Incentivising a sustainable catering in nursing homes

UN PROJET

FNAQPA
FÉDÉRATION NATIONALE AVENIR ET QUALITÉ DE VIE DES PERSONNES ÂGÉES

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Maison Gourmande & Responsable

REDUCE FOOD WASTE

FIGHT MALNUTRITION

IMPROVE RESIDENTS' SATISFACTION

2 ½ years

The team Maison Gourmande & Responsable

Financial Committee

Experts' Committee

Coordinator :

Marion BRIANCON-MARJOLLET

Communication Manager :

Mathilde HAMM

Project Managers / Mentors :

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Sophia SOUSSANE

Jean-Richard AZALFACK

Lydie GUTHMANN

The methodology

The methodology

Team 1

Define a project team

Kitchen staff

Reducing food waste

Preparation of meals

- Stock management
- Produce meals
- Adjust food production to daily orders
- Create textures and enriched food

Food waste measurement

Waiters

Improving mealtime organisation

Distribution of meals

- Take care of mealtimes environnement
- Communicate about meals
- Keep the Chef informed of residents' satisfaction

Residents' Satisfaction survey

Care teams

Fighting malnutrition

Consumption of meals

- Weigh every month all the residents
- Detect malnourished residents
- Implement individualized solutions for malnourished residents
- Monitor daily food intake

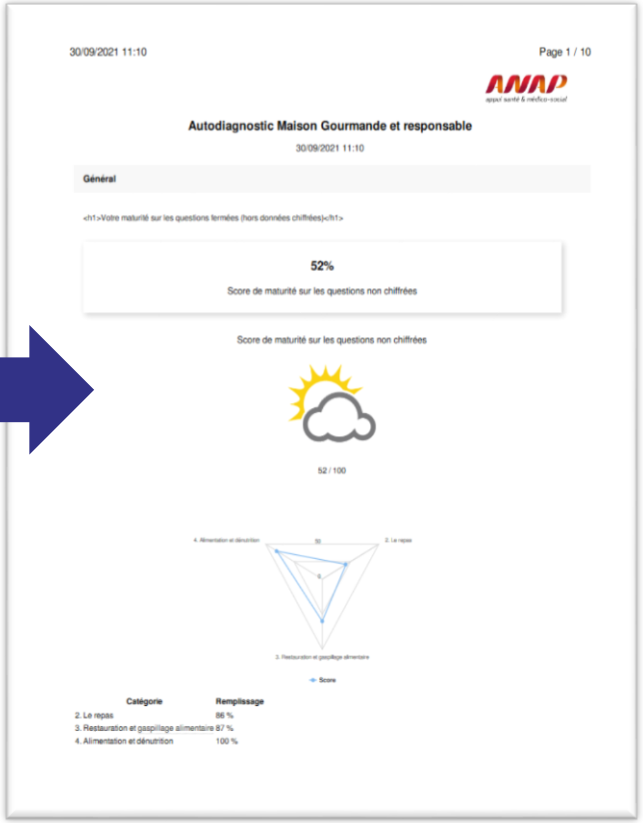
Malnutrition diagnosis

The self-assessment

Self-Assessment 2

100 INDICATORS

- CONTEXT
- MEALTIMES
- FOOD WASTE
- NUTRITION AND MALNUTRITION
- RESIDENTS' SATISFACTION SURVEY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ANAP

Autodiagnostic Maison Gourmande et responsable

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Général

<h1>Votre maturité sur les questions fermées (hors données chiffrées)</h1>

52%

Score de maturité sur les questions non chiffrées

Score de maturité sur les questions non chiffrées

52 / 100

Catégorie	Remplissage
2. Le repas	86 %
3. Restauration et gaspillage alimentaire	87 %
4. Alimentation et dénutrition	100 %

When the nursing homes had finished the self-assessment, they received a **report** gathering all the data collected.

