




**The National  
Resource Center on  
Nutrition & Aging**

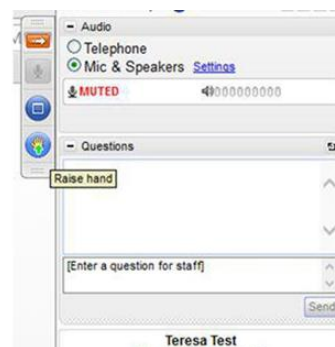
**Creating Delicious,  
Healthy,  
Appealing Meals for  
Seniors**

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## HOW TO “RAISE YOUR HAND”

- Use the hand raising button on the control panel to have your phone line unmuted when you have something to contribute to the discussion.
- Use the questions box to send questions or comments via text.
- Identify yourself each time you make a contribution so everyone knows who is talking.




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**CREATING DELICIOUS, HEALTHY,  
APPEALING MEALS FOR SENIORS**  
**Amy Myrdal Miller, MS, RDN, FAND**

February 6, 2020

 @NRCNA\_engAging

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**TODAY'S SPEAKER**

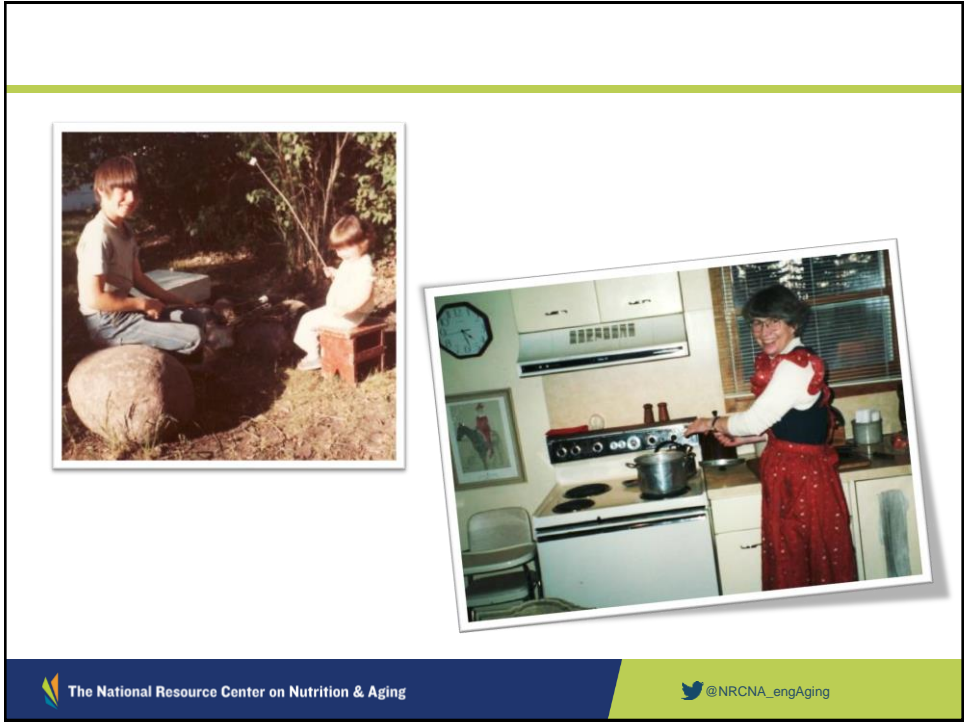
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**Amy Myrdal Miller, MS, RDN, FAND**  
*Founder and President*  
Farmer's Daughter Consulting  
Carmichael, California



