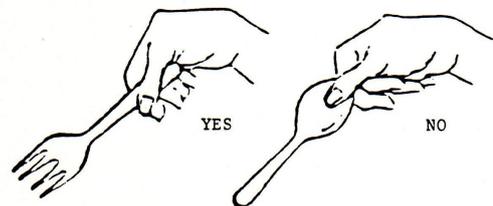
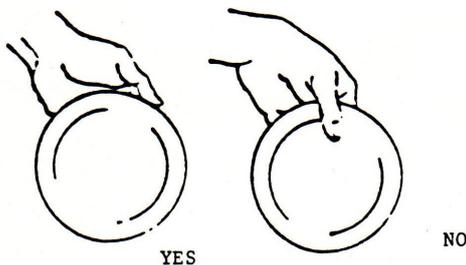
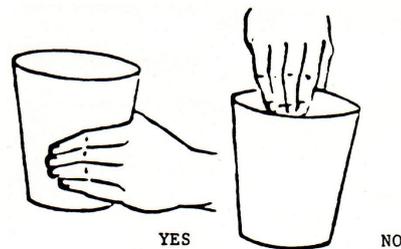
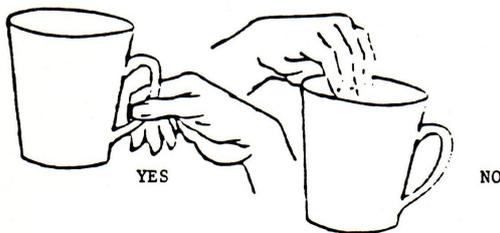
REDUCE FOOD BORN ILLNESS IN HIGH RISK POPULATIONS

- Unopened foods with expiration dates should be discarded after that date. Opened food items with expiration dates are safe to consume up to 3 days after they are opened.
- All leftovers, luncheon meat sandwiches, pizza, soups, deli salads, cottage cheese or sour cream, and cream or fruit filled pastries should be discarded after 3 days.
- If using a microwave to reheat leftovers, stir the food item halfway through to equally distribute the heat. All leftovers must be reheated to an internal temperature of 165 degrees Fahrenheit using a calibrate thermometer that is sanitized before each use.

THE SAFEST WAYS TO SERVE RESIDENTS



DON'T HANDLE PLATES, BOWLS, UTENSILS AND GLASSWARE WHERE THE FOOD TOUCHES



How to pour safely by NOT touching the bowl, glass or cup with the spout. When refilling, use new glass or cup



CLEAN UNIFORM, TIDY HAIR, SAFER SERVER



Hair should be restrained with clips/pins or ponytail hair band when serving.

PROPER FOOD STORAGE ORDER

TOP TO BOTTOM SHELF

- READY TO EAT FOODS
- RAW SEAFOOD
- RAW WHOLE MEATS
- RAW GROUND MEAT
- RAW POULTRY
- RAW EGGS

