

Recipe Roadmap: Memory Care

Needs Assessment



- Facility needs assessment based upon RDN resident assessments, collaboration with CDM for preferences & level of independence with feeding to optimize resident autonomy.
- Identify pleasurable & comforting long-term food memories for resident as dementia most often impacts short-term memory.
- Feeding assistance as necessary to promote consumption such as colored plates, weighted spoons and personal assistance.

Foods



- Mediterranean & Dietary Approaches to Stop Hypertension (DASH) & MIND include: minimally processed foods such as whole grains, legumes, vegetables, fruits, nuts and fish.
- DASH limits saturated fats, red meat, sodium & added sugars.
- Rich in protein to prevent sarcopenia & malnutrition.
- Choose food forms & shapes for easier handheld consumption such as baby carrots versus shredded or bow-tie pasta versus couscous.

Recipes



- Finger foods or hand held items to promote intake.
- Adapt recipes into hand held versions such as stuffing into stuffing squares.
- Search RecipeTree recipes by Mediterranean or Vegetarian (Plant Slant) Diet Type & Finger Food texture. Prioritize IDDSI consistency recommendations if dysphagia present.
- Offer and search for culturally familiar recipes.

Menus



- Build Mediterranean, DASH, MIND menus.
- MIND diet includes daily and weekly recommendations for food groups.
- Consider creating a special Finger Food friendly snack menu.
- Substitutions to honor preferences.
- Caution with limited preferences limiting variety and nutritional balance.

Destination



- Optimize resident consumption by honoring resident's preferences, optimizing autonomy and maximizing variety.
- Serve meals in a calm environment to support resident focus with eating.
- Dining rituals can foster cooperation.

