

Food and Nutrition Champions in Residential Aged Care Homes Are Key for Sustainable Systems Change within Foodservices; Results from a Qualitative Study of Stakeholders

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Study

Food fortification involves adding ingredients to make foods or beverages more energy and nutrient-dense without increasing the portion size. For example, by adding cream to porridge, a neutral supplement powder to a milkshake or lentils to soup.

Food fortification is a versatile strategy where a variety of ingredients can be added to many foods and beverages across the menu. However, there are some issues implementing and maintaining food fortification strategies including the inflexibility of foodservice systems and strict budgetary restrictions.

Australian aged care staff were interviewed on their perspectives on the role of foodservices in aged care and more specifically, the delivery of food fortification.

What was found

To promote long-term sustainable changes in aged care foodservices, staff need to work as a team to champion nutrition. There should be a strong leadership that values resident-centred care using a food-first approach.

Lastly, the workplace culture needs to value continuous improvement and provide training opportunities for staff.

Practical applications

- Food and nutrition champions that support and advocate for the nutritional care of residents should be responsible for monitoring the delivery of nutrition support strategies, including food fortification.
- Food-first approach is the preferred approach in aged care
- Aged care providers should encourage and provide training opportunities for staff

How to reference journal article

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