

Sodexo Senior Services resident dining programs are appealing and offer dignity, independence, and comfort. Nutritionally, they are unsurpassed.



Your community receives unmatched nutrition expertise.

Sodexo is the leading and largest employer of clinical dietitians in North America. Recognizing the important role it plays in the well-being of your residents, nutrition has become an essential component of the entire resident dining experience. That includes meal planning, food selection, wellness, and medical nutrition care.

A wellness philosophy for enhancing the quality of life for all your residents.

We encourage your residents to play an active part in caring for their own health, which in turn helps them live fuller, happier lives. Our *Partners in Health* offers your residents important educational nutrition information that promotes better health through awareness, lifestyle, and diet.



OutReach Our *OutReach* program is a seminar series on a wide variety of important subjects that are of concern to your residents. Topics include diabetes, heart healthy dining, herbal medicine, exercise and activity, and other current wellness and health matters.

Meal programs that treat special needs residents with the respect they deserve.

The nutritional value and appeal of dining for residents with special needs may be more complicated but are no less thoroughly addressed. For example:

- Residents with anorexia are provided with fortified recipes that include extra calories and protein in smaller meals.
- To stimulate appetite, aromatherapy is employed to emit pleasing food scents at the point of service.
- For those with the desire to eat but have limitations, special techniques are used to help pureed foods retain their original taste and appeal.
- Sensitivity training and environmental enhancements are used to improve the dining experience for your residents living with dementia.

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Residents are
the heart
of everything we do.™

The Hospitality Cart — Bringing the dining experience to the residents.

Here's a fun approach to increasing socialization for your residents while supplementing their nutritional needs. The Hospitality Cart is brought around throughout the day offering daily and seasonal snacks and beverages. In addition, the food selections address nourishment programs that foster choice and provide a social activity your residents will surely enjoy.



Sometimes, a personal touch is needed.

Individual counseling can be arranged with a Sodexho Registered Dietitian. This resource enables your residents to reinforce new dietary recommendations that may help provide a better quality of life.

An I.D.E.A. whose time has come.

I.D.E.A. is the Innovative Dining Environment Approach program that enhances the dining experience for your residents with dementia. It is a program that encompasses:

- An enhanced atmosphere, physical setup, seating arrangement, table setting, and service style
- A customized menu offering tasty and nutritious food to meet the individualized needs of the dementia residents
- Specialized training that develops a more knowledgeable and sensitive dining service and nursing staff



Providing your residents with a better quality of life is not only about their comfort, it's also about their health.

With decades of experience and lessons learned from the many senior communities we've managed, Sodexho has established a series of proven best practices for providing your residents with the highest level of nutritional care. We ensure quality and compliance with systems that include:

- Clinical benchmarking for supplements, nourishment, and snacks
- Resident weight tracking and proper intervention
- Management and staff training
- Regulatory compliance programs
- Clinical practice measurement and outcomes
- Innovative interdisciplinary programs

Like you, we know that caring for your community means caring for each and every person who lives there.

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