

Posted on March 21, 2023



Making soup

Our residents kicked off Nutrition and Hydration Week last week by making homemade vegetable soup together here at Woodstock Residential Care Home.

They helped peel the **potatoes, parsnips, carrots** and **leeks** and our staff cut them into cubes, ready for cooking. Charles told everyone about his vegetables patch that he had in his garden and how much he enjoyed growing his own veg.

At the end of the day we all had a delicious bowl of vegetable soup with bread and butter.

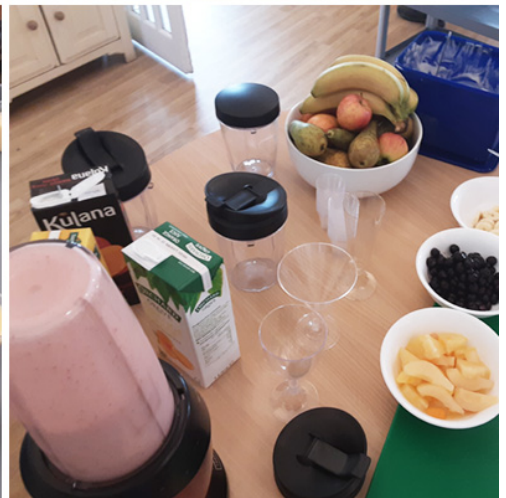


Homemade smoothies

Continuing the hydration theme, our ladies and gents enjoyed making smoothies last week too.

We had **frozen fruit, fresh fruit and ice cream** to make our delicious drinks with.

One of our residents helped us cut and prepare the smoothies and everyone enjoyed tasting them, with some residents asking for seconds, which is always the sign of success!



Sensory herbs

As part of the themed week we were keen to explore different sides to food, so we got our residents to **enhance their sense experience** with a variety of herbs to smell. We had **rosemary, mint, sage** and **lavender** – some were strong scented whilst others were milder.

Scented herbs are great as they are **multi-sensory**; our residents had fun guessing the different herbs using touch, smell and sight, and some tasted them too.