

Princess Christian Care Home residents and staff celebrate Nutrition and Hydration Week



This week we have been celebrating Nutrition and Hydration Week here at Princess Christian Care Home, with lots of tasty treats on offer!

On Monday we created **colourful mocktails and smoothies** which went down very well with our residents.

Chef Cosmin served up **fruit cocktails** in our Bisley lounge on Tuesday and on Wednesday, **Chef Christian** served up **fruit treats** in our Pirbright lounge.

Today our residents will be **food and drink tasting** and we've also arranged a **crazy fruit hat photoshoot**, with some fantastic hats made by our residents and Activity Team.

We haven't forgotten our staff this week! Our Activities Manager Christine has provided a **fruit laden trolley in our reception for staff to enjoy** and get their five a day!