

Nellsar Care and Cookery Book launch event at Princess Christian Care Home



Thursday 25 May was a very special day for Princess Christian Care Home and the Nellsar Care Home group as we celebrated the long awaited Nellsar Care and Cookery Book.

Residents, their families, and members from all staff teams throughout the Homes, along with Management and Senior Management, came together to mark the occasion with a few short speeches, live entertainment, and an incredible buffet made by **Head Chef Cosmin and his team**. Our VIPS – our residents – were central to the celebrations as they received congratulatory '**Chef Assistant**' aprons and '**graduation certificates**' as a thanks for taking part in '**Cooking with Cosmin**' classes.

The cookery book project was born from an idea of **Head Chef Cosmin Cristea at Princess Christian** to collate a few of his and his residents' favourite recipes, and thanks to **Nellsar's Head of Nutrition and Wellness Leni Wood**, and **Head of Catering Services Adrian Silaghi**, his wonderful idea became much more.

Nellsar Care and Cookery contains a great selection of seasonal recipes, which outlines the ingredients, methods and a top nutritional tip for each dish, as it looks to both nourish and educate its readers. Some of the recipes are adapted to fit differing dietary requirements and ensure that optimal nutrition is achieved, whilst remaining sympathetic to those living with dementia or diabetes.

The book touches on our **holistic approach to food and dining** and how we cater to each resident's individual needs. It is a celebration of our person-centred care catering and the skilled nutritional support we provide. Our **Head of Nutrition and Wellness, Leni Wood**, talks about the nuances of catering for our residents and her tips for tailored nutritional care, and she highlights the importance of hydration and how to best support our digestive health. Leni also covers the key food groups when catering for people in later life stages and she brings to light the importance of **Dementia Supportive Dining** in a Care Home

environment.

Our **Head of Catering Services Adrian Silaghi**, also talks about our expert provision of texture modified meals and how our Chefs maintain their visual appeal, along with the secrets to nutritionally balanced purée and how to boost flavours.

Cosmin commented, "This event was an outstanding success because of a conscious team effort. Thank you so much to Christine and her Activities Team, to my Catering Team – Catalin, Eduard, Graham and Rinu. And thank you so much for your help – Dora, Ionela, Maria, Adelina, Olivia and Ilze. Also, special thanks to Jodie, Leni, Adrian and Mario, and to everyone who took part on this beautiful day!"

[View the Nellsar Care and Cookery Book.](#)

Click the below gallery images to enlarge.























