

Key points to support a food first approach for residents with snacks

Snacks

- A variety of snacks should be offered to residents throughout the day (or night if resident is awake)
- They are a quick and enjoyable way to provide a small volume of food, which contains a lot of nutrients



Who can benefit from snacks?

- Ideal for residents scoring MUST of 1 or above as part of MUST Step 5 action plan
- Aim to provide an additional 500-600kcal and 15-20g protein per day if on MUST Step 5
- Snacks are great for small appetites or those who 'walk with purpose'

Snack Ideas

Each of the following snacks contains approximately 150kcal and 4g protein



Hot Cross bun with butter
Rice pudding pot with 2 teaspoons jam
Custard pot with jam



Tinned fruit with evaporated milk
30g cheese with an apple
Small slice pizza

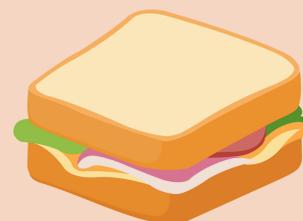


Slice malt loaf with butter
Small slice quiche



Cocktail size pork pie
Snack size sausage roll

Pancake with 1 tablespoon hazelnut spread
Scone with butter and jam



2 digestives with 2 cheese triangles/spreading cheese
Hard boiled egg halved or sliced with mayonnaise to dip
Small sandwich with ham, cheese, tuna, egg mayo

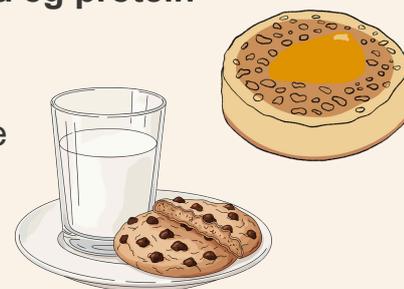
Each of the following snacks contains approximately 200kcal and 8g protein



1 wheat bisk with sugar and fortified milk
Crumpet with 1 tbsp peanut butter
1 slice toast with butter and meat based pate
Small pork pie



2 crackers with butter and 30g cheese
Glass of fortified milk and a biscuit



Fortified milkshakes

Homemade milkshakes are another excellent way of fortifying by adding energy and protein. Please refer to RDS Project Milkshake (with link) for recipes and other resources: <https://www.rightdecisions.scot.nhs.uk/ggc-nutrition-in-care-homes/food-first-and-project-milkshake/>

