

Cook On Site Options

WHAT

Cook on-site options are foods that are cooked at the facility (cook serve). They can be main meals or snacks, for example, toast and soup.

WHY

There are many benefits to having some cook on-site options including:

- There is more flexibility to modify the meals
- Greater variety leads to improved intake
- The smell and sight of fresh food cooking stimulates appetite and is a cue for residents living with dementia to eat
- Cost-effective way to increase options on the menu
- Job satisfaction for the catering staff

HOW

- Ask residents what they would like to eat at a residents meeting or conduct a Food Survey (see information sheet x).
- Liaise with the catering manager to see what is possible and try out new recipes at a taste testing event (see information sheet x).

There are many ways to cook foods on-site eg purchasing a bread maker to make fresh bread or toast. Residents can either bake their own fresh bread daily or catering staff can make it for them in an area where they can see and smell it (a resident kitchen for example).

Another example is purchasing a soup tureen. Soup tureens can be used to make fresh soup on-site, and you can serve it with your fresh bread from the bread maker!

WHEN

The best time to cook the foods is right before the mealtime, that way the sight and smell of the food being prepared will entice the residents to eat.

WHO

Residents as well as staff and their families can all enjoy freshly cooked meals. Residents or catering staff can cook the meals. Remember to observe OH&S procedures at all times during food preparation eg wearing gloves, wearing hairnets and washing hands.

