



Hydration kit



Unilever
Food
Solutions



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Introduction

At Unilever Food Solutions, we've made it our mission to support the hydrational and nutritional needs of residents living in care. This hydration kit invites you to join us in this mission by providing some useful tools to keep your residents active and hydrated.

3 - Residents and Staff posters

Visual reminders for your residents and staff to stay hydrated

6 - Hydration top tips

Helpful tips for keeping hydrated throughout the day

8 - Grow your own activity

Simple instructions on growing watercress

9 - Spot the difference puzzle

Have fun with our retro ice cream themed spot the difference puzzle

11 - Keep in touch activity

Encourage your residents to write to their loved ones whilst enjoying a cup of tea

14 - Recipes

A selection of delicious and hydrating recipes made using some of our most well-loved brands



Stay hydrated



THIS
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HOME



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Little cups of life



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Look after yourself

So that you can look after the residents in your care.



Remember to stay hydrated throughout your working day.



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Hydration throughout the day

There are lots of opportunities for residents to hydrate over the course of a day.

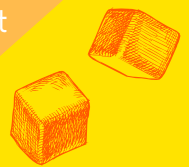
Night time

Ensure your residents have a glass of water by their bedside at night.



Early morning

Drinking a glass of water 30 minutes before breakfast can aid digestion.



Dinner

Vegetables such as tomatoes, radishes and spinach each contain over 90% water and make tasty additions to most meals.



Breakfast

Enjoy milk in cereal and tea – it's as hydrating than water!



Mid-afternoon

Serve snacks such as ice creams and milkshakes to boost hydration.



Lunchtime

Food can contribute to around 20% of fluid intake, so serve dishes high in water content such as delicious Knorr® Professional Soups.

Mid-morning

Share a cuppa or a glass of water with your residents, along with a healthy snack such as watermelon or strawberries that are naturally packed with water.



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Top tips to increase hydration among residents

1

Include foods such as soups, jelly, custard, ice cream, yoghurt and puréed fruits in your daily menu.



2

Have a social 'happy hour' where drinks are offered inviting the residents to socialise.



3

Set up hydration stations around the home.

4

Find out each resident's favourite drink and offer this first.



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Grow Your Own

Your residents will see the importance of hydration for themselves with this fun, engaging activity. Watercress seeds can be planted indoors all year round – but, like humans, they need water to thrive!



1 **grow**

Plant your seeds in small plant pots and as per the on-pack instructions.

2 **water**

Water them regularly to keep the soil moist.



3 **plant**

Watch them grow and prosper!

Spot the Difference

Ice cream not only tastes great and provides added calcium, it's also perfect for helping to boost hydration.

Can you spot all 5 differences?



Spot the Difference Answers



Keep in Touch

Staying in touch with loved ones isn't always easy for your residents. That's why we've dug down into the Unilever archives and created this exciting and engaging set of postcards using historic and iconic adverts.

Print out the postcards on thick card and use them to encourage your residents to reminisce about times gone by, then ask them to write a note to their family, a friend or loved one on the reverse whilst enjoying a refreshing cup of tea. Then, address them, stamp them and pop them in the post, to help delight and reassure each and every recipient.



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Keep in Touch



----- CUTTER GUIDE -----

Keep in Touch

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Soup Recipes



TOMATO & ROASTED RED PEPPER

INGREDIENTS FOR 10 PORTIONS

- 1.5L Water
- 141g **KNORR® Professional Tomato Soup**
- 250g Red peppers
- 30g KNORR® Professional Mixed Chilli Puree**
- 150ml Double cream

METHOD

- Roast the peppers in an oven at 250°C until they are blistered.
- Place the peppers into a metal bowl and cover with cling film and leave for 20 minutes.
- Peel the peppers and de-seed.
- Place the water in a pan and bring to the boil.
- Whisk in the **KNORR® Professional Tomato soup** mix and simmer for 3 minutes.
- Add the roasted peppers and **KNORR® Professional Mixed Chilli Puree** and cook for 5 minutes on a low heat.
- Add the double cream then blend until smooth and serve.



