In light of this, we need to encourage opportunities to raise awareness of the risks and promote good practices that can help prevent malnutrition and dehydration.

Join us to take part in breaking the world record for the amount of afternoon teas served in one sitting! Afternoon tea will be served around the world in health and social care settings on Wednesday 16th March in an aim to promote the week, the work the organisation does, and to ensure people gain an understanding of how to improve nutritional intake.

The Nutrition and Hydration organisers are encouraging everyone to take part in supporting this event no matter how large or small your organisation. The number of afternoon teas you serve may vary, but every one of them indicates YOUR commitment to improving nutritional care.

For more information, visit www.nutritionandhydrationweek.co.uk/worldwide-afternoon-tea/

For more information, please contact ruth.casson@brake.co.uk
Visit www.brake.co.uk or www.nutritionandhydrationweek.co.uk
Or follow @NHWeek on Twitter!
HOW TO GET INVOLVED
IN NUTRITION & HYDRATION WEEK 2016

LOOK OUT FOR YOUR NUTRITION & HYDRATION WEEK MARKETING PACK

This pack will provide you with 7 food-focussed recipe cards for each day of the week from Monday 14th March - Sunday 20th March. Each day focuses on a different day-part to help you address the issues of malnutrition and dehydration.

WHEN WILL I RECEIVE MY PACK?
You will receive your pack by 1st March to ensure you have time to plan and order your required products.

WHAT DOES EACH RECIPE CARD INCLUDE?
- A food-focus for the day
- Insight into why this day-part is important
- Suitable products and product information
- Create-your-own recipe ideas
- Healthier or free-from alternatives

REMEMBER TO KEEP THESE PACKS AND USE THEM AGAIN FOR INSPIRATION & THEME DAYS

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