



Incentivising a sustainable catering in nursing homes



UN PROJET



AVEC LE SOUTIEN DE



EN PARTENARIAT AVEC





**REDUCE
FOOD WASTE**



**FIGHT
MALNUTRITION**



**IMPROVE
RESIDENTS'
SATISFACTION**



2 1/2 years

The team Maison Gourmande & Responsable

Financial Committee

Experts' Committee

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The methodology

The methodology



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Define a project team

Team

1

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 environment
- Communicate about meals
- Keep the Chef informed of residents' satisfaction

Residents' Satisfaction survey

Care teams

Fighting malnutrition



Consumption of meals

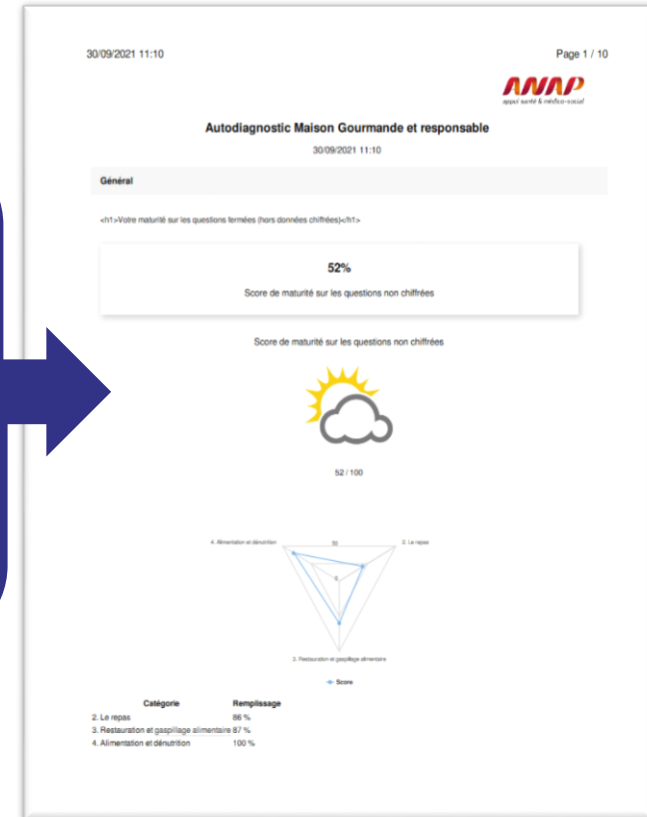
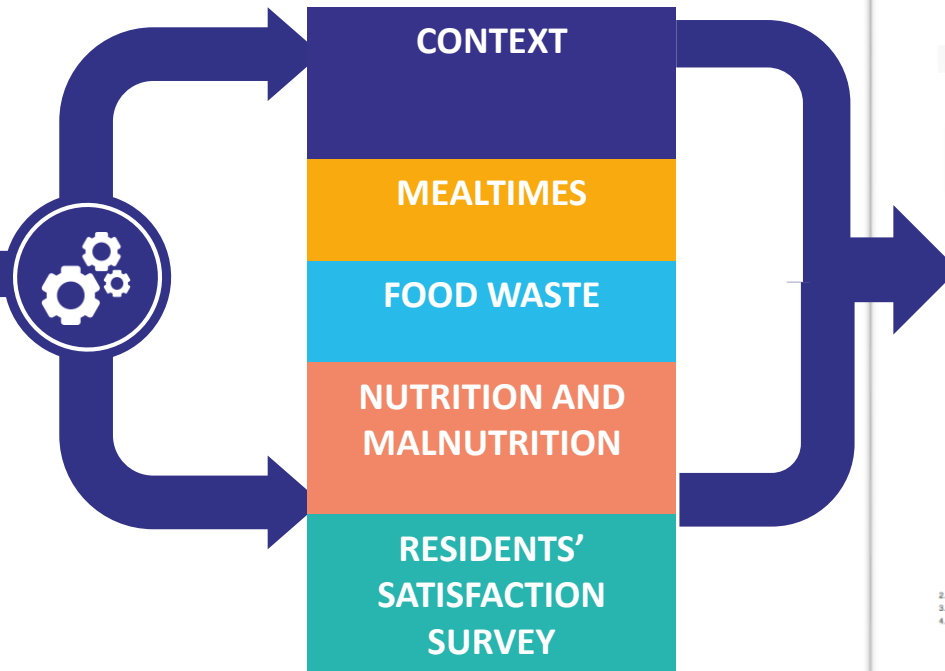
- Weigh every month all the residents
- Detect malnourished residents
- Implement individualized solutions for malnourished residents
- Monitor daily food intake

