

21 September 2013

*For Immediate Release*

## **ILTC Nutrition Movement 2013**

### **New programme taps on Singapore Chefs Association’s culinary expertise to enhance the capabilities of nursing home cooks**

The Agency for Integrated Care (AIC) is partnering the Singapore Chefs Association (SCA) for the first time on a programme to raise the quality of nutrition and food services for the elderly residents in nursing homes (NH). Called “Partner a Nursing Home”, the programme was officially launched today at the ILTC Nutrition Movement 2013 Finale: “S.H.I.O.K Chefs’ Challenge: The Secret Ingredient” event. The one-year programme will involve seven nursing homes for a start. They are the Moral Home for the Aged Sick, Singapore Christian Home (SCH) and Ling Kwang Home for Senior Citizens (LKHSC), United Medicare Centre (UMC), Sree Narayana Mission Home (Singapore), St. Joseph’s Home (SJH) and Society for the Aged Sick (SAS).

2. Under this programme, each nursing home will be paired with a chef from SCA who will provide consultation to the nursing home and mentor its cooks on areas such

as menu planning, food preparation and service. The pairings of the nursing homes with SCA Chefs are as follows:

- Moral Home for the Aged Sick with Chef Eric Neo, Executive Chef at Hotel Intercontinental
- Singapore Christian Home with Chef Daisy Cheong, Trainer, Free-lanced
- Ling Kwang Home for Senior Citizens with Chef Heman Tan, Executive Chef, JP Pepperdine Group
- United Medicare Centre with Chef Alfred Lee, Executive Chef, Suntec Singapore, Convention and Exhibition Centre
- Sree Narayana Mission Home (Singapore) with Chef Eric Low, Chef Owner, Lush Epicurean
- St. Joseph's Home with Chef Leons Tan, Corporate Chef, Sarika, Connoisseur Café Pte Ltd
- Society for the Aged Sick with Chef Elvin Chew, Head Chef, Au Chocolat Pte Ltd

3. The SCA Chefs are providing their culinary expertise on a voluntary basis as members of SCA. They have each committed their personal time to oversee activities in the respective nursing homes. They will work with the nursing homes to assess their respective needs and provide professional advice to expand the variety of meals and quality of nutrition for the nursing home residents. Additionally, the Chefs will provide consultation on how to better organise the food preparation process in the nursing home's kitchen vis-à-vis the roles and responsibilities of kitchen staff, and conduct training on improving the variety, appeal and presentation of meals served to the elderly.

4. Mr Edmund Toh, President of SCA said, “Singapore Chefs Association is delighted to partner AIC to support the growth and development of the ILTC sector. With our Chefs’ vast culinary experience, cooks from the ILTC sector will be able to learn the industry’s best practices and apply to their cooking so they can prepare healthy and tasty meals for the elderly to enjoy!”

5. With the programme, cooks from these participating nursing homes will be able to sharpen their culinary skills, learn best industry practices, raise their competency in menu planning and strengthen their knowledge on nutrition.

6. Mr Dennis Tan, Chief Executive Officer of LKHSC said, “It is very exciting for us to have a professional Chef in the nursing home to provide guidance to our cook in terms of quality of food and service. We hope to improve not just in terms of taste but also presentation and colour so that it will look palatable. With the Chef on board, our cooks will be motivated to enhance their capabilities and improve the meal satisfaction of our residents.”

7. Besides the “Partner a Nursing Home” programme, SCA also created 15 new recipes for nursing homes’ use, which have been added to AIC’s “Cooking for Health” cookbook, launched in 2012. This cookbook now has 35 recipes, including blended, ‘soft’ diet recipes, fit for nursing home use. Temasek Polytechnic, another important ILTC Nutrition Movement collaborator, had helped to analyse the recipes to provide nutritional information so as to ensure the suitability of the dishes for the elderly clients.

8. Other activities held as part of this year's ILTC Nutrition Movement included the ILTC Culinary 'Boot Camp' training conducted by Celebrity Chef Eric Teo and his associates and the 'Nutrition Basics for Food Services in Nursing Homes' course conducted by Temasek Polytechnic. To date, a total of 30 cooks from 19 ILTC organisations have attended these training programmes.

9. On the level of private and public collaboration seen for the ILTC Nutrition Movement 2013, Chief Executive Officer of AIC, Dr Jason Cheah said, "Good nutrition and food service are important aspects of providing better health outcomes for the elderly in nursing homes. AIC is grateful to the Singapore Chefs Association and its Chefs for having so readily come forward to give of their time and to share their culinary know-how with the nursing homes' cooks. Their commitment and that of the nursing homes' cooks to continually upgrade their knowledge and skills, will add to the quality of convalescence for our nursing home residents. I hope these cooks will test out what they have learnt during the courses to create even more nutritious and delicious meals for their clients."

###

For media enquiries, please contact:

Sarima Jasmin (Ms)  
Executive  
Corporate & Marketing Communications  
Agency for Integrated Care (AIC)  
DID: 6603-6825  
Mobile: 9154 4064  
Email: [sarima.jasmin@aic.sg](mailto:sarima.jasmin@aic.sg)

## **About the Agency for Integrated Care (AIC)**

The Agency for Integrated Care (AIC) is set up by the Ministry of Health (MOH) to oversee, coordinate and facilitate all efforts in care integration. Our mission is to achieve best care outcomes for our patients 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).