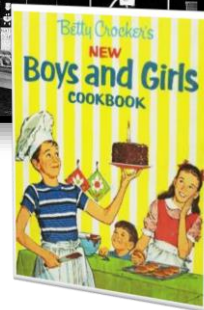
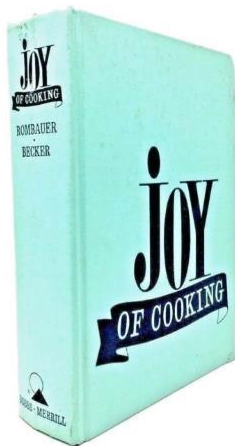
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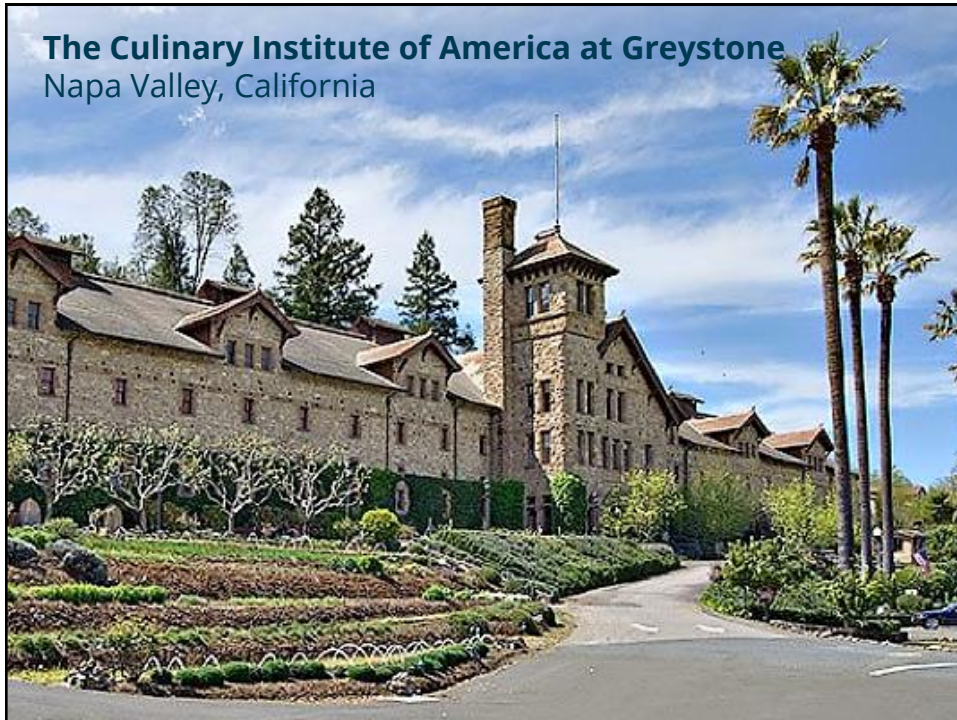


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## MY EARLY COOKING LESSONS & RECIPE INSPIRATION



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## TODAY'S TOPICS

- I. Recipe Testing: Recap
- II. Your Challenges and Barriers
- III. Food Safety: Recap Recipe Development Dos and Don'ts
- IV. Incorporating Food and Nutrition Trends
- V. Upcoming Trainings

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## LEARNING OBJECTIVES

*After participating in this webinar, attendees will be able to:*

1. List three ways to improve recipes.
2. State the four basic principles of food safety.
3. Discuss one food trend that may boost the marketing appeal of your senior nutrition program.

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**CREATING SUCCESSFUL RECIPES  
RECAP**

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## RECIPE TESTING: CREATING SUCCESSFUL RECIPES

There are four steps involved in creating successful recipes:

### 1. Recipe Development

- *Documenting your ideas*

### 2. Recipe Writing

- *Documenting ingredients and amounts; writing the first draft of the method.*



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## RECIPE TESTING: CREATING SUCCESSFUL RECIPES

There are four steps involved in creating successful recipes:

### 3. Recipe Testing

- *Testing what you have written in your kitchen. And likely re-testing...*
- *Asking someone to test your recipe; getting feedback.*

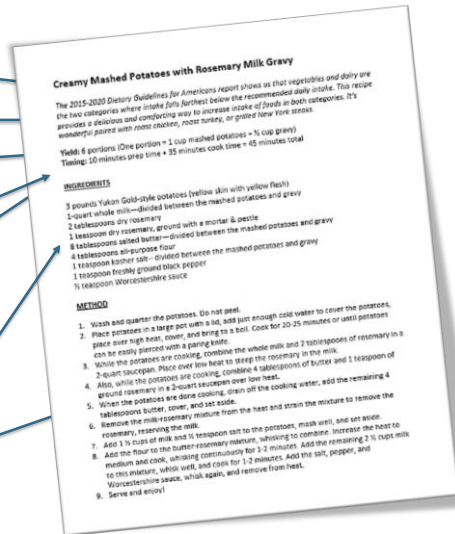
### 4. Recipe Editing

- *Editing the ingredient list, amounts, methods, yield, etc. for clarity.*

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## COMPONENTS OF A SUCCESSFUL RECIPE

- Recipe name
- Headnote
- Yield
- Preparation time
- Cooking time
- Ingredient list with common names & amounts
- Directions



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## WHY IS IT IMPORTANT TO TEST RECIPES?