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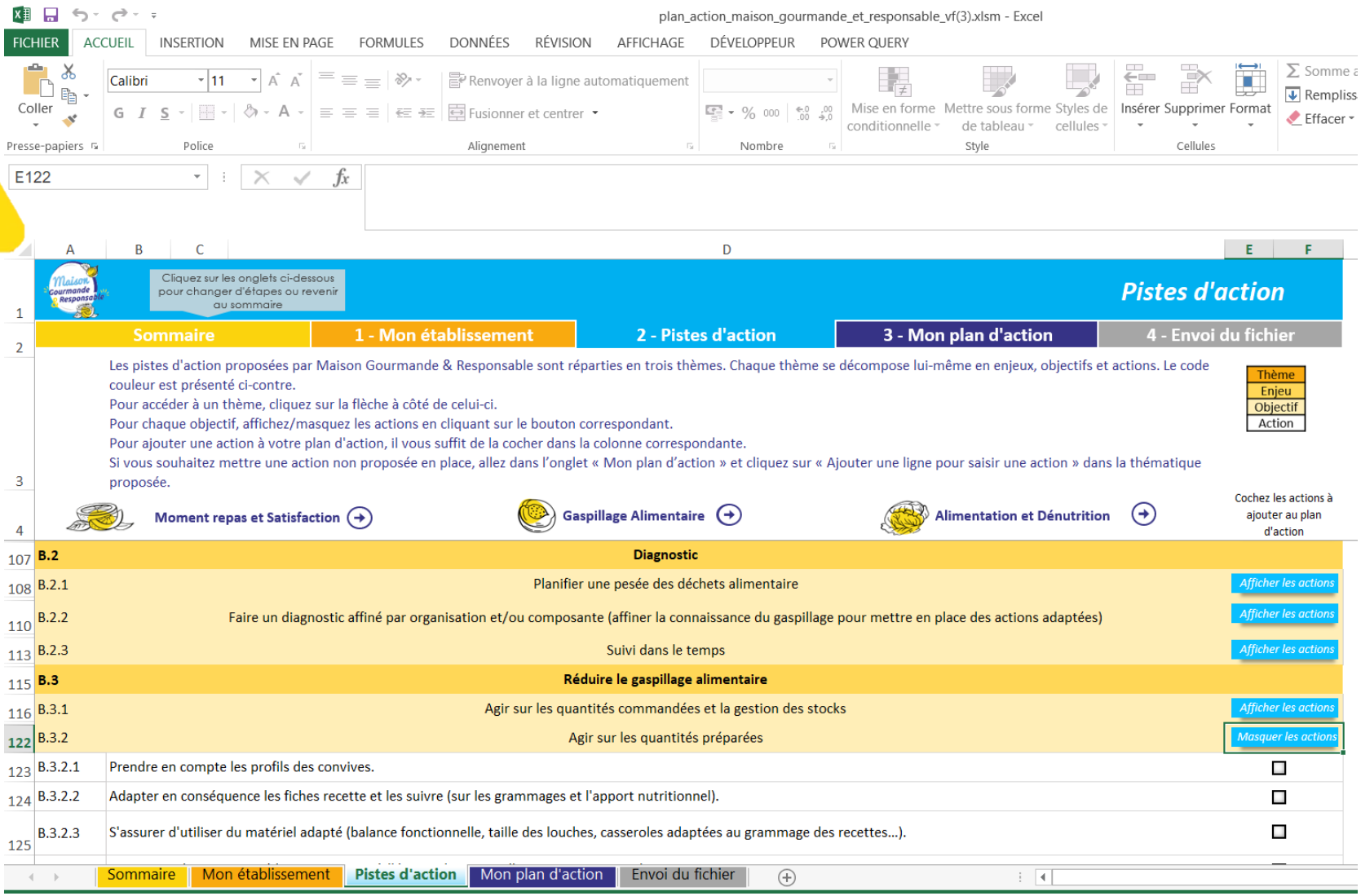
Action Plan

3



The nursing homes were asked to do an Action Plan.

We also developed a **« ready-to-use Action Plan »** containing experts' recommendations and the network's best practices.

Sharing practices

Feedback Sharing

4

Community of pratice

Articles

Pauline GRANET, Diététicienne
Résidence Mutualiste La Noë (35)

Quelles actions avez-vous mis en place ?

Pour réduire notre gaspillage alimentaire, nous avons mené une réflexion autour de la présentation des plats et plus particulièrement sur les textures adaptées. L'investissemer dans une nouvelle vaisselle a également permis d'aller dans ce sens.

