

## Food First: Making Mealtimes Easier

If cooking is difficult for you or your carer, try ready prepared meals from the supermarket or meals delivered to your door.

### Ready Meals



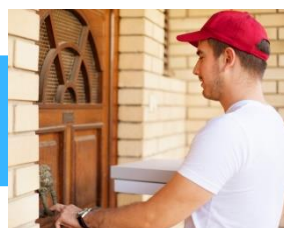
If you require ready meals that you or your carer can heat up at home why not consider:

- **Supermarket ready meals** - there are a range of options in each supermarket that can be bought in shop or delivered via an online order. Avoid ready meals that are labelled 'low-fat' or 'healthy eating' options as these are likely to be lower in calories.
- **Wiltshire Farm Food & Oakhouse Foods** - both companies deliver frozen ready meals and puddings direct to your door. There are a variety of meals available to suit a range of dietary requirements. Both companies offer mini meals suitable for people with small appetites. To find out more information:

**Wiltshire Farm Foods: 0800 773 773**  
<https://www.wiltshirefarmfoods.com>

**Oakhouse Foods: 0333 370 6700**  
<https://www.oakhousefoods.co.uk>

### Meal delivery service



In Buckinghamshire Apetito Ltd supply meals on behalf of Buckinghamshire County Council. They can provide a hot lunchtime meal and a tea-time snack to your home. This is sometimes known as 'meals on wheels'. They cater for different types of diet and cultural needs.

**To speak to Buckinghamshire County Council about the meals service:**

Telephone: 01296 383204 or email: [crr@buckscc.gov.uk](mailto:crr@buckscc.gov.uk)

**To speak to Apetito:**

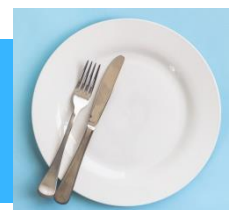
Telephone: 0800 090 3622 or email: [buckinghamshire.office@apetito.co.uk](mailto:buckinghamshire.office@apetito.co.uk)

## Top Tips



- **Try eating little and often** as smaller portions and snacks are easier to manage.
- **Keep snacks nearby** and store foods that are easy to prepare so you can make the most of times when you feel hungry.
- **Give yourself time to eat** in a calm, peaceful, well-lit environment. Eating with others can also make mealtimes more pleasurable.
- **Season food to add flavour.** Use pepper, lemon juice, herbs or spices rather than salt
- **Make meals look colourful** so they are more appealing and appetising.

## Adaptive cutlery and equipment to support mealtimes



Holding and using cutlery effectively is essential to independence with eating. Many people may experience difficulties with eating and drinking due to a wide range of conditions such as:

- Reduced grip
- Tremor
- Restricted movement
- Lack of muscle control
- Use of one hand only
- Weakness in the arms and shoulders

**Cutlery can be adapted in a number of ways to make it easier to use:**

- Cutlery with larger handles
- Angled cutlery
- Bendable cutlery
- Combination cutlery

**Non-slip table mats** - can help control and reduce the risk of accidents or spillages during eating.

**High sided plates** - this style of plate has a wider base that makes the plate less likely to tip over whilst in use and a broad rim prevents food spilling off and enables you to scoop food against the surround with just one hand.

**Products are available to purchase from:**

[www.nrshealthcare.co.uk](http://www.nrshealthcare.co.uk), [www.performancehealth.co.uk](http://www.performancehealth.co.uk) and [www.completecareshop.co.uk](http://www.completecareshop.co.uk)

If you require further information please see resource:

- [Advice for eating well if you have lost weight or are underweight](#)

<b>Document Governance</b>	
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