Malnutrition diagnosis

The self-assessment



100
INDICATORS



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

7



Action Plan




3

plan_action_maison_gourmande_et_responsable_vf(3).xlsx - Excel

FICHER ACCUEIL INSERTION MISE EN PAGE FORMULES DONNÉES RÉVISION AFFICHAGE DÉVELOPPEUR POWER QUERY

Coller Presse-papiers Police Alignement Renvoyer à la ligne automatiquement Fusionner et centrer Nombre Mise en forme conditionnelle Mettre sous forme de tableau Styles de cellules Insérer Supprimer Format Remplissage Effacer

E122

		Pistes d'action								
		Sommaire	1 - Mon établissement	2 - Pistes d'action	3 - Mon plan d'action	4 - Envoi du fichier				
1		Cliquez sur les onglets ci-dessous pour changer d'étapes ou revenir au sommaire								
2		<p>Les pistes d'action proposées par Maison Gourmande & Responsable sont réparties en trois thèmes. Chaque thème se décompose lui-même en enjeux, objectifs et actions. Le code couleur est présenté ci-contre.</p> <p>Pour accéder à un thème, cliquez sur la flèche à côté de celui-ci.</p> <p>Pour chaque objectif, affichez/masquez les actions en cliquant sur le bouton correspondant.</p> <p>Pour ajouter une action à votre plan d'action, il vous suffit de la cocher dans la colonne correspondante.</p> <p>Si vous souhaitez mettre une action non proposée en place, allez dans l'onglet « Mon plan d'action » et cliquez sur « Ajouter une ligne pour saisir une action » dans la thématique proposée.</p>				<table border="1"> <tr><td>Thème</td></tr> <tr><td>Enjeu</td></tr> <tr><td>Objectif</td></tr> <tr><td>Action</td></tr> </table>	Thème	Enjeu	Objectif	Action
Thème										
Enjeu										
Objectif										
Action										
3										
4		 Moment repas et Satisfaction →	 Gaspiillage Alimentaire →	 Alimentation et Dénutrition →		Cochez les actions à ajouter au plan d'action				
107	B.2	Diagnostic								
108	B.2.1	Planifier une pesée des déchets alimentaire				Afficher les actions				
110	B.2.2	Faire un diagnostic affiné par organisation et/ou composante (affiner la connaissance du gaspiillage pour mettre en place des actions adaptées)				Afficher les actions				
113	B.2.3	Suivi dans le temps				Afficher les actions				
115	B.3	Réduire le gaspiillage alimentaire								
116	B.3.1	Agir sur les quantités commandées et la gestion des stocks				Afficher les actions				
122	B.3.2	Agir sur les quantités préparées				Masquer les actions				
123	B.3.2.1	Prendre en compte les profils des convives.				<input type="checkbox"/>				
124	B.3.2.2	Adapter en conséquence les fiches recette et les suivre (sur les grammages et l'apport nutritionnel).				<input type="checkbox"/>				
125	B.3.2.3	S'assurer d'utiliser du matériel adapté (balance fonctionnelle, taille des louches, casseroles adaptées au grammage des recettes...).				<input type="checkbox"/>				

Sommaire Mon établissement Pistes d'action Mon plan d'action Envoi du fichier

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 practice



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'investissement 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

