

NiD Recipe for Residents Contest Guide



Nutrition in Disguise (NiD) is a program that creates nutrient-dense recipes for residents living in long-term care (LTC) homes. This program is available through the Ontario Centres for Learning, Research and Innovation in Long-Term Care (CLRI) hosted at the Schlegel-UW Research Institute for Aging (RIA) .

Mealtimes bring residents much joy. It is important that these meals contain sufficient protein, vitamins, minerals and fibre to support overall health and sustain independence in older adults. A recent study by Professor Heather Keller, Research Chair in Nutrition and Aging at RIA showed that enhancing recipes through small changes to ingredients can meet the need for more nutrient-dense food in LTC.¹

Did You Know?

- The majority of residents in LTC homes are 75 years or older
- Many residents of LTC need fewer calories, but they still need the same amount of nutrients
- Most residents are not consuming enough key nutrients to stay healthy
- Eating a nutrient-dense diet helps residents stay healthy and independent

Contest Format:

Contestants from culinary programs across Ontario are invited to compete in a recipe creation contest to create nutrient-dense breakfast or snack recipes that LTC residents can enjoy.

Contestants will submit recipes and supporting materials to recipes4residents@the-ria.ca. Submissions will be sent to the program instructors who will select a short-list of entries that meet the specified criteria and submit these to the NiD team at the Ontario CLRI.

The NiD team will select the recipes continuing to the final round. Schlegel Village LTC home chefs will then create the recipes for a panel of judges, including residents who live in a LTC home. The panel of judges will select the three winning recipes.

Winners will receive one of three cash prizes. In addition, short-listed and winning recipes may be featured in our NiD recipe box to be shared with LTC homes in Ontario. Winners will be announced at our virtual awards ceremony and prizes will be distributed by the contest sponsors.

¹ Keller, H, Pereira de Paula, F.L., Wei, C., Duncan, A. & Duizer, L. (2018). Nutrition in Disguise: Development, Testing and Cost-Analysis of Nutrient-Enhanced Food for Residential Care. *Journal of Clinical Nutrition and Food Science*, 2(1), 36-45.

Recipe Requirements:

Contestants are responsible for purchasing ingredients, creating a recipe that meets the criteria specified, and testing out recipes in their own kitchen. If you require the use of your College kitchen or equipment, check with your program faculty.

1. Create a recipe for *a breakfast item or snack* for LTC home residents (Yield may be 2-8 servings).

Breakfast items should include at least **10g of protein per serving**. Please only create a single breakfast item, NOT a meal. Snacks are usually provided mid-morning, mid-afternoon and after dinner and should include at least **5g of protein per serving**. Your breakfast item or snack could also be a nutrient enhanced beverage. Bonus points will be provided if your recipe is *high in fibre, low in sodium and increases calcium intake*. The table below provides some examples of snacks and breakfast items served in LTC. The last column provides some suggested ingredients that you may consider adding to your recipe or increasing the amount, to increase the protein content of your recipe.

Examples of snacks and breakfast items commonly consumed in LTC that can be easily enhanced are:

Examples of snacks in LTC	Examples of breakfast items in LTC	Ingredients to increase protein
<ul style="list-style-type: none"> ● cookies ● crackers ● dips such as hummus or yogurt dips to accompany vegetables or fruit ● puddings, mousses ● loafs (e.g. banana, lemon) ● baked products ● milkshakes 	<ul style="list-style-type: none"> ● muffins ● omelettes/frittatas ● Spanish tortilla ● quiche ● other egg-based dishes ● cream of wheat ● oatmeal ● smoothies ● breakfast casserole ● pancakes or crepes - sweet or savoury and may include filling 	<ul style="list-style-type: none"> ● lentils ● lentil flours ● meat ● cows milk ● fortified soy beverage ● Skim milk or whey powder ● fish (including canned) ● eggs ● cheese ● peanut butter ● yogurt ● nuts ● seeds ● tofu

2. Please enter your recipe into the recipe template provided. Your written recipe must include all the ingredients, amounts used, and directions described in easy-to-understand

steps. The recipe should NOT be too complex or include time consuming steps. You will need to estimate the protein content of your recipe and for bonus points you may also provide the sodium (salt), fibre, and calcium content.

