

Recipe Book

WHAT

A recipe book can be generated from favourite recipes from staff, residents and their families. The recipe book can include ideas for main meals and snacks.

WHY

Developing a recipe book is an excellent way to get residents and their families involved in food choices in their facility, and to also find out about residents' food preferences. The recipes can then be enjoyed by the residents, improving their nutrition and hydration.

WHEN AND HOW

The development of a recipe book can be put on the agenda at your facility staff meeting and residents' meetings. You can ask everyone what recipes they would like to have included in the book and families and staff can help find or create recipes.

Before using the recipes make sure you run them by a qualified Accredited Practising Dietitian (APD) (see *Information Sheet 8*) with experience in Residential Aged Care, to check that they are suitable for residents to eat.

You can also run taste-testing sessions (see *Information Sheet 9*) to trial the recipes before including them in the book.

The final recipes may be cooked as part of the residents lifestyle or activity sessions and then served for morning or afternoon tea (see *Information Sheet 10*). This way you are improving the residents' nutrition and enjoyment.

WHO

Residents as well as staff and their families can all enjoy freshly cooked meals.