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**On Monday 14 March our residents at Woodstock Residential Care Home enjoyed sampling some tasty fruit smoothies to get us in the mood for Nutrition and Hydration Week (14-20 March).**

We enjoyed trying different flavour smoothies including **pineapple and mango, and strawberry and banana** – *so delicious and very refreshing!*

We made different types of smoothies consisting of pineapple and mango chunks, fresh orange and mango juice and chocolate ices to give a creamy taste. Our residents loved having a taste and it proved a very popular choice of drink!

We then made a strawberry and banana smoothie concoction, consisting of cut up strawberries and bananas with milk and choc ice blocks. All were blended into delicious fruit smoothies, perfect to tickle the tastebuds.

We had trays of each type of smoothie on offer to everyone and we all had a try of what we fancied.

We really enjoyed having this tasting afternoon. *A wonderfully nutritious way to keep everyone well hydrated.*