3. The cost of ingredients for your breakfast item or snack must not exceed \$1.50 per serving.

LTC homes in Ontario receive \$9.54 per resident, per day in raw food funding². As LTC homes order their food in bulk from distributors, their cost is lower than the cost per serving we have specified.

- Keep track of the costs of the ingredients you purchase and the amounts you use
- To calculate cost per serving, divide the full cost of all ingredients and divide by the yield
- Include the cost information in your submission

4. Ensure the snack is appropriate for residents in LTC homes.

It's important to remember that you are creating food for residents in LTC homes. They may have a preference for foods they have had all their lives and may be reluctant to try something that looks or tastes very different from what they are used to. Chefs in LTC homes create foods that can be eaten by a diversity of residents.

In addition, residents may have difficulty chewing, swallowing or feeding themselves and may require minced or pureed food or hand-held items. Others may only need foods that are soft or easy-to-chew or bite-sized. To learn more about different textured foods, refer to the [IDDSI framework](#).

When creating your recipe, please keep these factors in mind. While you are not required to create minced or pureed versions, creating a snack that can be easily eaten by many LTC residents is ideal. They should be easy to chew, soft or bite-sized. Specify the texture you used in your recipe (regular, minced, pureed).

5. Ensure the snack is appealing to residents.

We want LTC residents to continue to feel joy when eating and sharing a meal with their fellow residents. Thus, it is also important to consider the **taste, texture, and visual appeal** of the snack or breakfast item you create.

Resources

² Ontario Ministry of Health and Long-Term Care (2019). *Long-Term Care Homes Financial Policy*. Retrieved from https://www.health.gov.on.ca/en/public/programs/ltc/docs/level_of_care_per_diem_funding_summary_201908.pdf

You may read '[Snacks in long-term care](#)' and '[Menu Planning in LTC](#)' to learn more about foods that are appropriate to serve in LTC. Also, check out the [NiD website](#) for recipes developed by our Nutrition expert, Professor Heather Keller. These resources will give you a good sense of the types of foods that would be appropriate for residents in LTC.

Submission requirements

1. Download the submission form from the [contest webpage](#). Fill out the form and enter your recipe into the recipe template provided. You must include the following:
 - Recipe Name
 - Texture (Regular, Minced, Pureed)
 - Yield
 - Serving Size
 - Time taken to complete recipe
 - Cost per serving
 - Estimated protein content of each serving
 - For bonus points, include estimated sodium, fibre, and calcium content
 - Ingredients, including measurements
 - Directions / Methods including cooking time and temperature
 -
2. A photo of the completed snack or breakfast item, nicely plated. Ensure your photo is in JPEG format and attach it as part of your submission email.
3. Short video (max 1 min)
 - Introduce yourself and show your completed recipe
 - Describe why your dish (snack or breakfast item) is appropriate for and appealing to LTC home residents
 - You may also include shots of the ingredients used, yourself cooking, and describe the inspiration for the recipe
 - Upload the video onto a YouTube channel (if you don't have a YouTube account, you will need to create one).
 - Include the link to the YouTube video in the submission form.
4. Fill out the Ontario CLRI Release Form (attached to the submission form).

Submit your entry

Once you've filled out the recipe entry form, recipe template and release form, save it as a single word or PDF document. Ensure you have met all the requirements. Submit your forms and photo of your completed snack or breakfast item to recipes4residents@the-ria.ca.

Judging Criteria for short-listing

1. Can be considered a snack or breakfast item
2. Meets specified protein requirements
3. Complete recipe with simple steps provided
4. Meets cost requirement
5. The dish is appropriate for LTC residents
6. The dish is visually appealing
7. Bonus: additional specified nutrients added (or sodium decreased)

Judging Criteria for final selection of winners

1. The dish is visually appealing
2. The texture of the dish is appropriate and appealing for LTC home residents
3. The taste of the dish is appealing

Important Dates and Information:

Recipe submission date: Friday, November 12, 2021

Contestant notification date: November 22, 2021

Virtual Awards Ceremony date and time: December 6, 2021

Prizes:

1st prize: \$500

2nd prize: \$300

3rd prize: \$200

All recipes posted on the NiD webpage will include the name of the recipe developer.

Questions

Please email any questions you may have about the contest or the NiD program to recipes4residents@the-ria.ca.

Thank you to our Sponsors:

