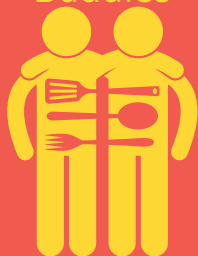


Food
Buddies



General food tips

Shopping tips

Christmas and New Year

Easy winter recipes

Winter tips

Thanks

Thank you to all the people who shared their recipes and suggestions.

We want to thank all the people who contributed to these ideas at one point or another.

Some of the recipes may have initially come from books and then people have loved the food and added their own twists. We have added the source or inspiration where we can, but we are not sure where all the ideas came from. If someone sees a recipe which they think came from them, please take this as a compliment. If you get in touch we will be able to thank you and tell people where the recipe came from.

Thank you to Life Changes Trust, who fund Borders Food Buddies and whose grant has covered the costs of developing and producing this booklet.





Introduction

Welcome to the Winter 2016 set of tips from Food Buddies.

These are practical tips that families find make life easier. They come from:

- People living with dementia.
- Other people who have health problems or are finding food is sometimes a challenge.
- Families who have a relative who is affected by dementia.

In this set of tips we have:

- 1 General food tips** - around food for any time of year.
- 2 Shopping tips** for winter.
- 3 Suggestions for Christmas and New Year.**
- 4 Easy winter warmers** - recipes and suggestions for food that are nice and cosy for this time of year.



These are suggestions that people have found work well for them. We all hope that some of them work well for you.

We have focussed on Christmas and New Year because these are times that mean a lot to the people who contributed. We hope the approaches and some of the ideas here will also be a good starting point for other people who are thinking about other festivals and occasions that are important to you.

We hope that people reading this booklet will tell us about your tips and the foods that you enjoy.



General food tips

Some people find that their sense of taste changes as they get older, or they lose their appetite. A condition like dementia can add more changes to how we taste things.

Try different foods and find the ones that you enjoy. That might be foods that you didn't like before.

Your taste likes and dislikes might change again. So keep exploring!

Stronger flavours or sweeter foods can also help at times when you don't have much of an appetite.

The recipes and tips here include ways to make food have a stronger taste or taste sweeter than other people might be looking for. You can use these ideas for lots of other foods and recipes.



Many people want to eat less as they get older. Again, there are conditions like dementia which change the way we want to eat. And most of us want smaller meals with lots of nutrition in them when we are feeling poorly or tired.

Try single courses and tiny portions for people who find that several small meals or snacks through the day are easier than 3 main meals.

Look for ways to increase the calories and nutrition in food when someone wants to eat a small portion. There are ideas in most of the recipes that you can also use with other foods.



“My tip for winter: have porridge each morning. We start as soon as the clocks change. I still take mine with a wee bit salt but these days Jim likes his with sugar. And if he has a good dollop of full fat milk, then I know he’ll be fine for the rest of the day even if he doesn’t eat much when he is out.”



People can have several health problems. And a couple or family can bring together a whole set of circumstances which makes planning and enjoying food a challenge.

The food tips that work for one illness can be different for the ones that work well for others. Talk to your doctor, or ask to see a dietitian, if you want advice to help you work out what combination is right for you.

The ideas that people living with one condition have worked out can also be really useful for other people too. It can be worth checking out suggestions from organisations that are for people with conditions that lead to similar symptoms or practical problems.



Winter can be a time when all our patterns change – getting out less, eating different foods, drinking less water and fruit juices, and so on. And that can contribute to all sorts of other health problems or feeling uncomfortable. Try to make sure that everyone is getting some exercise and fresh air, such as a gentle walk to the local shop whenever that is safe enough.

Some people are looking for ways to make food that are quick and easy. Other people with dementia and their family carers enjoy cooking. And lots of us have days when we want to cook and days when we want something quick.



“My wife was a great cook and baker. Christmas cakes and jars of mincemeat were a big thing for her every year. Now we make mincemeat together. It is a lovely way to spend a winter afternoon – lots of chopping and weighing and stirring it all, with cups of tea and just stopping when we want a break. We aren’t worried about getting it done before Christmas and I don’t think anyone notices if it tastes a bit different from before.”



