

## Lutheran Aged Care Food Experience

For residents living in Aged Care facilities, food is a huge part of their day. It can make someone feel warm and wholesome, or on the other hand, disappointed and unsatisfied. At Lutheran Aged Care, we aim to make our residents feel joy and comfort through the food they eat every day.

Our 'Maggie Beer Kitchen Garden' project is a new addition which provides residents with a connection to the food on their plates. Residents, with the help of staff and community, have been actively involved in planting vegetables and herbs for use in our kitchens. We have a few staff now members of the Maggie Beer foundation which aims to improve food in Aged Care.

Our residents have opportunities to showcase their own baking skills through involvement in cooking club, one of our many lifestyle activities centred around food.

We have recently begun works to implement an electronic kitchen management system, where residents and their guests can select their menu preferences in advance. We are then able to print off their menu for them to have in their room. Menus are designed around the seasons with resident and dietician input focusing on nutritional value, flavour and the joy of eating.

Our Yallaroo Facility has recently had a brand-new commercial kitchen built onsite. This was done to enhance the quality of the food our residents received as previously meals were being transported from our Dellacourt site. By doing this, food retains its colour and integrity, giving our chefs more control over the result and offering more flexibility in choice for residents on the day.

At Lutheran Aged Care we are committed to making improvements to ensure our residents are continuously getting the highest quality food and dining experiences. Meal times are something everyone should look forward to no matter where you reside. Providing residents with choice in a home like environment is what Lutheran Age Care is all about.