UN PROJET

FNAOPA
FEDERATION NATIONALE AGRICOLLE
ET QUALITE DE VIE DES PERSONNES AGES

Adef Résidences

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DES HOMMES AGRICOLTES

SYNERPA
SYNERGIE ENTRE
PROFESSEURS ET PARENTS

ANAP
AGENCE NATIONALE
D'APPUI A LA SANTE
& MEDICINE SOCIALE

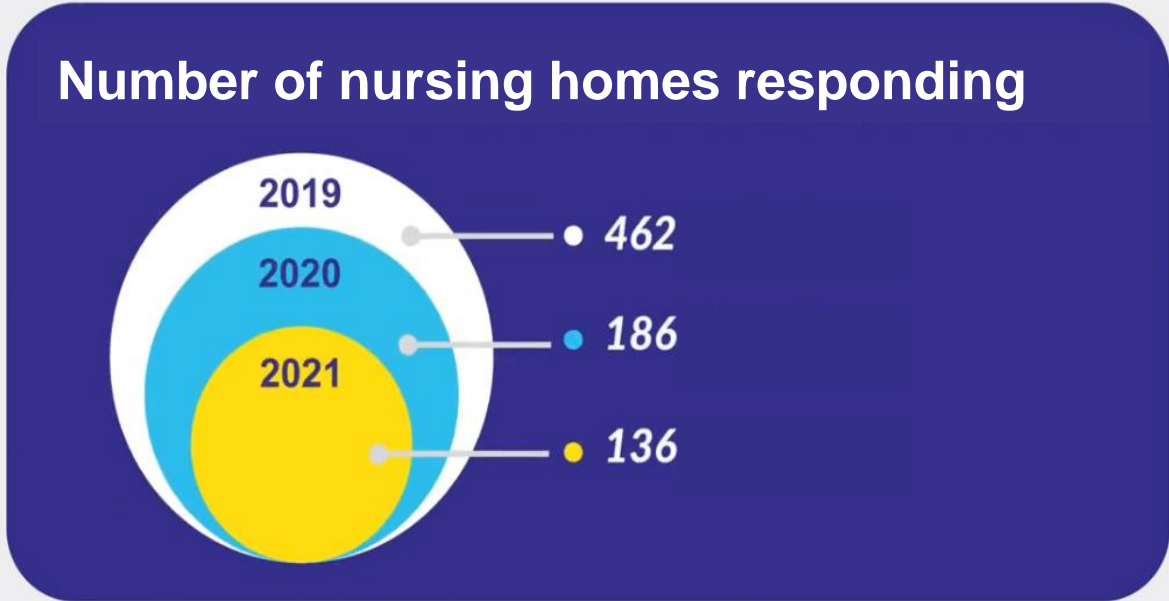




Key findings

Final Report, December 2021

PARTICIPATION IN THE 3 SELF-ASSESSMENTS



85%

Of the nursing homes were affected by the Covid-19

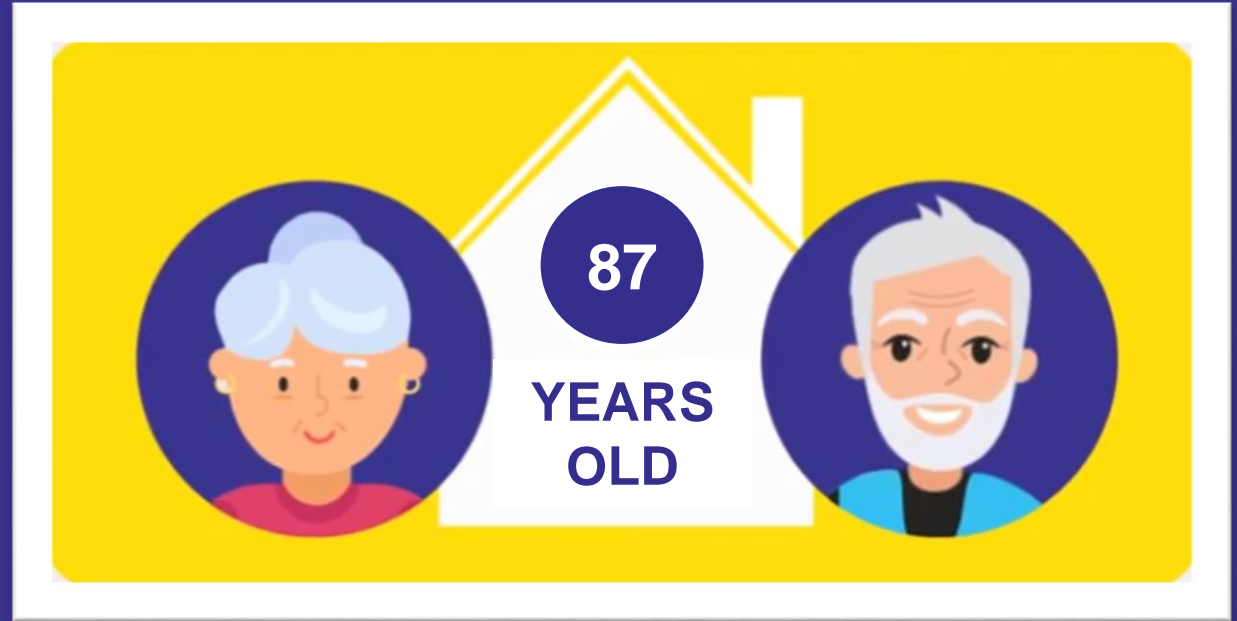


Context - The average nursing home

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.

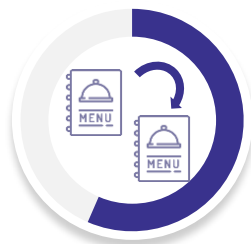
Residents' needs



- 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.

