



## **FACTSHEET**

### **EAT WELL. AGE WELL. LIVE WELL 2016 (INTERMEDIATE AND LONG-TERM CARE NUTRITION MOVEMENT)**

Good nutrition contributes to a senior's overall well-being and quality of life. Since 2012, the annual Intermediate and Long-Term Care (ILTC) Nutrition Movement has been working to raise awareness of the importance of good nutrition and food service in the Community Care sector. The campaign is spearheaded by the Agency for Integrated Care (AIC). 2016 marks the fifth year since the movement started.

#### **Why “Eat Well. Age Well. Live Well”?**

“Eat Well. Age Well. Live Well” is the slogan for the ILTC Nutrition Movement.

The three phrases form an interlinked cycle. Improving the taste and nutritional value of food will help seniors to “eat well”. Enhancing the food's presentation and taste will help seniors to increase their nutritional intake and enhance eating pleasure, contributing to a better quality of life, i.e. “age well”. A satisfying meal lifts spirits, fortifying seniors to face the day with enthusiasm and to “live well”. Better spirits also improves appetite which in turn will help seniors to eat better.

#### **Key initiatives of the ILTC Nutrition Movement**

The three initiatives of the ILTC Nutrition Movement are capability building, dissemination of information and resources and awareness events.

##### Capability building

AIC has been organising related courses and hands-on boot camp cooking training sessions since 2012. Over 80 Community Care organisations have taken part in these sessions, with many participants being regulars.

The training aims to support Community Care kitchen staff in increasing the variety of tasty recipes they can prepare, empower and inspire them in developing new recipes of their own, and to increase their productivity in the kitchen.

In 2015, AIC signed a Memorandum of Understanding (MOU) with the Singapore Chefs Association (SCA). The SCA chefs have organised four boot camp training sessions this year on 12 new recipes that they tailored based on commonly donated

ingredients. More than 70 Community Care cooks have benefited from the training, enhancing their culinary skills and techniques in preparing more appetising meals for their clients. They also learnt to cook in bulk.

During the hands-on sessions, they practised using new recipes. At the end of each session, the participants' creations were judged in a mini-competition.

### Information and resources

AIC has been producing and disseminating recipes to the Community Care sector. As of 2015, 52 collectable recipe inserts and a cookbook have been produced. Some of the recipes cater to seniors with dysphagia as well.

For 2016, 12 new recipe inserts have been produced from the recipes contributed by the SCA chefs. AIC partnered Temasek Polytechnic to derive the nutritional analysis for each recipe to ensure that they meet our seniors' nutritional needs.

These new recipes make use of ingredients commonly donated to our Community Care partners and come with two preparation methods – a conventional method and a combination-oven method. This is to encourage the sector's use of more advanced technology kitchen equipment.

All Community Care organisations receive a copy of the recipe inserts and the cookbook. They are also available online at [www.aic.sg](http://www.aic.sg).

### Awareness event – ILTC Nutrition Movement finale: “Eat Well. Age Well. Live Well 2016”

As with previous years, the finale aims to increase awareness of the importance of nutrition and celebrate our Community Care partners' achievements in improving their culinary skills.

This year's event will take place on 18 November 2016 at Biopolis. The highlights of the finale include a combination-oven demonstration to Community Care administrators, and video montage commemorating the movement's achievements in the last five years. There will also be a prize presentation for the winners and participants of the boot camp “mini-competitions”.