De plus, nous avons constaté que la multiplication des plats (entrée, plat, dessert) ne convient pas forcément aux résidents atteints de troubles cognitifs qui rencontrent plus de difficultés à se concentrer lors des repas. Cela engendre souvent de la frustration pou

Testimonies

Video

Maison Gourmande & Responsable
A Testimony of a nursing home
EMILIEN BOUIN
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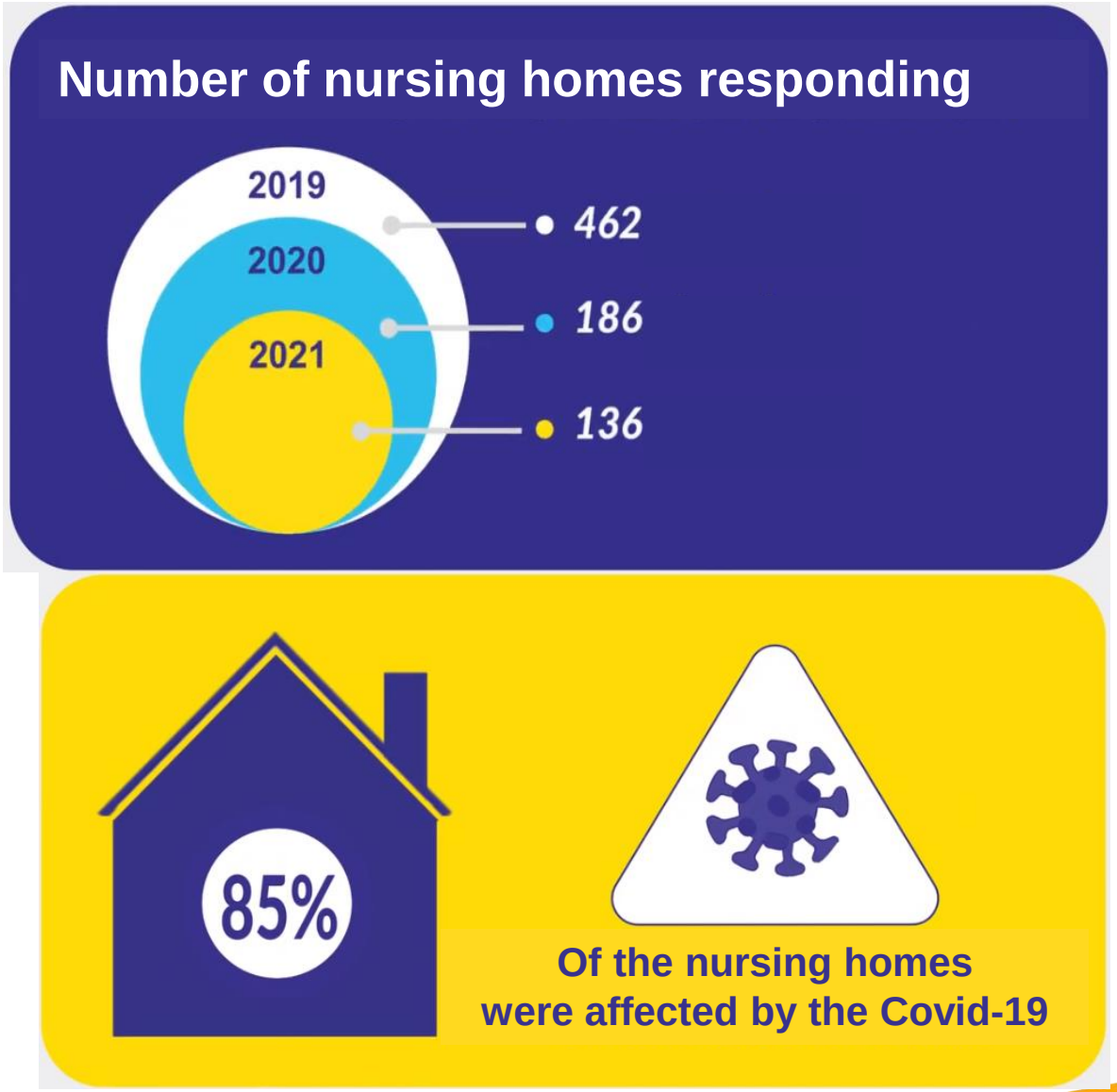
Key findings

