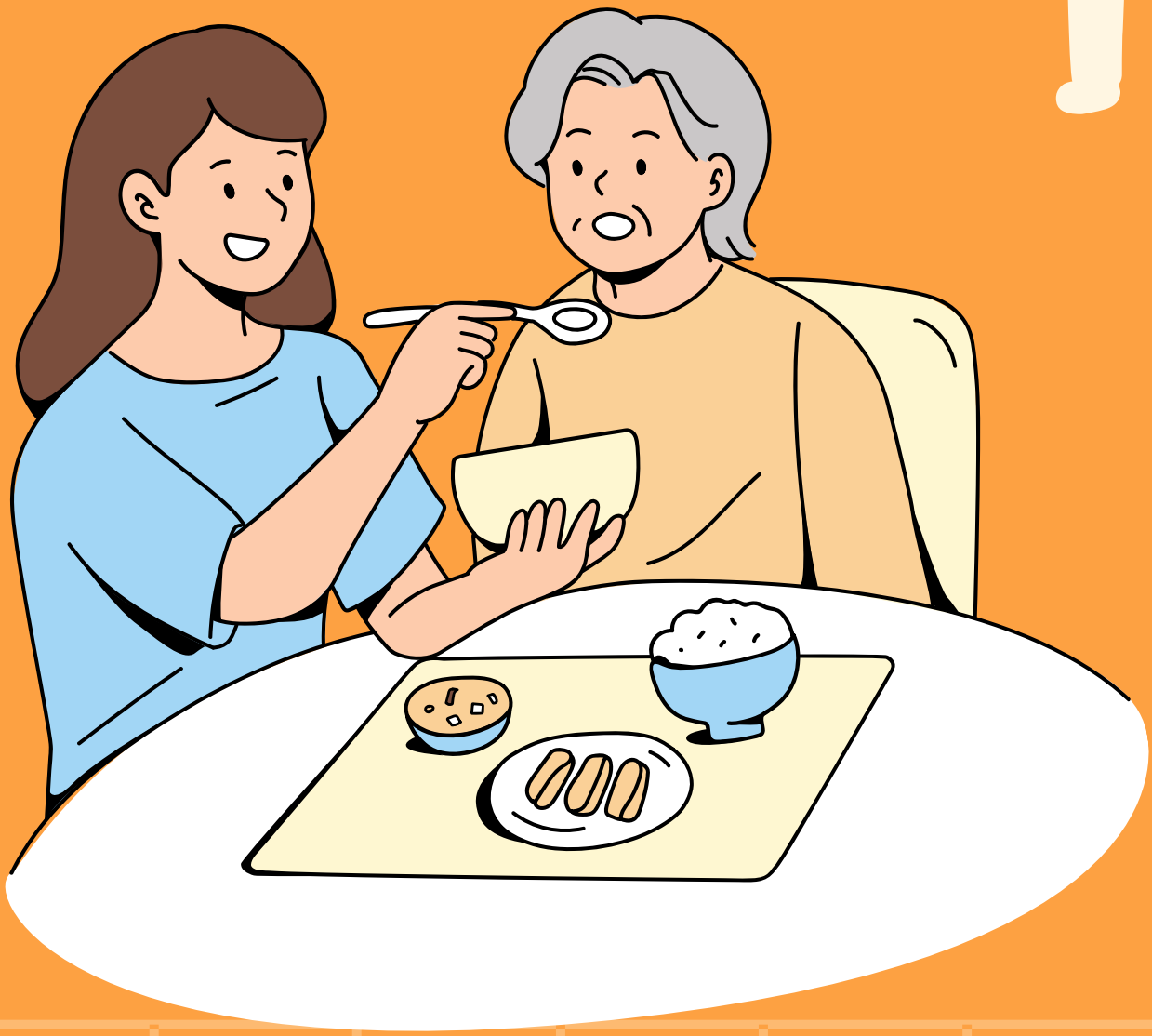


IMPLEMENTING PROTECTED MEALTIMES



CREATE A POSITIVE DINING ENVIRONMENT

Turn off the TV, consider playing music, minimise noise and distractions, limit non-meal related activity.

1

2

OBSERVE, ENCOURAGE, ASSIST

Watch to see if residents are eating, if they need anything. Gently prompt residents to eat their meal. Assist with cutting up food or feeding as needed.

ENSURE MEALS ARE FINISHED

Do not remove food from residents until they have finished eating/had enough to eat.

3

REMEMBER...

Protected mealtimes help residents focus on eating in a pleasant and supportive environment. This helps increase nutrition, and reduces food waste. That's a win win!

Protected Mealtimes

Create a Positive Dining Environment

Turn off the TV, consider playing music, minimise noise and distractions, limit non-meal related activity

Observe, Encourage, Assist

Watch to see if residents are eating, if they need anything. Gently prompt residents to eat their meal. Assist with cutting up food or feeding as needed

Ensure Meals are Finished

Do not remove food from residents until they have finished eating/had enough to eat



**Help
increase
nutrition
& reduce
food
waste!**