

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



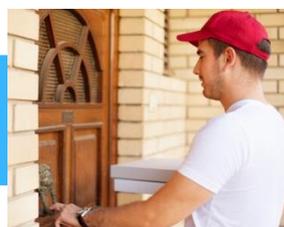
If you require ready meals that you or your carer can heat up at home why not consider:

- **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

To speak to Apetito:

Telephone: 0800 090 3622 or email: 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, www.performancehealth.co.uk and www.completecareshop.co.uk

If you require further information please see resource:

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

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