Cooking and baking with someone – a relative, friend or someone like a befriender – can be really enjoyable when each person is doing the parts that they can do.

You can often cook things over several hours or even days. For example: **do the preparation; have a rest or stop for tea, have drinks of water as you go; do the actual cooking part later on.** That way people can go at their pace and different people can do different stages.

If you have something in the freezer or fridge that can be heated quickly, it takes pressure off everyone. It won't matter if something doesn't get finished in time for tea or doesn't work out as well as expected.



Shopping tips

Lots of people find shopping for food is harder at this time of year. We want fewer shopping trips when the weather is bad. And lots of us want to avoid the holiday crowds.

How you shop

It is easier to do shopping when the shop is not crowded and noisy. Try to avoid the busy times to do your shopping, such as lunch time, early evening and weekends, especially at the holiday times.

If you are finding the shops too busy you could see if someone could help you with an online shopping order if you have not done this before.

Some people find it easier to do several small shopping trips than one big one.



“My tip for stress-free shopping is to decide that whatever they have in our local shop, that’s what we’re having.



The staff there know us and look after us. They tell us about new things coming in that they think we might like.”



Talk to the staff at the local shop and find out what they will be getting in. Ask if things can be kept aside for you – or someone else – to collect later, or if the local shop can deliver to you.

Bigger shops often have extra staff on at this time of year. Watch out for them and ask for any help you need. Again, it is good to go earlier as there will often be more helpers who are keen and looking for people to help.

Sometimes people from community groups offer to help older people with their shopping at this time or year. Neighbours may also be able to help. It's ok to explain the sort of help you want.



“My tip for the big Christmas shop – or any time – is to tie a bright scarf to your trolley. That way you won’t get it muddled with someone else’s as you go round. It’s easy at the holiday time when everyone is buying the same sort of stuff and it’s not your usual shopping. That happened to my sister and she didn’t realise until she was half way through the till. And she isn’t the one with dementia! Now we both use the scarf trick!”



What you buy

Make a list of what you need. Also take a list of what you have already got.

Look out for food that comes in which will be useful for you, even if it is described some other way. For example, at this time of the year the shops have lots of party food and nibbles that are perfect for someone with a small appetite.

Some shops have a bigger range of spicy and other stronger tasting food at this time of year. Watch out for pickles and chutneys that will last for many months. These can be useful when someone's tastes are changing, or they want something to liven up other food.



“Last year I discovered the party food in the supermarket – nice finger food, something that is a bit different and easy to do. Our favourites were the Indian starter selection and the chicken satay skewers. One of the small packets and some fruit did the 2 of us fine for a meal. You only seem to get them at Christmas, so I’m looking out for them.”



Build up a stock of food, so you can get by on days (or weeks) when you don't get out to the shops. This is our starter list of useful things to stock up with:

- Tins of soup.
- Tins of creamed rice and custard.
- Tinned or frozen fruit.
- Frozen vegetables.
- Long-life milk.
- Frozen or long-life half-baked rolls and baguettes, so you can always have fresh bread to go with soup or a stew.



“Neil at the church offered to help with the shopping. For most older people, Neil and other volunteers pick up shopping for them. What we worked out is that he comes with both me and my husband. If Tom gets anxious they go off for tea while I do the shopping. Then he drives us home and helps to put away the heavy stuff.”



Christmas and New Year

This is a time of year when there are more social occasions – visiting people and going out for Christmas lunches and the like.

It is a nice way to keep in touch with people. But it can also leave people living with dementia feeling more confused.

Going to parties or visiting

Remember it is ok to say that you will come, but come at a time that works well for you – such as arriving a bit earlier before other guests and leaving when it gets noisier.

Explain to the people who have invited you – or organised an event – that there are a few things that will make you more comfortable. It is whatever makes life better for you: a place to have a quiet time out or a nap, not too much background noise, calmer lighting, or whatever.



Take along your own signs for doors, so the person living with dementia doesn't get lost in an unfamiliar house: bathroom, kitchen, living room, or whatever, plus a packet of blue-tak.