Final Report, December 2021

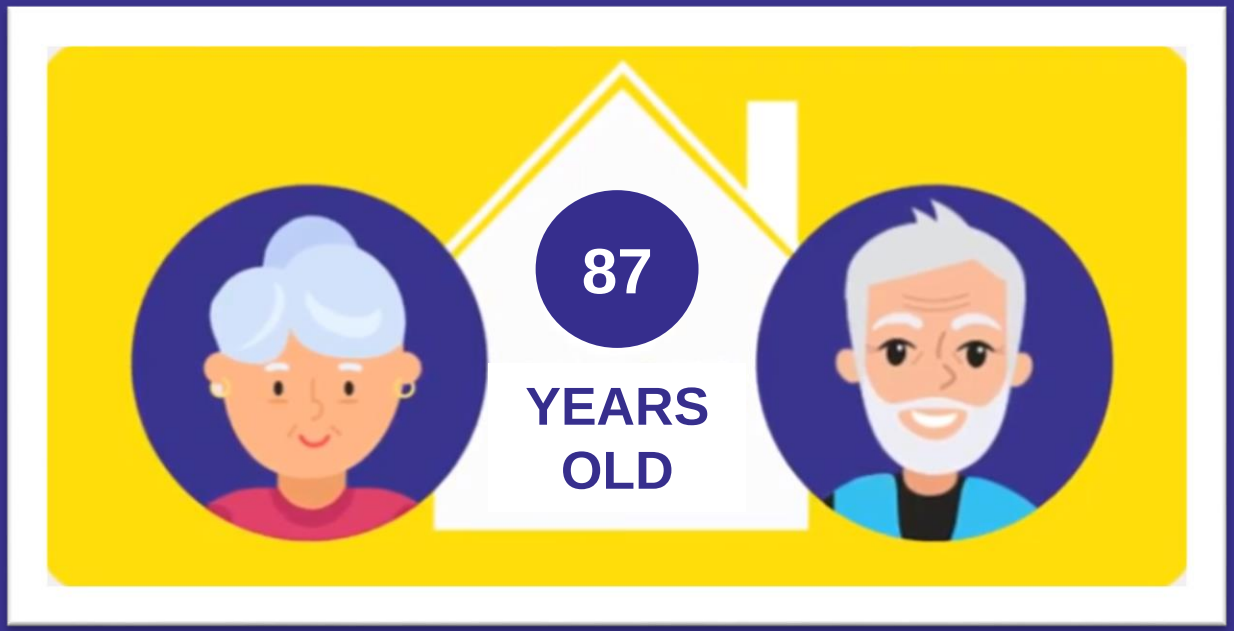
PARTICIPATION IN THE 3 SELF-ASSESSEMENTS



Context - The average nursing home

84

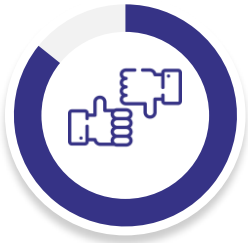
RESIDENTS



61,000 meals / year

(= 168 meals / day)

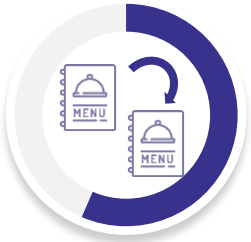
Nursing homes were asked how they adapted to food preferences and needs of residents during mealtimes.



Residents' needs

- 89% had a list **of residents' aversions** ;
- 84% had also a list **of the portion size** usually eaten by residents (small, medium, large portion);

To fight malnutrition, a crucial issue is the **regular update of residents' needs** (regarding tastes, texture and portion size) by a multidisciplinary team.



Flexibility in the menu choice

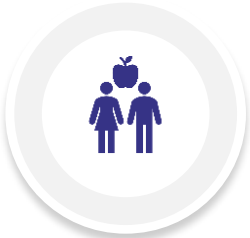
69% proposed a « replacement menu » **with a different protein portion** ;

Focusing on an alternative protein portion is an important strategy in reducing malnutrition, given the essential impact of protein intake.

