

Posted on March 13, 2019



The staff team at Woodstock Residential Care Home are really getting to grips with what it is to take part in [**Nutrition and Hydration Week \(11 to 17 March 2019\)**](#). It's an annual event with a shared objective to highlight, promote and celebrate improvements in the provision of nutrition and hydration – locally, nationally and globally.

Read on for some of the things we've enjoyed so far this week:

Day One – Monday 11 March

On our first day of celebrating **Nutrition and Hydration Week** here at **Woodstock Residential Care Home**, we made delicious **fruit jellies** with our residents. Residents remarked how they liked the different flavours when they had them at tea time.

Day Two – Tuesday 12 March

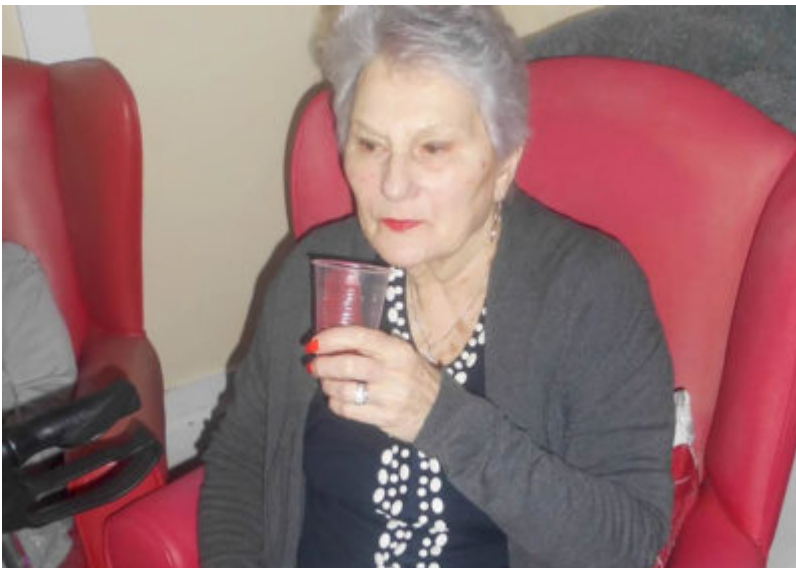
On Tuesday this week, residents had the chance to taste different flavour **fruit smoothies**. One flavour, which was summer fruits, was a little sour for some of our residents. However, the sweeter raspberry and blueberry smoothies went down a treat – *some*

people had seconds!

Day three – Wednesday 13 March

This morning, Wednesday 13 March, residents have been sewing **thyme, basil, lemon balm and mint seeds**. They really enjoyed planting the seeds in small pots we look forward to potting some vegetables too!

Click [here](#) to book a visit to **Woodstock** or click [here](#) to download our brochure.



Salt & Pepper	Apple Pie & Custard
Coffee & Cream	Tea & Coffee
Bread & Butter	Beef & Yorkshire Pudding
Beans & Toast	Porridge & Honey
Bacon & Eggs	Sausages & Mash
Peanut Butter & Jelly	Ham, Egg & Chips
Spaghetti & Meatballs	Steak & Chips
Cheese & Crackers	Mince & Onion
Peaches & Cream	Liver & Bacon
Fish & Chips	Steak & Kidney
Knife & Fork	Nuts & Raisins
Bubble & Squeak	Jam & Toast



