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# Bidfood

Supporting Nutrition & Hydration Week 2018



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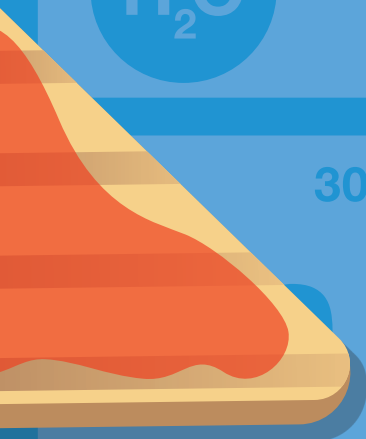


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We're taking part in



2018



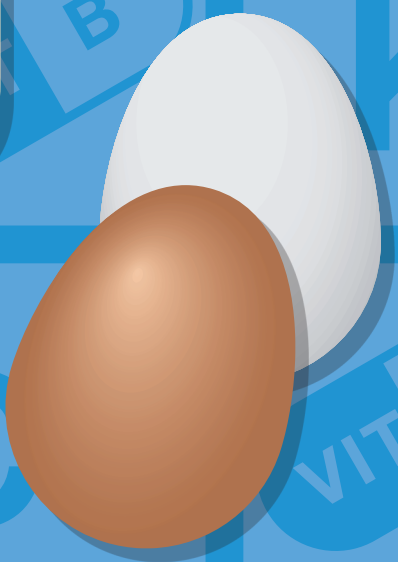
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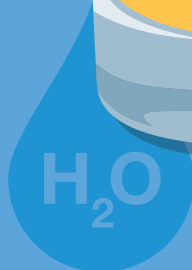


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## Healthy Hydration

Older people should be encouraged to drink about 1 ½ litres of fluid a day (about 6-8 glasses). All drinks can help to maintain sufficient hydration, including hot drinks such as tea and coffee, but water, milk and fruit juices are the healthiest. Alcohol is a diuretic, so excessive alcohol can lead to dehydration – therefore if residents do consume alcohol, it should be in line with current Government guidance.

### Tea

64237	Tetley 1 Cup	2x1100
56899	PG Tips 1 Cup Pyramid	2x1150
72915	Typhoo 1 Cup	2x1100
63422	Tetley Bulk (Half Gallon) Tea Bags	1x82

### Coffee

32782	Maxwell House Refill Granules	6x750g
14161	Maxwell House Granules	6x750g
78516	Nescafé Original Sticks	1x200pk
78517	Nescafé Original Decaffeinated Sticks	1x200pk
86715	Black + White Coffee Co. Medium Roast Filter Coffee	50x60g

### Milky drinks

Milk is a source of essential nutrients such as protein, B vitamins and calcium, as well as being a source of water. Use full fat milk to provide an additional energy source for residents in need of extra calories.

23734	Crusha Strawberry Flavour Milkshake Mix	12x1ltr
23726	Crusha Strawberry Flavour Milkshake Mix No Added Sugar	12x1ltr
25271	Crusha Banana Flavour Milkshake Mix	12x1ltr
23737	Crusha Chocolate Flavour Milkshake Mix	12x1ltr



50072	Everyday Favourites Instant Hot Chocolate Drink	2x1.5kg
04787	Cadbury Bourneville Cocoa Powder	1x1.5kg
62741	Horlicks Plain	2x2kg
28274	Gadbury Drinking Chocolate	6x500g
34423	Horlicks Original Malt	6x500g
34424	Horlicks Light Malt	30x32g
49917	Ovaltine Original	6x800g
04727	Everyday Favourites Drinking Chocolate	2x2kg



## Squash

Let your residents prepare their own juice. Provide each of them with a jug of fresh water and a choice of Squash Stix single portion packs of liquid squash concentrate.



23299	Squash Stix Orange Flavour	1x200
28847	Squash Stix Apple and Blackcurrant Flavour	1x200

## Squash

<b>NEW!</b> 29668	Everyday Favourites Whole Blackcurrant & Apple Squash Double Strength	2x5ltr
45457	Everyday Favourites No Added Sugar Blackcurrant Squash 1:4 Dilution	2x5ltr
45462	Everyday Favourites No Added Sugar Whole Orange Squash 1:4 Dilution	2x5ltr
49826	Everyday Favourites No Added Sugar Whole Lemon Squash 1:4 Dilution	2x5ltr
03280	Everyday Favourites Whole Orange Squash Double Strength	2x5ltr
45460	Everyday Favourites Lime Cordial 1:4 Dilution	2x5ltr

## Fruit juice

55032	Pure Orange Juice Re Seal	12x1ltr
46877	Pure Apple Juice Re-Seal	12x1ltr
93880	Sunpride Cranberry Juice Drink	12x1ltr
96975	Pineapple Juice From Concentrate	6x1ltr
9212	Mango Juice Drink	12x1ltr

