

FOOD FUN

5 Food-based Activities for Groups

Cheatsheet

These food-based activities are intended to maintain interest, provide entertainment, and promote the concept that eating good food can be fun

1 Ice cream

Make familiar, favourite flavours such as chocolate, vanilla, strawberry, caramel, mint and create unique flavours with herbs, spices, nut flakes, fruit puree, dried or fresh fruit pieces. A great activity for the summer, especially on really hot days as it increases fluid intake. Consider adding a thickening agent so that the ice cream is also suitable for those with swallowing problems.

2 Cheese

Engage an artisan cheesemaker to run workshops onsite for the residents to learn how to make a variety of cheeses. Consider adding herbs, spices, nut flakes, puree fruit, dried or fresh fruit pieces to the cheese creations – for example mango brie, paw paw camembert.

3 Fruit-ails

Fruit-based, non-alcoholic cocktails. Make with fresh fruit, tinned fruit and/or fruit juice, add fizz (lemonade, soda, tonic, mineral water), float some fruit pieces (strawberries, cherries, mangos, blueberries), insert straw, and slurp (noisily!).

4 New menu item tasting

Have a regular monthly taste testing of potential new dishes for the menu - main course and/or dessert. The kitchen provides the dish(es) and the residents evaluate their acceptability. Benefits include residents maintaining interest and supporting ongoing changes to the menu which means less waste, fewer complaints and minimised resident disappointment. Fun, empowering and cost effective.

5 Calendar

Create **The Calendar Group** whereby each participant contributes a recipe and makes the original dish, and the rest of the group improvises variations. At the end of each session photograph the various dishes - the primary dish, all the variations, and the participants; after twelve months there are enough photos for the calendar. Perhaps the kitchen could make the original dishes for The Grand Launch. This could be a useful fundraiser to supplement the Activities budget – all those proud children, grandchildren and great-grandchildren!



More ideas in our book
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