

## Delicious treats for Nutrition and Hydration Week at Princess Christian Care Home



On Wednesday 13 March we enjoyed a Cooking Club food and drink tasting session in our Bisley Unit here at Princess Christian Care Home, as part of our Nutrition and Hydration Week activities.

Our residents had the opportunity to enjoy **rainbow jelly, watermelon and fruits** to eat. Refreshments included **fruits of the forest smoothies, juices, coffee or tea**. We displayed all the colourful goodies together to tempt everyone's tastebuds!

Our Recreation and Well-Being team members **Olivia** and **Jordan** were on hand to help **Chef Cosmin** prepare and serve everything. The delicious snacks and drinks went down a treat with our residents; **Ameneh** commented that **watermelon** was her favourite fruit and she always loves to have it.

**Cosmin** took a lovely photo of our resident **Joan** with her cocktail. He explained: "I asked Joan if I could take her picture and she replied, "With or without my glasses?" and I said "Of course with your glasses as you look pretty". When I showed her the picture, she said "That's beautiful", so I printed it for her to keep in her room. She was very happy."