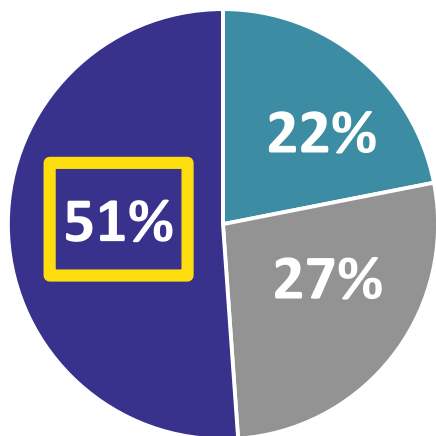
Sources of bio-waste production



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

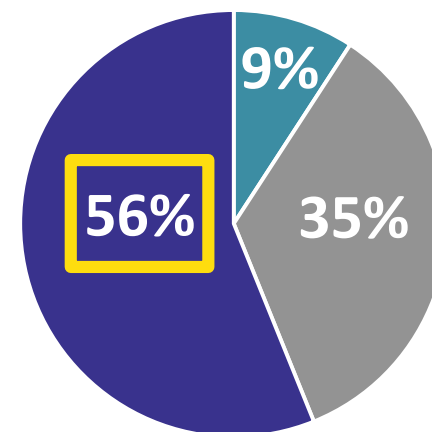


■ Preparation of meals

■ 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.



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



**Food waste decreased
by - 10% on average**

122g / pers / meal of food waste
137g / pers / meal in 2019

Cost cut = 4,500 € / year

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

GLOBAL AVERAGE OF MALNOURISHED RESIDENTS



2019



2020



2021

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.



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%)

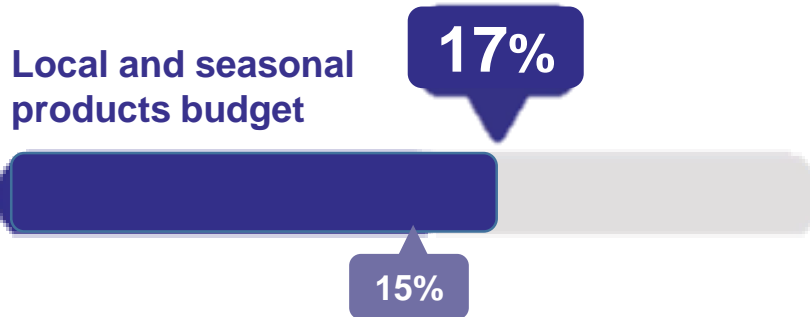
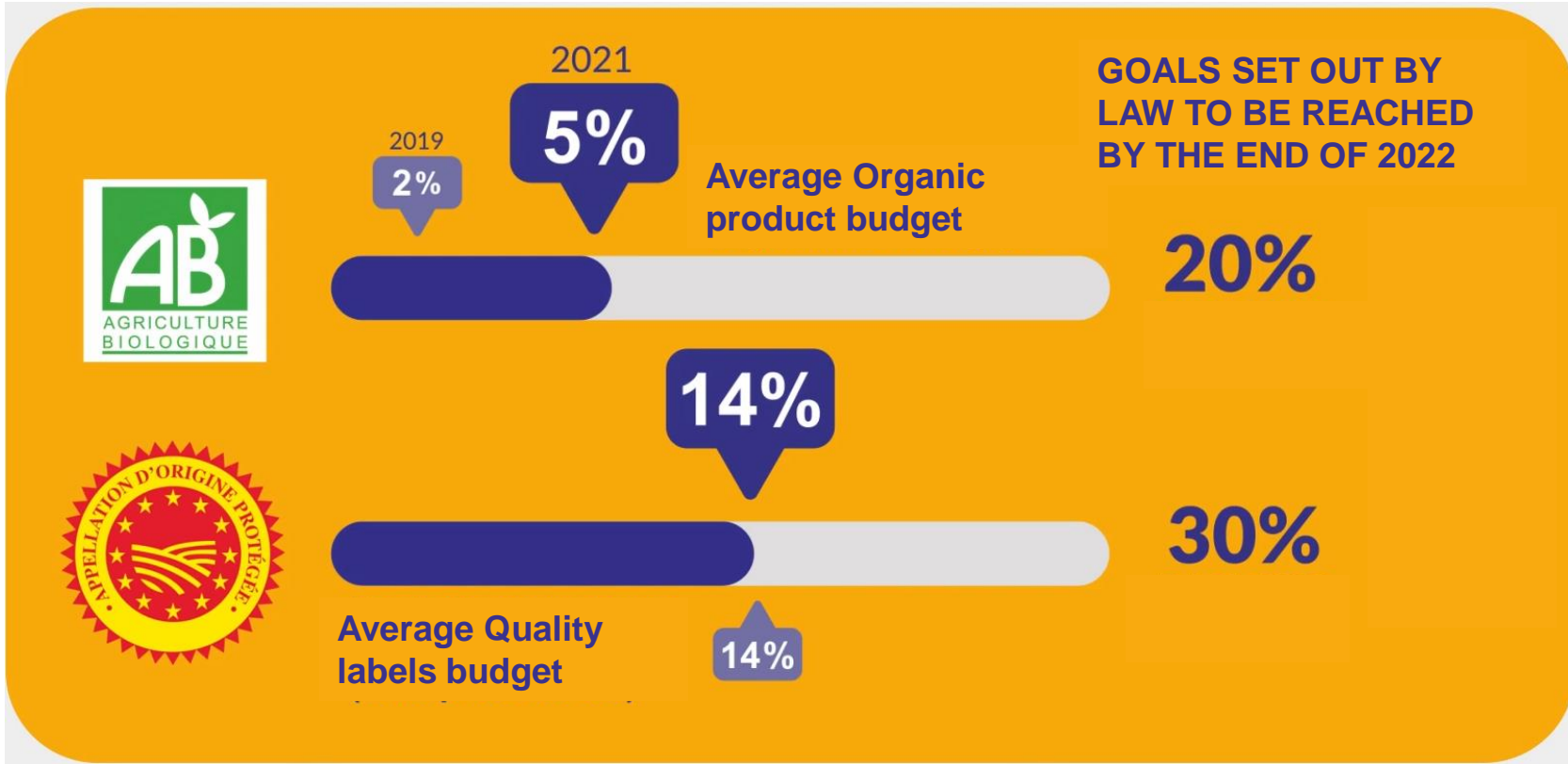
Lower satisfaction

taste (77%)

response to food preferences (78%)



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



No goals set out by law





Conclusion

Take-home points

Our website

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



DEMARCHE METHODOLOGIE MOMENT REPAS GASPILLAGE ALIMENTAIRE DENUTRITION CONTACT

A photograph of a chef in a kitchen, wearing a white chef's coat and a black apron. The chef is holding a black knife in their right hand and a stainless steel pan in their left. The pan contains some food, possibly vegetables. In the background, there are kitchen shelves and a basket. A semi-transparent blue rectangular box is overlaid on the center of the image, containing white text.

*Engagez-vous en faveur d'une restauration plus responsable
avec la boîte à outils Maison Gourmande et Responsable*





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