



Network Practice: Dining Services

Juice bar

Multiple Communities

Set up a juice bar as a monthly or weekly offering is a great way to create a supportive culture of healthy eating. Juice bars are also a great healthy snack for events and programs.

TomatoPalooza

Acacia Creek

The director of dining services maintains a tomato garden each year. The produce is used in the meals, and residents help with harvest. TomatoPalooza was designed to bring the community together in a fun, social atmosphere to highlight the various components of successful aging and celebrate the community tomato crop with a parade. The event consistently draws a large number of attendees, both team members and residents.

Nutritional Information

Multiple Communities

Make nutritional information of menu items available for residents to review. Residents can access the binder at any time to review nutritional information.

Masterpiece Meals

Multiple Communities

Designate more nutritious meal options with the Masterpiece Living logo to help residents make healthy food choices.

“Eat This, Not That”

Multiple Communities

Led by dining services, this program demonstrates healthy substitutions to residents. Shows how making modifications with healthier options don't necessarily impact taste.

Cooking competition

Multiple Communities

Create cooking competitions for healthy items to be added to the menu (Iron Chef/Chopped theme). Residents and team members vote for the winners which will be added to the menu.

Convivial Crowd

Multiple Communities

Department Directors take turns hosting a dining room table each week for a group of specially invited residents. They decorate the table however they want in a way that brings their personality or personal interests to showcase to residents. Examples of theme tables included Patriot's Day, Circus, New York-New York, and Diamonds are a Girl's Best

Nutrition Demonstrations

Multiple Communities

Chef demonstrations of one food prepared in a healthy way and the same food in an unhealthy way. We then have the group guess if they can tell the healthy one.

15 Minutes for Food

San Joaquin Gardens

Every meal in Assisted Living is met with a 15 minute activity before it starts. Each day has a different focus: intellectual, physical, spiritual, and social. The 15 minutes allows the residents to have things to discuss at the meal, as well as meet their desires to stay engaged. We have found that the residents are coming even earlier to meal times to see what and how they will be engaged that day.

Community Table

Multiple Communities

Create a community table to welcome new and single residents in the dining room. Any resident that does not have someone to sit with is invited to dine at this community table.

Farmers Market Truck

Multiple Communities

After reviewing the data from the lifestyle reviews, we noticed that many of our residents were lacking in the food and vegetable consumption category. We partnered with a local farmer's market truck to come to the community for the residents. The truck comes for one hour each week, and the residents can use their dining dollars towards the purchase of the fruits and vegetables.