



How to Plan a **Nutrition in Disguise** Taste Test Event



Plan a Nutrition in Disguise Taste Test Event

Planning a taste testing event in your long-term care (LTC) home is a great way to engage your LTC community in the Nutrition in Disguise (NiD) recipes. Residents have an opportunity to sample new NiD recipes and provide their feedback. Results and feedback gathered from these tastings are useful in building seasonal menus.

- Invite a variety of people to help plan and participate in the event such as:
 - Residents
 - Team members (FS, Rec, PSW/Nursing, Leadership)
 - Suppliers
 - Families and community members
 - Volunteers
- Choose a day and time(s) to host the event.
- Plan the taste test menu with the Food Service team ahead of time to ensure key ingredients from the NiD recipes are available. Choose your recipes here: clri-ltc.ca/resource/nid-recipes
- Create recipe cards or menus that describes the dishes for residents to refer to while taste testing.
- Consider where you will host the activity whether it is a common area, dining room, or outdoors.
- Collaborate with the Recreation team when setting up the space or decorating for the event.
- Once you have decided where to host the event, consider how many residents are able to participate. This will also help with knowing how many portions to cook or bake.
- Consider resident's various needs (medical, mobility, cognitive etc.) Ensure the appropriate supports are in place so they can fully participate and enjoy themselves while trying the samples and using the rating scale. Some may need assistance with eating or need help using the rating scale.
- Print out enough copies of the rating scales for residents to give their feedback.
- When preparing and serving the chosen dishes:
 - Follow the recipe to include those key nutrient enhancing ingredients
 - Plate the samples nicely to maximize appeal
 - Offer portions that are easy for residents to sample
 - Introduce tasters to the dish you are serving so they know what to expect
 - Give each taster enough time to try their sample and provide feedback before moving on
- In addition to the taste test event, a waste audit can be done to assess if residents are eating the NiD recipes. This can be helpful for those that may have difficulty expressing whether or not they enjoy the recipes using the rating scales.





Nutrition in Disguise Rating Scale

Nutrient-enhanced Dish: _____

Please answer the following questions using the rating scale below. Please check only one rating response per question.

1. How much do you like or dislike the **appearance** (colour, shape) of this food?

Dislike extremely	Dislike very much	Dislike moderately	Dislike slightly	Neither like nor dislike	Like slightly	Like moderately	Like very much	Like extremely
<input type="checkbox"/>								

2. How much do you like or dislike the **flavour** of this food?

Dislike extremely	Dislike very much	Dislike moderately	Dislike slightly	Neither like nor dislike	Like slightly	Like moderately	Like very much	Like extremely
<input type="checkbox"/>								

3. How much do you like or dislike the **texture** of this food?

Dislike extremely	Dislike very much	Dislike moderately	Dislike slightly	Neither like nor dislike	Like slightly	Like moderately	Like very much	Like extremely
<input type="checkbox"/>								

4. What is your **overall** liking/disliking of this food?

Dislike extremely	Dislike very much	Dislike moderately	Dislike slightly	Neither like nor dislike	Like slightly	Like moderately	Like very much	Like extremely
<input type="checkbox"/>								

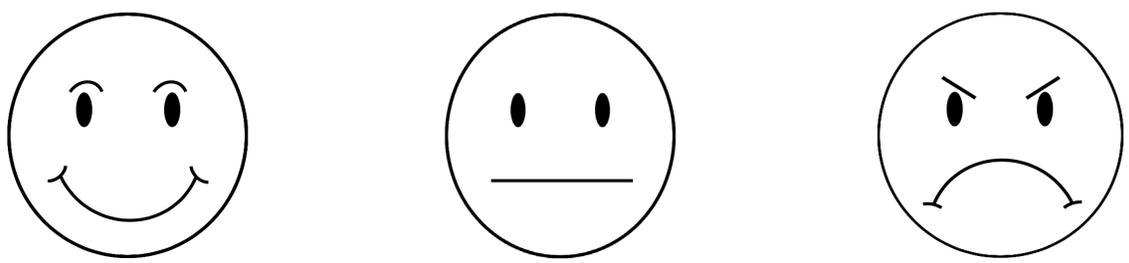
* Note If needed, you can shorten the questionnaire to question 1 (appearance) and question 4 (overall liking) if you feel it is too long for some participants.



Nutrition in Disguise 9 Point Face Scale

For residents living with cognitive impairment, the 9 point face scale can be used to gain their feedback. You may also have to read their own facial expressions, body language and unsolicited comments to interpret whether they are enjoying the recipes.

Start by asking the resident which of the three faces below best represents their liking of the food. Ask: "What do you think of this food? Point to a face that tells me what you think of this food?"