Take along your own crockery and table covering if that makes it easier for someone with dementia to enjoy eating with other people. Some people find it helps when the plate has a raised rim, or is a good colour contrast to the table cloth and food. Some people like nice light mugs that are easy to hold so drinks don't get spilled. If you use anything like that at home, just take it along with you.



“Make up small bottles of water and cranberry juice and take them with you when you are invited out. We both think this is much nicer than the sugary soft drinks most people offer. It looks nice and festive, it means mum gets enough fluids and keeps both mum and me free from urinary infections.”



Explain about any food preferences, especially if someone's tastes are changing. You can ask if it will be easier if you bring along some things yourself.

People coming to visit you

It's ok to tell visitors that you are eating in different ways and at different times from what they might expect. You can also tell them about anything else that makes life comfortable for you, such as having a nap or going off for some peace and quiet if it gets noisy.

Think about ways to have food that is right for people affected by dementia as part of an occasion with more people.



“We don't see my son and his family that often. They try to keep track of my wife's needs around her dementia, but it changes between visits. So I made a list of how she likes things before we went to visit them last Christmas. It included the things she was eating. That meant they could plan ahead and it makes life easier for everyone.”



For example, if you usually have a sit-down dinner, you can have buffet-style serving so each person gets the combination and amount that they like when they sit together.

If there is a spread of food, get someone to help the person affected by dementia find the food they want.

Get visitors to help you. It is ok to ask them to help with the cooking or clearing up.

Ask visitors to bring food with them. Tell them what you need.



“One of my grandsons sits with Nan and explains what the food is whenever we go to visit them. That way she doesn’t get surprised by something she isn’t expecting. If she doesn’t like something, he just takes it away and brings her a clean plate, to try something else. He thinks this is something special, just for him and his Nan.”



Enjoying festive season food

Look for ways to have traditional foods you enjoy on the scale that suits you now. These are examples that work when there are a few people or you want to save on the cooking and washing up.

You can roast chicken breasts with skins rather than a full chicken or turkey.

Buy cooked sliced turkey from the deli counter or butcher instead of cooking a whole turkey for Christmas dinner.

Use prepared vegetable – fresh or frozen – and just use what you need.

Have a turkey or chicken (or beef...) casserole, with everything in one pot.



“Mum and Dad still like us to go to their house, but cooking a big meal for lots of people is too much for them and they would get too anxious. So we share it out. If we each bring something, no-one has too much work to do.”



You can have a big meal, such as Christmas dinner, in instalments: soup or starter, a break for a few hours and then the main course, another break and then the pudding. It is easier to digest and a lot easier to cook and serve.

The 'extras' that people associate with Christmas dinner can go with a plainer meal.



“I give the children party hats and tell them washing up on Christmas day is part of the present we give Nana.”



“My husband always has soup and a roll for his lunch, every day. That still happens when there are people over at the holidays.”



“Ask for nice food as Christmas presents. Wee jars of chutney make a plain bit of chicken or ham more interesting at any time of year. And then there is black bun, fruit jelly sweeties, all the old favourites.”



Enjoying food memories

Many people have experiences of food that they associate with this time of year. Food can bring back memories of Christmas and New Year in the past as well as being something that people enjoy.

Think back to your food memories and ask other family members for their memories of this time of year – what foods they ate and other food-related memories. One person's recollections make it easier for other people to add their memories.

Get in foods that are traditional at this time of year for the places and cultures that you and the people you love grew up with.



“I asked my dad’s sisters and they remembered about snowballs – Advocaat and lemonade. Their dad used to give these to the aunties and the children at family Christmas parties. The children got a dribble of Advocaat and lots of lemonade, but it was alcohol and so very exciting and grown up! I’m getting a bottle for my dad this year and we’ll see if he remembers it and still likes it.”



Easy winter warmers

General notes

We've written these recipes pretty much as the people who use them gave them to us.

Some are in metric measurements and some are old-fashioned pints, pounds and ounces.

Most are for electric oven settings.

Most other recipe books have a section that explains how to make recipes work for the other measurements and for gas or fan oven settings.

You will be watching out for any food allergies or preferences you have. The recipes here are all pretty flexible and you can leave out something or substitute something else when that is better for you.



Butternut squash and sweet potato soup*

Ingredients

- Knob of butter
- 1 butternut squash, peeled, seeded and cut into chunks
- 1 sweet potato, peeled and cut into chunks
- 1 carrot, peeled and chopped
- 1 celery stalk, chopped
- 1 onion, chopped
- 1 litre chicken stock
- Salt and pepper to taste

Method

Melt butter in a large pot over a medium heat, add all the vegetables cook and stir until lightly browned, approximately 5 minutes.

Pour in chicken stock and bring to the boil, reduce heat to low, cover and simmer until tender approximately 40 minutes.

Blend until smooth.

Add salt and pepper to taste.



tips

To make life easier and save time and effort:

- Check out if the supermarket have a prepared vegetable range.
- Check out the frozen vegetables.
- Just have bigger chunks for the vegetables.
- This freezes ok.

To give it a stronger taste:

- You could spice things up a little by adding some chilli or ginger to the soup. Add with the vegetables or sprinkle a wee bit at the end.

To give it more calories, if someone is not eating much:

- Add some full fat yogurt when you serve the soup.



*Go to our website for step-by-step picture recipe cards



Ways to jazz up tinned soup

1: Pea soup with bacon

Ingredients

- 1 can condensed pea soup
- Milk
- 2 slices of bacon
- 3 - 4 tablespoons cooked peas
- 3 - 4 tablespoons double cream

Method

Chop the bacon slices and cook until they are crisp.

Add the pea soup and use the can to have same amount of milk. Stir in to get the soup and milk evenly mixed together.

Add cooked peas. Gently heat until the soup is just simmering.

Pour into mugs or bowls. Add a spoonful of cream to each one and serve.



tips

To make life easier:

- Leftover peas from last night's tea are perfect.
- Or you can add frozen ones and just let the soup cook them by heating it gently for a few extra minutes.

To give it a stronger taste:

- Add some mint at the end.



Ways to jazz up tinned soup

2: Tomato and Horseradish

Ingredients

- 1 can condensed tomato soup
- Stock – vegetable or chicken, from a cube or wee stock pot
- Quarter teaspoon dried horseradish
- 1 level teaspoon tomato puree
- 1 tablespoon chopped parsley
- 1 level teaspoon basil
- Half teaspoon sugar
- Salt and pepper to taste

Method

Pour the soup into a pot. Use the can to measure the stock and add it in. Stir to get it evenly mixed.

Add the horseradish, tomato puree, parsley and basil, sugar and salt and pepper. Stir it to get it mixed in.

Bring to simmering.



tips

To make life easier:

- Just use creamed horseradish if that is what you have or it is easier to find. Add in about half a teaspoon and adjust if you want more kick.
- Use the wee frozen or long life herb pots.

To make it higher calories:

- Add a spoonful of cream or think yogurt to each bowl.
- Use half milk and half stock.

To give it more taste:

- Taste the soup when it gets warm and add a wee bit more horseradish if you want.
- Add some more parsley when serving.
- Add a sprinkle of black pepper.



Ways to jazz up tinned soup

3: Easy corn chowder

Ingredients

- 1 small can of corn, or corn and pimento
- 1 can of condensed chicken or celery soup
- 1 teaspoon of dried onion powder (you can manage without this)
- Pinch of sugar
- 1 level teaspoon of curry powder (optional)
- Salt and pepper to taste
- Half – $\frac{3}{4}$ pint milk
- Half chicken stock cube or wee stock pot

Method

Mix the can of soup and can of corn in a pot. Add in the sugar, curry powder and salt and pepper. Stir and start to heat gently.

Add the milk and the chicken stock. Heat gently for 5-6 minute. You want it to be just simmering but not boiling.



tips

To add more calories:

- Use full fat milk.
- Add spoonful of cream and/ or a small knob of butter to each bowl when you serve.

To give it more taste:

- Sprinkle some chopped parsley on the bowl when you serve.
- Add more curry powder – another half teaspoon.
- Add some other spices such as a dried ginger and turmeric at the start.