Soup Recipes



CHICKEN WITH SPICED SQUASH

INGREDIENTS FOR 10 PORTIONS

- 1.5L Water
- 114g **KNORR® Professional Chicken Soup**
- 300g Butternut squash
- 45g KNORR® Professional Patak's Madras Paste**
- 150ml Coconut milk

METHOD

Put the butternut squash on a tray and spoon over the **KNORR® Professional Patak's Madras paste** and mix well, roast in an oven at 180°C for 20 minutes or until soft.

Place the water in a pan and bring to the boil.

Whisk in the **KNORR® Professional Chicken soup** mix and simmer for 3 minutes.

Add the roasted butternut squash and coconut milk then simmer for 2 minutes.

Blend until smooth and serve.



Dessert Recipes



CHOCOLATE & MANGO MOUSSE

INGREDIENTS FOR 10 PORTIONS

120g Carte D'Or Chocolate Mousse

500ml Whole milk

95g Carte D'Or Mango Mousse

50g Mango, finely diced

50g Dark chocolate, grated

METHOD

Pour 250ml of cold milk into a bowl and add the **Carte D'Or Chocolate Mousse mix**.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

Place in a piping bag with a plain nozzle.

Pour 250ml of cold milk into a bowl and add the **Carte D'Or Mango Mousse mix**.

Whisk with an electric mixer for 2 minutes at a low speed followed by 5 minutes at high speed.

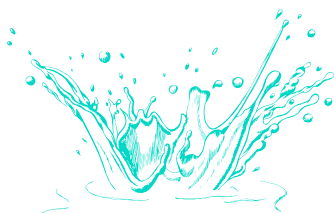
Place in piping bag with a plain nozzle.

TO ASSEMBLE

Pipe a layer of Mango mousse into a glass, then repeat with the chocolate mousse.

Then pipe a further layer of mango followed by chocolate.

Decorate with fresh mango pieces and grated chocolate.



Dessert Recipes



BANANA BRÛLÉE CUSTARD POT

INGREDIENTS FOR 10 PORTIONS

125g Carte D'Or Crème Brûlée / Crème Caramel 1250g

500ml Semi skimmed milk

500ml Double cream

250g Bananas

METHOD

Bring the milk and cream to the boil.

Remove from the heat and whisk in the **Carte D'Or Crème Brûlée mix** until fully dissolved.

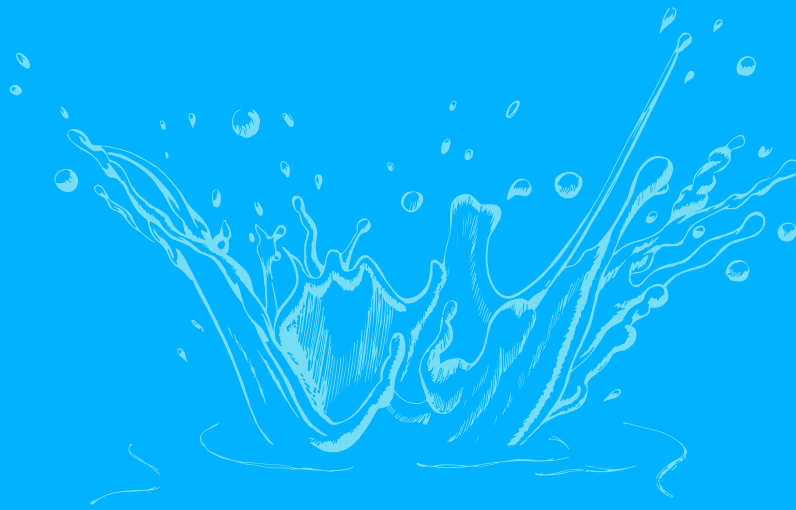
Pour the mix into a blender and add the bananas.

Blend until smooth then strain the mixture into a jug and pour into ramekins.

Chill for 2 hours.

Garnish the pots with a slice of banana.





If you're on the lookout for further support, we offer a range of activities and wellbeing tools for residents plus culinary support for chefs including our UFS Chef Rewards scheme and regular newsletter updates.

To find out more and to sign up visit [ufs.com](https://www.ufs.com) or call us **0800 783 3728** and choose **option 1**

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Colman's

LYONS

HELLMANN'S

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