## Suggestions for increasing fluid intake:

- Allow for individual drinking habits and routines
- Offer fluids regularly throughout the day
- Provide assistance to individuals, if required
- Provide fluid of appropriate consistency
- A resident who has some difficulty in swallowing drinks may require a slightly thickened drink, which will move more slowly in the mouth, and can be easier to control\*

## Roast pork (Serves 10)

60173	Farmstead Pork Leg - Boneless 2-2.5kg	1k
03254	Everyday Favourites Sage & Onion Stuffing Mix	120g
78632	Maggi Golden Gravy Mix	1ltr
10451	Everyday Favourites Solid Pack Apples	300g
07531	Tate & Lyle Caster Sugar	50g

1. Place the pork on an oven proof tray and cook in a hot oven until it reaches 75°C and then allow to rest for 20 minutes.
2. Make the stuffing and cook as per manufacturer's instructions.
3. Make up the gravy as per manufacturer's instructions.
4. Place apples and sugar in a pan and gently heat once hot puree together using a liquidiser.



Some vegetables have a high water content so make sure you serve up a healthy portion with the main course. Add some gravy as well to increase the fluid content.

## Vegetables

82829	Everyday Favourites Economy Peas	2.5kgx4
83372	Everyday Favourites Cauliflower Florets	2.5kgx4
04364	Everyday Favourites Peas	2.5kgx4
04386	Everyday Favourites Broccoli	2.5kgx4
83369	Everyday Favourites Brussels Sprouts	2.5kgx4
70825	Everyday Favourites Sliced Carrots	2.5kgx4
82846	Everyday Favourites Cut Beans	2.5kgx4



## Gravy

78632	Maggi Golden Gravy Mix	2x2kg
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## Fruit berry strudel

(Serves 10)

96083	Puff Pastry Sheets	625g
59905	Fruits Of The Forest	800g
07067	Clear Blossom Honey	100g
04285	Medium Free Range Eggs	1
07531	Caster Sugar	50g



1. Preheat the oven to 200°C or gas mark 6.
2. Defrost the pastry and fruits.
3. Line a tray with greaseproof paper.
4. Roll out the pastry.
5. Drain the fruits then sprinkle them over the pastry, add the honey on top of the fruit and cut off any excess pastry corners.
6. Roll the pastry up then place on top of the baking paper, cut small pleats in the top of the pastry to allow the steam to escape.
7. Beat the egg in a bowl then brush it on top of the pastry and sprinkle with the caster sugar.
8. Cook in the oven for 20 minutes or until cooked.
9. Allow the strudel to rest and set before serving.

## Jelly

76370	Hartleys Tablet Jelly assorted Flavours	12x135g
26014	Everyday Favourites Strawberry Jelly Crystals	2x3.5kg
26008	Everyday Favourites Orange Jelly Crystals	2x3.5kg
26023	Everyday Favourites Raspberry Jelly Crystals	2x3.5kg

## Custard

04363	Everyday Favourites Ready to Serve Custard	12x1ltr
03416	Everyday Favourites Custard Mix	4x3.5kg
26455	Bird's Custard Powder	4x3 kg
07792	Chef William Custard Powder	4x3.5kg
50634	Ambrosia Devon Custard	12x120g
50635	Ambrosia Banana Custard	12x120g
50633	Ambrosia Strawberry Custard	12x120g
50636	Ambrosia Chocolate Custard	12x120g

## Desserts

50634	Ambrosia Devon Custard	12x120g
40858	Ambrosia Rice Pots	6x120g
50633	Ambrosia Strawberry Custard	12x120g
50636	Ambrosia Chocolate Custard	12x120g
50635	Ambrosia Banana Custard	12x120g

## Cream






40551	Millac Gold Cream	12x1ltr
31652	Everyday Favourites UHT Dairy Whipping Cream	12x1ltr
72600	Kerrymaid Double	12x1ltr
31653	Everyday Favourites UHT Dairy Single Cream	12x1ltr

## Yogurt

07413	Müller Thick & Creamy Smooth Yoghurt Mixed Case	12x110g
11171	Müllerlight Mixed Case Smooth	12x125g
11172	Müllerlight Mixed Case Fruity Pieces	12x125g
51136	Müllerlight Mixed Case	12x175g
35267	Ubley Thick 'n' Creamy Fruited Yoghurt Mixed Case	12x150g
35266	Ubley Low Fat Fruited Mixed Yoghurt Case	12x115g

# Choosing the right tableware

The right tableware can make a difference to the overall dining experience of your residents. Provide aids for drinking if needed, such as special cups.