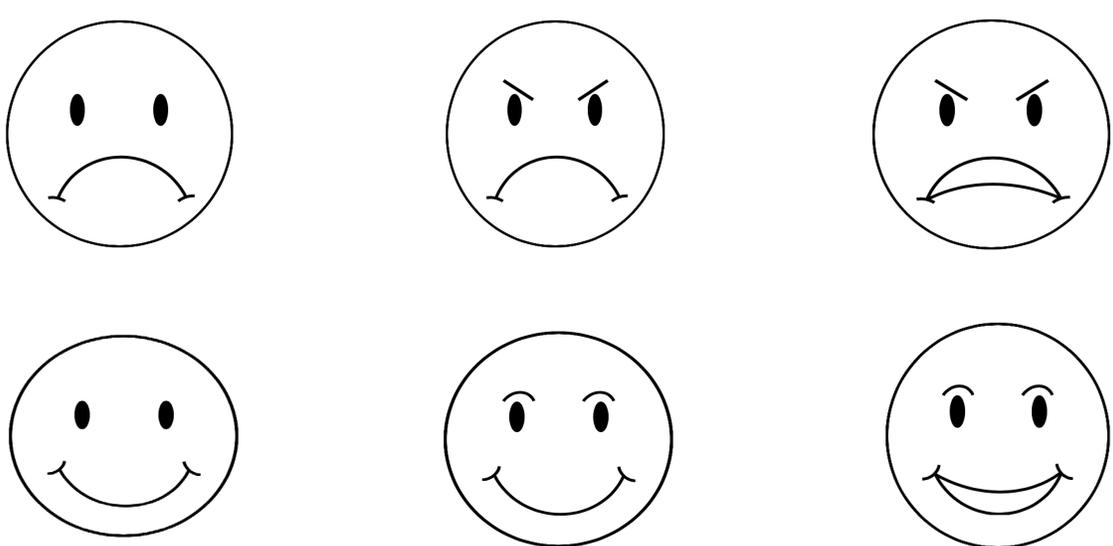


Depending on if their response was negative or positive, use the next 2 sets of faces to and ask which face most represents their liking of the food. Ask:

"It seems like you don't like this food. Point to the face that tells me how much you do not like this food."

Or

"It seems like you like this food. Point to the face that tells me how much you like this food."



Nutrition in Disguise Waste Audit

Materials You Will Need:

- Food grade scales
- Bucket, Pail or Waste Bin
- Calibration block
- Disinfectant wipes
- Writing utensils & Paper
- Calculator

Steps

1. Bring buckets to dining areas before the meal service, where the specific NiD food will be served.
 - a. *Note:* Weigh soup last, as this is the most difficult to weigh. Start with the easier recipes such as muffins, to learn from challenges.
2. Place scale in an area that is not disruptive to the mealtime routine. Calibrate the scale.
3. Clean the scale with a disinfectant wipe.
4. Weigh the food in the bowl or plate and record the value of the weight.
 - a. Start by putting an empty serving dish (the same plates and bowls will vary slightly in weight) on the scale.
 - b. Zero the scale, or record the weight of the plate/bowl for subtraction.
 - c. Add the portion of food to be consumed per serving to this dish.
 - d. Weigh the food in the dish. With zeroing, this should only be the weight of the food. Record this weight. If the scale does not allow for zeroing, record the weight of the food and dish together, then subtract the weight of the empty dish from the weight of the dish with food to obtain the weight of the food. *(Weight of Plate and Food) – (Weight of Plate) = Weight of Food.*
 - e. Repeat this procedure for 2 more samples of the food, as servings may vary in size.
 - f. Average the 3 weighed food samples for an average that will be considered the ‘average food weight’ provided to residents.
5. Confirm how many servings of the NiD dishes are provided to residents in the dining room with servers. Record this number.
6. At the end of the meal, inform residents and team members that a waste audit is being done. Ask everyone to pour waste of only the NiD food into the bucket, pail or waste bin.
7. Make sure everyone is disposing leftovers of the tested food into the bucket, pail or waste bin.
8. Weigh the contents of the bucket and record.
9. Dispose of the contents of the bucket into the appropriate waste bin.
10. Rinse out the bucket and re-weigh. Record this weight.
11. Subtract the weight of the bucket from the weight of the bucket and food to determine the weight of the food waste.
12. Divide the value of the food waste by the number of servings of the food provided to residents in that dining area where the bucket was used. This will provide the average waste per portion of food.
13. To determine a proportion of waste per serving, divide the total waste weight by the serving weight and multiply by 100.



Acknowledgement



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Learn more about the **Nutrition in Disguise** program and resources at clri-ltc.ca/nutrition