An improvement in communication

- 88% reported that the cooks get feedback from waiters **after meals about residents' observations** ;
- 65% organized meetings between cooks, waiters and care teams **monthly or weekly**;
- 64% **involved residents in Menu Planning** monthly ;

Feeding assistance for residents who need full support to eat



Median average per meal :
1 feeding assistant for every 2 residents needing help

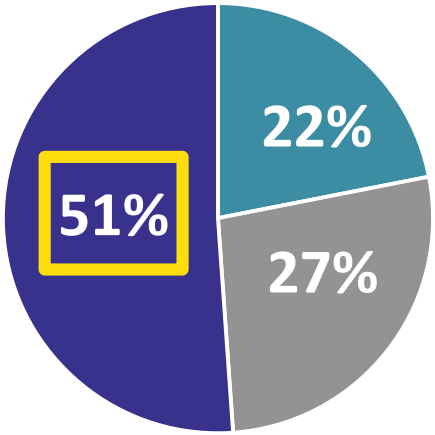
This indicator revealed deep differences in human resources between the nursing homes studied.

Sources of bio-waste production

The nursing homes had to weigh the total amount of bio-waste (edible and non-edible food waste) during 5 consecutive days at lunch time and at dinner.

Average production :
8T / year of bio-waste in 2021
11T / year in 2019

Lunch

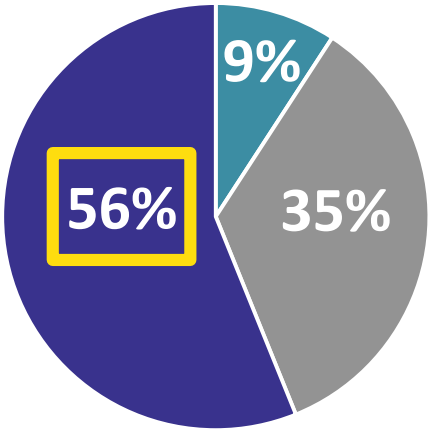


Preparation of meals

Distribution of meals
Food put out in food pans for serving and left uneaten

Consumption of meals
Food served to residents but left uneaten

Dinner



Soup represented 1/3 of the food thrown out.

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FOOD WASTE

Impacts in nursing homes implementing measures to reduce food waste (2021)

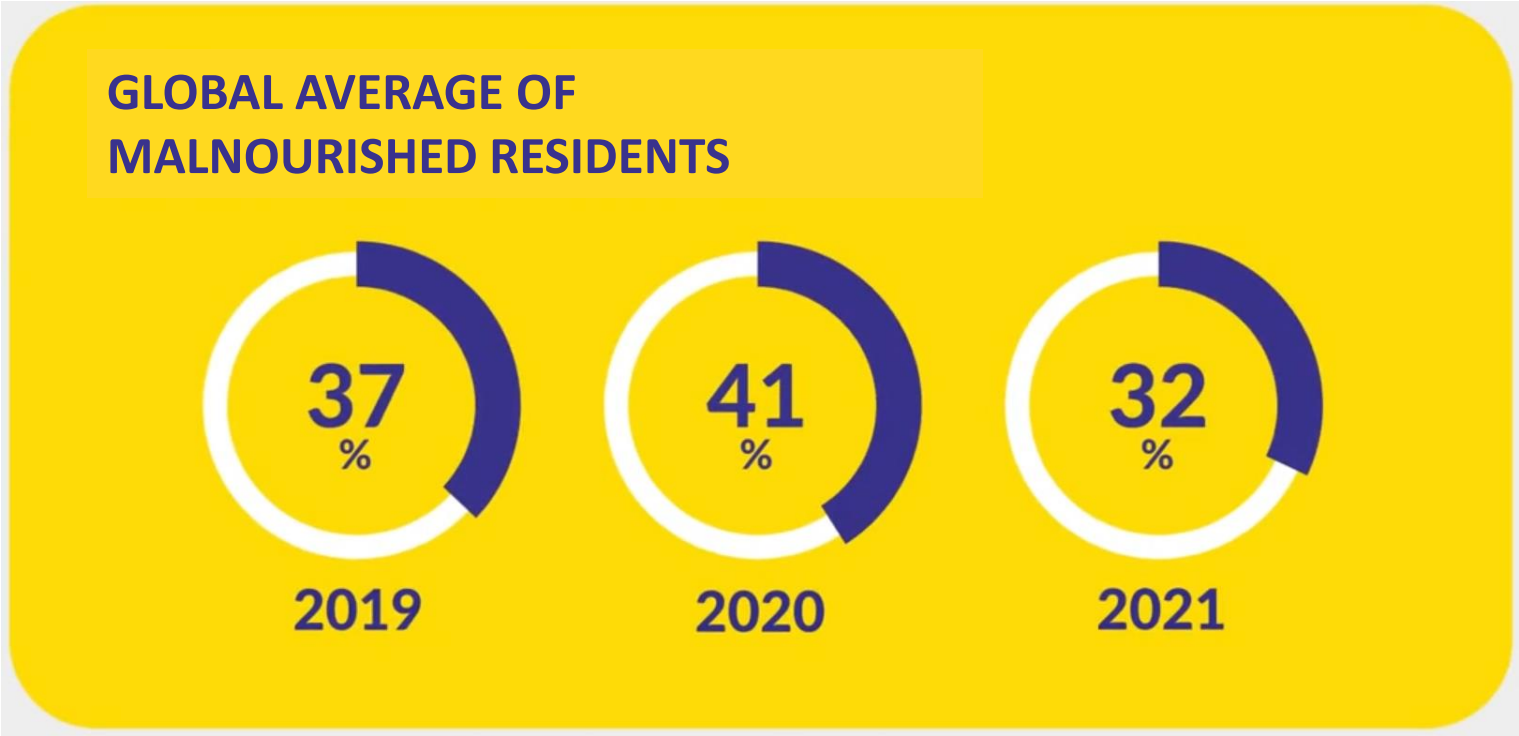
Measures implemented by the nursing homes to reduce food waste (2021)