- 
 The cup shouldn't be too wide that liquid can spill easily from the sides, and not too narrow that a resident's lips can't close around the rim
- 
 Choose a cup that allows the resident to drink without having to tip back their head, as this can open the airways and cause choking
- 
 The cup should be made of material that won't shatter or break if bitten on the edge
- 
 A clear cup is useful for monitoring the volume of liquid being consumed
- 
 Drink spillage may be a problem for residents with tremors. In this case, offering a drinking cup with a handle that can be easily gripped and half filling the cup may help to reduce spillages. Some residents may also find the use of a straw helpful

\*Advice can be sought from a speech and language therapist or dietitian on the type of cup to use where appropriate.

## Biodegradable Straw

<b>37422</b>	Oxo Biodegradable Naturelle Green Bendy Straw	40x250pk
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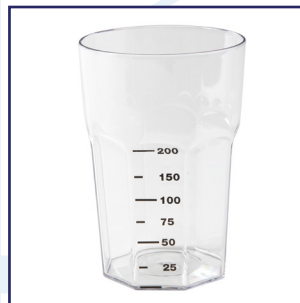
## Other



<b>22517</b>	1.1ltr Graduated Jug	1x10
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<b>22518</b>	Individual Serving Platter Med Blue	1x10
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<b>22516</b>	Graduated American Tumbler 340ml	1x10
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<b>22515</b>	Graduated Clear Beaker with Handle 280ml	1x10
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# Food Quiz

## Answers



**Q1.** Carrots are said to be a good source of which vitamin?

**A1.** Vitamin A (actually contains beta-carotene which is converted to Vitamin A)

**Q2.** If a dish is described as being "à la Florentine" what vegetable would it contain?

**A2.** Spinach

**Q3.** What vegetable is used in the production of the Greek dish, moussaka?

**A3.** Aubergine

**Q4.** Which vegetable could be shitake, chestnut or oyster?

**A4.** Mushroom

**Q5.** Which **two** vegetables are usually found in the left-over dish "Bubble & Squeak"?

**A5.** Potatoes and cabbage

**Q6.** Which fruit has the highest number of calories?

**A6.** Avocado

**Q7.** Which fruit can be a honeydew or a cantaloupe?

**A7.** Melon

**Q8.** What is a "Scotch Bonnet"?

**A8.** Chilli

**Q9.** Which spice comes from the dried stigmas of crocus flowers?

**A9.** Saffron

**Q10.** Which nut is used to flavour traditional Bakewell Tart?

**A10.** Almond

**Q11.** Which fruit is used in the making of a black forest gâteau?

**A11.** Black cherries

**Q12.** What is the Russian soup made from beetroot called?

**A12.** Borscht





# Nutrition & Hydration Quiz

## Answers

**Q1.** What four tastes can a human detect?

**A1.** Sweet, sour, salt and bitter

**Q2.** Your tongue is home to special structures that allow you to experience tastes such as sour, sweet, bitter and salty, what is their name?

**A2.** Taste buds

**Q3.** Staying hydrated can help your skin – where is human skin the thickest?

**A3.** Palms and feet

**Q4.** What is the outermost layer of skin called?

**A4.** Epidermis

**Q5.** It is better to have juice as part of a meal to prevent tooth decay. What are the front cutting teeth called?

**A5.** Incisors

**Q6.** What percentage of the body is water?

**A6.** 60%

**Q7.** How much of their water do people typically get from food?

**A7.** 20%

**Q8.** Staying well hydrated can improve mood, memory and brain performance. The brain uses what percentage of the body's energy?

**A8.** 20%

**Q9.** Drinking enough water prevents constipation and also reduces the burden on the kidneys and liver by helping to flush waste products. How long is the digestive tract?

**A9.** About thirty feet or 9 metres

**Q10.** What size is the kidney?

**A10.** The size of a fist

**Q11.** How much blood does your kidney filter every day?

**A11.** 180 litres

**Q12.** What is the chemical symbol for water?

**A12.** H<sub>2</sub>O



# Food Quiz Questions

Q1. Carrots are said to be a good source of which vitamin?

A1.

Q2. If a dish is described as being "à la Florentine" what vegetable would it contain?

A2.

Q3. What vegetable is used in the production of the Greek dish, moussaka?

A3.

Q4. Which vegetable could be shitake, chestnut or oyster?

A4.

Q5. Which **two** vegetables are usually found in the left-over dish "Bubble & Squeak"?

A5.

Q6. Which fruit has the highest number of calories?

A6.

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A7.

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A8.

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# Nutrition & Hydration Quiz Questions

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A1.

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A2.

Q3. Staying hydrated can help your skin – where is human skin the thickest?

A3.

Q4. What is the outermost layer of skin called?

A4.

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A5.

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A6.

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