

Residential Care Home Workers Nutrition Workshop 2017 Annual Report

Background

Nutrition workshops are held 3 times per year as part of the residential care home licensing requirement. The WRHA provides a 3 hour workshop outlining Canada's Food Guide, related topics and a menu planning exercise for participants who will have adults in care living in their licensed homes, or who work in a licensed facility.

A manual developed by WRHA Dietitians is provided to help care home providers choose a healthy, well-balanced diet that is acceptable to residents. It contains information on basic nutrition, economical food choices, ideas for using leftovers, and more. In addition, a resource section is included to help participants access additional nutrition information, recipes, and places to go for more information.

A Menu Planner and Healthy Menu Checklist included in the manual are used to help plan menus and this process is practiced at the workshop.

2017

A total of 66 people attended the 3 workshops in 2017.