

MEAL ENVIRONMENTS THAT THRIVE!

A look at feeding techniques
and eating aides

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How can we help ADC clients enjoy their meals so that they can maintain proper weight and remain in good health?

Assistance

- Opening food packages and cutting foods into bite-size pieces
- Some participants may need to be fed
- Others may need verbal or physical cueing



Assistance

- Staff alertness and conversation
- Employees should anticipate clients' needs



Dining Room Atmosphere

- Color
- Make sure clients can see the plate (i.e., avoid a white plate on a white tablecloth)
- Choose contrasting colors for placemats, napkins and dishes
- Avoid distractions during meals like noise or TV/radio



Dining Room Atmosphere

- A comfortable temperature for the clients
- Ask the clients and watch non-verbal signs
- Be aware of drafts and vents
- Offer a blanket or sweater to clients who are cold or open a window near areas that are stuffy



Positioning

- Key to maximizing eating independence
- Arm rests of the chair should slide comfortably under the table
- Feet planted firmly on the floor or foot supports
- Dining table may need to be elevated to allow for wheelchair arm supports
- Poor sitting balance or neck control- refer to Rehab. Therapist for aids and strategies

Verbal Cues

Steps In Eating

- Picking up utensil
- Scooping the food
- Taking to mouth
- Chewing
- Swallowing
- Returning the utensil

Staff Rapport

- Call by his/her name
- Eye contact
- Calm, soothing voice
- Two-choice questions
- Give praise freely
- Repetition

Physical Cues



- ❑ Hand over hand assistance
(Such as picking up the milk carton, or directing food to the mouth)
- ❑ Do not provide more assistance than is needed
- ❑ Use physical cues in addition to verbal cues

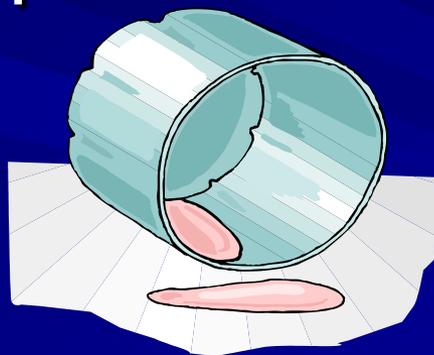
Adaptive Eating Equipment

- First - check to make sure that poor positioning is not the problem
- Training from Rehabilitation Therapist - for the client and the ADC staff



Staying Clean

- Napkins and clothing protectors
- If client objects to a clothing protector, offer a large napkin that can be tucked in shirt
- Have moist, disposable washcloths handy



Proper positioning, use of adaptive equipment and cueing will help reduce spills!

How can we help ADC clients enjoy their meals so that they can maintain proper weight and remain in good health?

- Assistance
- Dining Room Atmosphere
- Verbal Cues
- Physical Cues
- Adaptive Equipment
- Rehabilitation Therapists

Quiz:
Can You Guess The Fluid
Content?



Answers

- 1 cup milk- 7 oz. are from fluid. About 1 oz. is from milk solids.
- 1 slice white bread- very small amount of moisture
- $\frac{1}{2}$ cup applesauce- about 3 oz. are fluid. About 1 oz. is from apple solids.
- 1 cup tomato soup-about 7 oz. are fluid. About 1 oz. is from tomato solids.
- $\frac{1}{2}$ cup gelatin- $\frac{1}{2}$ cup fluid

Answers

- 1 cup plain yogurt- about 6 oz. are fluid. About 2 oz. are from milk solids.
- ½ cup green beans- about 1.5 oz. are fluid and 2.5 oz. are green bean solids
- 1 cup orange juice- about 7 oz. are fluid. About 1 oz. is from orange solids/pulp.
- 2 Tbsp. Peanut butter- very small amount of moisture
- 2 oz. cottage cheese- about 1 oz is fluid and 1 oz. is milk solids.

Quiz: High Fiber Foods



Answers

- Whole wheat bun with sesame seeds -
serve whole wheat bun without seeds
- High bran cereal - soak in milk to soften
- Brown rice - serve with gravy
- Peanuts - serve PB or use PB as an
ingredient for a baked product
- Raisins in oatmeal - cook raisins with
oatmeal to break down fiber

Answers

- Dried apricots and prunes - stew apricots and prunes together and serve hot
- Apple wedges with skin - remove skin of apple. Serve applesauce or baked apple
- Melon wedges - cut in bite-sized pieces
- Blueberries, fresh - bake blueberries into muffins
- Peach with skin - Remove skin from peach

Answers

- Corn on the Cob - Cut corn off the cob.
Serve cream style
- Raw carrots - cook carrots until fork-tender
- Broccoli spears - chop broccoli spears and
cook until fork-tender
- Raw spinach - cook
- Sliced tomatoes - remove skin; may need
to serve cooked tomatoes instead

Pick Up Goodies in Back of Room Today!

- ✓ ADC Resource Manual and Lesson Plans
- ✓ Answer sheets to quizzes