



## FACTSHEET

### INTERMEDIATE AND LONG-TERM CARE (ILTC) NUTRITION MOVEMENT 2015

Good nutrition contributes to an elderly's overall well-being and quality of life. The Intermediate and Long-Term Care (ILTC) Nutrition Movement is an annual campaign since 2012 which aims 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. It is spearheaded by the Agency for Integrated Care (AIC).

The theme for the ILTC Nutrition Movement 2015 is "Nostalgia: Makan Memories". Its key initiatives are:

#### **Capability Building**

##### *ILTC Nutrition Boot Camp Training*

AIC organised an ILTC Nutrition Boot Camp Training for Community Care cooks in September and October 2015 at Temasek Polytechnic. Close to 30 cooks from 16 Community Care organisations attended the boot camp in two runs, each comprising two half-day training sessions conducted by celebrity Chef Devagi.

The training aimed to sharpen the culinary skills of the Community Care cooks, deepen their knowledge of nutrition, and raise their competency in menu planning.

During the workshops, they practised using new recipes from the "Eat Well, Age Well, Live Well" cookbook. At the end of each run, the participants' creations were judged in a mini-competition.

##### *Memorandum of Understanding (MOU) between Singapore Chefs Association and AIC*

The two-year MOU, which will start in 2016, will see SCA conducting four training courses a year for the Community Care sector. Over 100 Community Care cooks will benefit from the training over the two years, which will enhance their cooking skills and techniques to prepare more appetising meals for their clients, and cooking in bulk. Over 20 new recipes tailored for the elderly will be developed and taught.

Through the training, AIC hopes to boost the productivity of the cooks and kitchen staff, add on to the variety of tasty recipes they can prepare, and empower and inspire the cooks to create new recipes.

## **Information and Resources**

### *“Eat Well, Age Well, Live Well” Cookbook*

As part of an ongoing effort to make available resources on good nutrition and food service to support the sector in providing quality nutrition to their clients, AIC teamed up with celebrity Chef Eric Teo to create its first ever cookbook. It will consist of 50 new recipes which honour our families’ food heritage – a tribute to our SG50 celebrations. The recipes were contributed by Community Care clients (who are also Pioneers) and partners in the Community Care sector, celebrity chefs, heritage restaurants and SCA. AIC partnered Temasek Polytechnic to provide the nutritional analysis for the recipes to ensure that they meet the nutritional needs of the elderly. The cookbook is available to all Community Care organisations.

## **Raising Awareness**

### *ILTC Nutrition Movement Finale 2015: “Nostalgia: Makan Memories”*

The finale aims to increase awareness of the importance of nutrition and celebrate our Community Care partners’ achievements in improving their culinary skills. The event will be held at HortPark on 12 November 2015. The highlights of the finale are the launch of the “Eat Well, Age Well, Live Well” cookbook and the signing of the MOU between AIC and SCA. There would also be a prize presentation for the winners and participants of the boot camp “mini-competitions”.