Nursing homes undertook a wide range of actions to reduce food waste.
For instance in 2021:

- 95% had adequate equipment to **optimize meal temperature** at the food serving stage ;
- 92% allowed their residents to choose the **portion size** ;
- 89% of them **adjusted the quantity** of food prepared to the daily orders ;
- 65% offered **adapted cutlery and dishes** to their residents ;
- 50% used **low-temperature cooking** ;
- 50% regularly served the **leftover meals** kept in adequate hygiene conditions ;

More actions to reduce food waste could be better leveraged such as **donating excess food** (12%).

Average malnutrition rates in participating nursing homes



GOAL SET OUT BY THE GOVERNMENT

30%

Measures implemented by the nursing homes to fight malnutrition (2021)

- 56% of the nursing homes developed **new enriched recipes** ;
- 52% have created **a specific budget line for enriched food** by the end of the project ;
- 37% of the residents ate a **dietary enrichment** ;
- 26% of the residents took medically prescribed oral nutritional supplements (**ONS**) ;

Other actions remained underused in tackling malnutrition like **decreasing night-time fasting** by offering additional snacks at night, or **ensuring that medicine are taken after the meal.** This prevents loss of appetite.

Measures implemented by the nursing homes to fight against malnutrition (2021)

Nutritional intervention

Nutritional expertise plays a key role in planning adequate menus and setting dietary goals.

75% worked on the Menu Planning with a dietician

(+26 percentage points compared to 2019)

Measuring of nutrient density

55% have identified a daily goal of protein to be reached for an adequate quantity of protein intake in the weekly menu

Kitchen staff need to measure the quantity of protein and care teams need to monitor the consumption of food (especially enriched food) during meals.

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Satisfaction survey about catering and mealtimes

