

Shaping a more nourishing diet

By Natalie Cavallaro

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FOR aged care residents on a pureed diet, meal times can often be flavourless and bereft of dignity, resulting in undernourishment and low quality of life.

That's why the kitchen staff at Jacaranda Village in Red Cliffs are thinking outside of the box, and serving pureed food that's moulded into its original shape.

"We had a resident who hadn't been able to eat a sandwich for something like six to 12 months," Jacaranda Village chef

Kristy Brown said.

"Today, she was able to try one that had been moulded."

Jacaranda Village uses Shape It food moulds and thickener made by Flavour Creations.

Flavour Creations chief executive officer Bernadette Eriksen was in Red Cliffs yesterday to assist staff and praised Jacaranda Village for its forward thinking.

"Jacaranda Village is among 5 per cent of facilities to do this nationally," she said.

"It's about restoring choice and dignity to patients who have difficulty swallowing

to improve nutritional health and quality of life."

Jacaranda Village chief executive officer Martha Rowe said by making meal times more appetising for those with eating difficulties, there were vital health benefits.

"We've noticed that because residents are eating more and gaining vital nutrients, their recovery time from wounds and illness has improved," she said.

"Food and activities inform the quality of life for our residents, and it's important that we provide nutritionally appropriate foods that are appealing."



Jacaranda Village chief executive Martha Rowe, Flavour Creations chief executive Bernadette Eriksen with Jacaranda Village chef Kristy Brown.

Picture: Louise Donges