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*For Immediate Release*

## **Chefs and a New Cookbook Spice Up Meals for Community Care Clients**

*Singapore Chefs Association signs up to train Community Care cooks*

The Agency for Integrated Care (AIC) and the Singapore Chefs Association (SCA) signed a Memorandum of Understanding (MOU) this morning to train Community Care cooks to improve the quality of meals and food service for their clients. The signing ceremony took place at the finale of the Intermediate and Long-Term Care (ILTC) Nutrition Movement 2015. It was graced by Senior Minister of State for Health and the Environment & Water Resources Dr Amy Khor.

2. Starting from 2016, the SCA will train more than 100 Community Care cooks over two years to improve their cooking skills and techniques, while adding 20 new recipes to the sector's collection of recipes. The cooks, who work at eldercare centres, nursing homes, and for home care providers, will also learn to cook in bulk for better productivity.

3. The MOU signing between the SCA's President Chef Edmund Toh and AIC's Deputy Chief Executive Officer Dr Wong Kirk Chuan marked the SCA's formal partnership with AIC for the ILTC Nutrition Movement. The movement is an annual campaign to raise awareness of good nutrition and food service in the sector. Individual SCA members have been supporting the movement since 2012. "In our golden years, it is not only important that our bodies derive every ounce of nutrition possible from our food, but that we enjoy the meal at the same time. With our pool of talented and experienced chefs who are able to cook creatively to provide nutritious

and wholesome food, we hope to share our knowledge and skills with the Community Care sector to benefit their clients,” said Chef Edmund Toh, President of the SCA.

4. Dr Amy Khor also launched AIC’s special edition cookbook at the event, which honoured our families’ food heritage – a tribute to our SG50 celebrations. Curated by Chef Eric Teo, the cookbook “Eat Well, Age Well, Live Well” is a compilation of 50 recipes tailored to meet the nutritional requirements of the elderly, including soft diets for those with swallowing difficulties. Majority of the cookbook’s recipes are for well-loved nostalgic dishes like *Ngoh Hiang and Soto Ayam*, which will bring to clients a touch of “home” during mealtimes. Recipes of modern, restaurant-worthy fare like *Quinoa Salad with Avocado & Endives* were added for variety. The recipes were contributed by 18 elderly clients and Community Care institutions, 12 chefs and heritage restaurants including Red Star Restaurant, Islamic (Indian) Restaurant and Tambuah Mas.

5. The sector’s service providers lauded the move to involve their elderly care clients in the cookbook. A senior Occupational Therapist with AWWA Rehab & Day Care Centre, Mr Seetharaman Prabakaran, shared that this empowered their clients to contribute to the community by sharing their knowledge, thus boosting their self-esteem. His client, Mdm Lee Geok Eng, 77, contributed her *Ngoh Hiang* recipe to the cookbook. Said Mdm Lee, “I inherited this traditional recipe from my father. He used to make and sell it for a living and I would help him prepare it when I was young. By sharing this recipe, I am able to keep my pleasant memories with my father alive.”

6. “The cookbook is a resource for our Community Care partners and cooks to draw on in their ongoing efforts to improve their food service. Variety is the spice of life and with more meal options offered, we hope to bring greater enjoyment to our clients so that they gain the nutrition needed. I am encouraged by the support shown by our clients, partners and industry professionals in contributing their recipes. Community support is invaluable to the success of the sector’s quality improvement efforts to help our clients live well and age gracefully at home and in the community,” said Deputy Chief Executive Officer of AIC Dr Wong Kirk Chuan.

7. The ILTC Nutrition Movement is an annual campaign organised by AIC since 2012 to raise the importance of good nutrition and food service in the Community Care sector through capability building, dissemination of information and resources, and awareness events. The theme for the ILTC Nutrition Movement 2015 is “Nostalgia: Makan Memories”. Close to 30 cooks from 16 Community Care organisations attended the ILTC Nutrition Boot Camp Training organised in conjunction with the movement this year. Over the four years, over 50 Community Care organisations have taken part in the movement and more than 400 of their staff have gone for related training.

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#### **About the Agency for Integrated Care**

The Agency for Integrated Care (AIC) seeks to create a vibrant Care Community enabling people to live well and age gracefully. AIC coordinates and facilitates efforts in care integration to achieve the best care outcomes for our clients. We do this by empowering them with health and social care information and arranging for their care when they are discharged from hospitals. We enable stakeholders to raise the quality of care, and also enhance collaboration by working with health and social care providers to increase services to support the ageing population. Our work in the community brings care services and information closer to those in need. For more information, please visit [www.aic.sg](http://www.aic.sg).