Respondents : 2,772 residents in 2021

8

QUESTIONS

Meal enjoyment **taste** **portion size**

food temperature **texture** **alternative menu**

response to food preferences **food presentation**

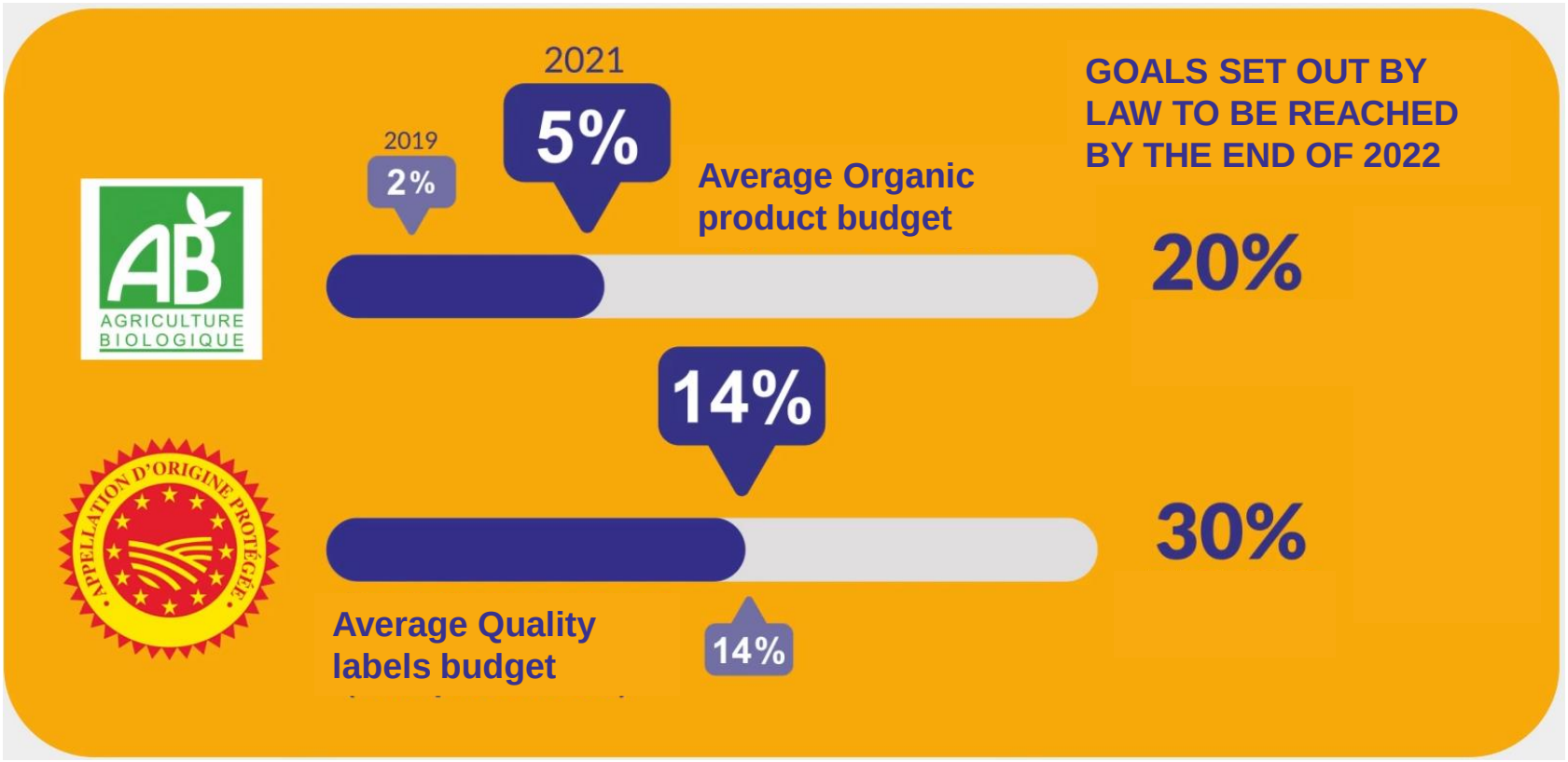
High satisfaction

food presentation (91%)
portion sizes (89%)

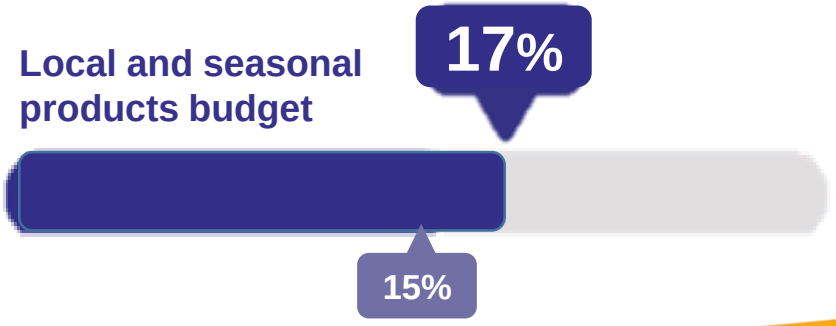
Lower satisfaction

taste (77%)
response to food preferences (78%)

Average impacts in the nursing homes on Food quality (2021)



Local and seasonal products budget



No goals set out by law

Conclusion

Take-home points

Our website

https://www.maison-gourmande-responsable.org/

Maison Gourmande & Responsable

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