

Caregivers' Cove

New year and holidays are only complete with good food. Food preparations can be enjoyable for both the young and old¹.

Food Preparation

is a favourite pastime for seniors to connect with family members. Let's consider kitchen fun and shopping trips to complete a festive meal.

Let's Dig In!

Suitable utensils makes handling easier for seniors.

Cater a variety of food sizes and texture so all may enjoy the family feast. Please help yourselves to the finger foods!

Eat Healthily Be Happy²

Include a variety of vegetables, lean meat, fish and healthy oil. Cut down on salt and sugar, use natural herbs and spices instead to enhance flavours.



Photo credit: Unsplash

1. "Impact of Dementia Progression on Food-Related Processes: A Qualitative Study of Caregivers' Perspectives" <https://journals.sagepub.com/doi/full/10.1177/1533317513494456>, 15 Dec 2021
2. "ALZHEIMER'S DIET: 16 FOODS TO FIGHT DEMENTIA + WHAT TO AVOID", <https://primehealthdenver.com/alzheimers-diet/>, 16 Dec 2021

看护者港湾

欢庆新年佳节少不了佳肴美食，
筹备活动更是老少贤宜。¹

筹备美食

是长者最爱和一家人分享的活动。何不一起下厨或采购食品欢庆佳节？

开饭咯！

适合的餐具让长者更得心应手。
提供不同食物大小和口感配合全家享用。
还有小点心，大家自己来吧！

吃得健康 快乐欢欣²

准备多种蔬菜、瘦肉、鱼肉和健康食油。减低盐和糖分的使用，用天然香草和香料增进口味。



图像源：Unsplash



Building Stronger Communities, Together

1. "Impact of Dementia Progression on Food-Related Processes: A Qualitative Study of Caregivers' Perspectives" <https://journals.sagepub.com/doi/full/10.1177/1533317513494456>, 15 Dec 2021
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