Irish stovies

Ingredients

- 2 or 3 large potatoes peeled (do not slice or chop as you will do this when the potatoes are cooked)
- 2 spring onions chopped
- A tin of corned beef broken into small pieces
- 1oz butter
- 1oz plain flour
- ½ pint milk
- 2oz grated cheese

tips

To make life easier:

- Use a packet of cheese sauce rather than making your own.



Method

Cook potatoes in a pot of salted boiling water. When cooked drain and set aside to cool.

To make sauce, put the butter, flour and milk in a small pot and whisk over a gentle heat until thickened (around 5 minutes). Season and stir in the cheese.

Once the potatoes are cool slice into thick slices. Line the bottom of an ovenproof dish with the potato, then put a layer of the corned beef and spring onions on top of the potatoes. Keep alternating the potato and corned beef and spring onion layers until finished.

Cover with the cheese sauce.

Bake in the oven 200C/Gas mark 6 for 30 mins.



Beef stew

Ingredients

- 1 onion
- 1 or 2 carrots (depending on size and how much you like carrots)
- 450 gram/1lb cubed stewing or casserole beef (anywhere around 400 – 500 g if a packet is a bit bigger or smaller)
- About 400 ml beef stock – use a cube or a wee stock pot
- Few ounces mushrooms – whole button mushrooms or half bigger ones (you can leave out if you don't like these)
- Few tablespoons oil

Method

Peel and chop the onion and carrots into chunks (whatever size you like).

Use a pot that can go on top of the stove and in the oven. Heat the oven to 170C.

Warm the pot, heat the oil and then gently cook the onion until it is soft. Add carrots to onion and cook for a few minutes.



Add in the beef and cook for about 5 minutes. Stir it to get the beef browned and mixed in well with the onions and carrots.

Add in the mushrooms at this stage if you want them.

Add in the stock and give it a good stir. Add salt and pepper – a bit less than you think you need as flavours will get stronger as you cook.

Bring to point where it is just simmering. Put a lid on the pot and put in the oven.

Leave it for 2 and a half to 3 hours. Take it out. Check seasoning and add more salt and pepper to taste.

tips

To make life easier:

- This freezes well. You'll have another meal from it.
- Use vegetables that are already chopped.
- Serve it with something else that goes in the oven such as a pre-cooked potato dish.



Mustard glazed salmon

Ingredients

- 1 tablespoon whole-grain mustard
- 2 salmon fillets
- Salt and pepper to taste
- Lemon wedges, for serving - optional

Method

Season both sides of the salmon fillets with salt and pepper, then brush them with the mustard.

If you want to cook in a frying pan: cook for about 10 minutes, depending on thickness of the fish.

Another way is to cook in the oven. Put in an oven proof dish and cook at about 200C for 20 minutes. Test with tip of a knife to see if it is cooked. Put back for a few minutes longer if needed.

To give this a stronger flavour:

- You can mix a tablespoon of honey in with the mustard.
- Squeeze lemon over the fish just before you serve it.



Ways to jazz up vegetables

Mashed potatoes are lovely at this time of year, to go with stews and other cosy food. But plain potatoes can get a bit boring. And some people living with dementia find that a colour contrast helps.

1: Mustard Mash

(serves 6: reduce the quantities if you want less, or you can freeze some)

Ingredients

- 1 kg potatoes
- 75 ml single cream
- 50 g butter
- 2 tablespoons grain mustard
- Salt and black pepper to taste



Method

Peel and cook the potatoes in salted water. Once the potatoes are cooked, drain them well and return to the pan. Then mash them, adding in butter and mustard, and mix well.

(If you want to freeze some: do it at this stage. When you defrost it you heat in



the oven, microwave or heat in a pot with a wee drop milk. Then pick up the recipe from here.)

Gently warm the cream in a small pan when the potatoes are nearly ready. Add to the potatoes and mustard and mix well.

Add salt and pepper to taste.

