What are Mealtime Guides? Mealtime Guides aim to help staff to quickly check residents’ assistance needs and their preferences for food and drink.

The guides are colour coded:

This indicates that the resident does not need assistance to eat or drink.

This indicates that the resident needs some assistance, prompting or encouragement to eat or drink.

This indicates that the resident needs assistance to eat or drink.
Mealtime Guide

Name: **MARIE**
Room: 16

- **Diet**
  - Diabetic

- **Allergies**
  - Gluten (Celiac)

- **Assistance needed**
  - I am able to eat and drink independently
  - I especially like lots of tea

- **Cup preferences**
  - Standard mugs and glasses

- **I usually prefer**
  - Milky tea, no sugar
  - Fresh juice (all types)
  - Soup
  - Custard

- **I tend not to prefer**
  - Yoghurt

---

**A little bit about me**

**I enjoy...**

being around other people, sitting in the garden and visits from my family.

**I used to work as...**

a shop owner.
Mealtime Guide
Name: Timothy
Room: 24

Diet
- Normal diet and fluids

Allergies
- None known

Assistance needed
- I like someone to sit and talk to me when I have a drink - it makes me calm and stops me pouring my drink on the floor
- I eat and drink better if I am not in bed

Cup preferences
- Lightweight mug for hot drink
- Plastic cup for cold drinks

I usually prefer...
- Tea, milk, one sugar
- Coffee, black
- Mango juice
- Cranberry juice
- Orange juice

I tend not to prefer...
- Water
- Squash

A little bit about me

I enjoy...
listening to the radio, a nice cup of tea and visits from my friends.

I used to work as...
a legal advisor.
Mealt ime Guide
Name: JEAN
Room: 12

Diet
- Pureed diet, Stage 2 thickened fluids

Allergies
- None known

Assistance needed
- I need full assistance to eat and drink. Please explain that you are here with my food so I know it is a mealtime.

Cup preferences
- My own two-handed beaker

I usually prefer...
- Tea, milk, no sugar
- Mango juice
- Pureed fruit

I tend not to prefer...
- Fizzy drinks

A little bit about me

I enjoy...
watching films and attending activities in the home.

I used to work as...
a primary school teacher.