2: Cheesy mash

Ingredients

- 800 g potatoes
- 40 g butter
- 3 tablespoons milk
- 100 g mature Cheddar cheese, grated
- Salt and black pepper, to taste

To make life easier:

- Use a bag of cheese that is already grated.

To make it higher calorie:

- Use full fat milk

Method

Peel and chop the potatoes. Boil in salted water until they are very soft.

Drain well, return to the pan.

Add the butter, milk and cheese. Mash until smooth and well mixed together and smooth.

Add salt and pepper to taste.

This is based on a Hairy Bikers' recipe.



3: Green mash

Ingredients

- 600g potatoes
- 300g Brussels sprouts
- Milk
- Knob of butter



Method

Peel and clean the potatoes and sprouts and chop them to about the same size.

Cook together in salted water until soft – which will be quicker than for most mashed potatoes recipes.

Drain them and return to the pot. Mash them with some butter and milk.

To make life easier:

- Use sprouts that are already prepared.
- Adjust the amounts as you need, and as you prefer. Some people like more sprouts and fewer potatoes.

- This will freeze ok. Check the seasoning when you heat it up.

To make it higher calorie:

- Use full fat milk.
- Use more butter, or add a knob of butter for people who likes.



Apple compote

Most people think of apple sauce going with pork. But it is good with gammon steaks, chicken dishes and ham sandwiches too.

Ingredients

- 150 g caster sugar
- 500ml of water
- Half teaspoon ground cinnamon
- 6 cloves
- 500g cooking apples

Method

Put the sugar in a saucepan and add 500ml of water.

Heat gently until a syrup forms (you'll know when it happens). Then add the cinnamon and cloves. Take off the heat while you sort the apples.

Peel the apples, core them and cut into quarters.

Add them to the syrup and warm gently. Simmer until the apples are soft.

If you want to fish out the cloves, do it at this stage.



Break up the apples up a bit if they are still chunky, or if you like it to be smoother – use the back of a wooden spoon.

Stir them together.

You can serve this warm or cold. It will keep in the fridge for at least a few days.

This is from the Hairy Bikers' 'Mum knows best' book.

To make life easier:

tips

- Use a small bag of frozen chopped apples. Let them defrost first.



Mince pie crumble

Ingredients

- 100g flour
- 100g oats
- 100g butter
- 100g sugar
- 400g apples - peel them and take out the cores (It can be eating or cooking apples, or a mix)
- 200g mixed fruit and peel
- 200g tinned mandarins
- 2 teaspoon cinnamon

Method

First dice the apples and add to a saucepan with the mixed peel and mandarins. Cover with water and bring to a boil, reduce to a simmer for 15 minutes to soften slightly.

While the fruit is stewing, you make the crumble topping. Mix flour, oats and sugar in a mixing bowl. Melt the butter in the microwave in a small heatproof dish for 30 seconds. Add to the dry mixture and stir until well combined.



Using a slotted spoon, transfer the fruit to a baking dish, pressing down slightly to firm. Pour a little of the cooking water on top to half-fill the tray and keep the fruit moist without spoiling the topping. Sprinkle the cinnamon on top of the fruit.

Top with the crumble topping, starting at the edges and working your way in to prevent a leaky crumble!

Bake in the centre of the oven at 180C for 20 minutes or until the top is a nice golden colour.

This is a Jack Munroe recipe.

To make life easier:

- This will keep fine for a few days. Keep it in the fridge
- If you want to warm it up, pop into the oven for 15 minutes. Or you can do 1 minute bursts in a microwave – check as you go, as sugary things can get very hot very quickly in

microwaves. It also tastes good cold.

To give it a stronger taste:

- It has a nice strong taste. But you could add 1 teaspoon of ground ginger and stir into the fruit for some extra zing.

To add more calories:

Serve with cream or thick yogurt, or custard, or ice cream.



Jan's no bake Christmas cake

Ingredients

- 4oz margarine
- 3oz drinking chocolate powder
- 5oz ground almonds
- 1 large egg
- 4oz caster sugar
- 2 tablespoons water
- 2 oz of Marie or Rich tea biscuits
- 1 oz glacé cherries (chopped)
- 1 oz walnuts (chopped)

Method

Mix margarine and drinking chocolate powder. Add almonds and egg and mix well.

Put sugar and water in a pan and gently heat until the sugar dissolves. Pour into chocolate mixture and beat well.

Break biscuit into pieces. Add to the mixture with the cherries and walnuts.



Place in greased tin/ container of your choice. Gently press into the corners, so it will keep the shape. (It can be square or round, or shaped as a heart or Christmas tree.)

Leave to set in the fridge.

Decorate with cherries and nuts.

tips

To make life easier:

- You can add in different types of chopped nuts. Use what you have available.

To add more calories:

- Serve with cream or ice cream.



Spicy peaches

Ingredients

- 1 can peach halves or slices – better with syrup rather than fruit juice, but either is fine
- Quarter teaspoon ginger
- Quarter teaspoon cinnamon – and it is ok if you just have one spice
- Few teaspoons of brandy if you want to add this. (“My mum’s handwritten recipe says ‘a good slosh’.” Careful not to add too much and avoid if anyone is on medication or not too steady on their feet.)

Method

Open can and pour contents into a dish that can go into the oven. Prick the peaches with a fork. Sprinkle the spices over it and give a stir. This is the time to add the brandy if you want to do that.

Leave it for a few hours to let the spices flavour the peaches.

Put in a warm oven (about 160C) for about 15-20 minutes, just to heat through. You can pop it in to the oven after you have cooked something else and switched the oven off. Serve with ice cream. The ice cream melts into the warm syrup.



Easy smoothies

1: Pineapple

Ingredients

- 1 litre carton of pineapple juice
- Half can condensed milk
- Sprinkle of nutmeg
- Few drops vanilla essence

Method

Whizz up the pineapple juice and condensed milk.

Add the spice and vanilla essence.

2: White banana

Ingredients

- 1 large banana
- 3 tablespoons ground almonds
- 250 g milk
- 1 tablespoon runny honey

Method

Peel and chop the banana. Put all the ingredients into a blender. Blend until smooth.



3: Beetroot smoothie

Ingredients

- 1 300ml carton fresh single or double cream
- 500ml cranberry juice
- 75g sliced beetroot (from a jar)
- 125g icing sugar
- 1 scoop ice cream

Method

Put all the ingredients into a blender and blend until it is smooth.

If the consistency is too thick add more cranberry juice.

This is from the Care UK Eating as we Age booklet

tips

To make drinks higher calorie:

- Add more condensed milk or cream
- Add a teaspoon - or 2 - of honey

- The ground almonds idea works with other smoothies too.

To make a stronger taste:

- Add a sprinkle of ground ginger



Sources for more information

Good recipes and food tips

We have gathered some good books together on the Food Buddies page on the website: <http://otbds.org/projects/food-buddies/>

There is a good guide from dietitians for carers to help people with dementia eat well.

The Angus Care and Repair service has produced a good recipe book for people with dementia and other older people.

Age UK has some nice easy recipes: <http://www.ageuk.org.uk/travel-lifestyle/hobbies/recipes/>

Vegetarian for Life has lots of recipes and tips for older people who are vegetarian or vegan. Their information packs include tips on nutrition and ideas for festive food: www.vegetarianforlife.org.uk

T. 07561 287016 or 0161 257 0887

E. Scotland@vegetarianforlife.org.uk

Tips for people affected by dementia for the festive period

Useful resources from Alzheimer Scotland on healthy living, including food:

http://www.alzscot.org/information_and_resources/information_sheet/1780_healthy_living_with_dementia

Resource from Alzheimer Scotland on all aspects of the Festive season:

http://www.alzscot.org/information_and_resources/information_sheet/1781_celebrating_the_festive_season_with_someone_who_has_dementia

Tips from people affected by dementia:

https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2802

Tips for people inviting someone who

has dementia to visit you: https://www.alzheimers.org.uk/site/scripts/documents_info.php?documentID=2085



Contact us

Outside the Box

Unit 10

150 Brand St

Glasgow G51 1DH

T. 0141 419 0451

E. admin@otbds.org

www.otbds.org