- Is the recipe **appropriate for the intended audience** (considering both the people cooking it *and* eating it)?
- Is the recipe **accurate and reproducible**?
- Is the final product **visually appealing**?
- Does the recipe **taste delicious**?



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**MASTER CLASS & CLINIC**

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### YOUR SPECIFIC CHALLENGES – LET'S TALK ABOUT THEM! (PT 1)

- Setting up a recipe system
- Reducing sodium content
- Meeting nutrition requirements for menu development for dialysis patients, and low sodium clients
- Providing enough magnesium in each meal to match our standards

#### **FORMAT:**

- 1. I'll share a few suggestions.**
- 2. Please share how these challenges show up at your organization – type in chat box or raise your hand to speak.**



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## YOUR BIGGEST LIMITATIONS – LET'S CROWDSOURCE SOLUTIONS!

- Uncertain if a new recipe will be liked by clients
- Lack of staff to test recipe
- Amount of time it takes to test a recipe

### **FORMAT:**

- 1. I'll share a few suggestions.**
- 2. Please share what has worked in your organization – type in chat box or raise your hand to speak.**



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**FOOD SAFETY IN RECIPE  
WRITING RECAP**

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## FOOD SAFETY: MISSING INGREDIENT IN RECIPES

- When consumers follow recipes with basic food safety instructions, they increase food safety behaviors.
- Learn more at the Partnership for Food Safety Education's website: <https://www.saferecipeguide.org/>

**CLEAN**  
Wash hands and surfaces often.

**SEPARATE**  
Avoid cross-contamination.

**COOK**  
Cook to the safe internal temperature.

**CHILL**  
Refrigerate promptly; avoid the "danger zone" of 40-140°F.



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## REGISTER FOR AN UPCOMING WEBINAR

- Want to learn more about the Safe Recipe Style Guide? Check out this upcoming webinar:

### *Evolution of Food Safety in Recipes*

- Wednesday February 19, 2020
- 12:00pm ET (60 minutes)
- Free registration: [Click Here](#)

*We will share link during/following this webinar*

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**FOLLOWING FOOD &  
NUTRITION TRENDS**

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## WHAT'S TRENDING IN FOOD & NUTRITION?

**Some ideas:**

- Fermented Foods
- Plant-based Proteins
- Mediterranean Diet
- Reducing Sodium

**Questions:**

How can you realize these trends in your menus – in the face of real-world constraints?



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## CHALLENGES TO TRYING NEW TRENDS – LETS TALK ABOUT IT (PT 2)


- Seniors willingness to try new recipes
- Meeting nutrition requirements for plant-based protein menus
- Pleasing both the younger and older seniors
- Adding fun foods into menu choices


### **FORMAT:**

- 1. I'll share a few suggestions.**
- 2. Please share what has worked in your organization – type in chat box or raise your hand to speak.**



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**TAKE HOME MESSAGES**

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## TAKE HOME MESSAGES

- **The Future Is Yesterday.** Seniors of today and tomorrow are interested in new ways of eating familiar foods to maintain health and wellbeing
- **You Got This!** There are resources out there to help
- **Take One Step Forward.** Take a chance, invite your clients input and support for new menu options



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## RECAP

1. **Healthy meals** contain foods for most/all foods groups.
2. **Healthy snacks** contains foods from 2-3 food groups.
3. **Great recipes** are tested, re-tested, and tested again.
4. **Great recipes** are *very* detailed.
5. **Food safety** requires training, re-training, and reinforcement on the basic four principles.
6. **Trending ingredients** include fermented foods, protein-rich foods, and plant-based foods.



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CALL TO ACTION

If your goal is to create and serve delicious,  
healthy, appealing meals...

*"Find something you're  
passionate about and keep  
tremendously interested in  
it."*


- Julia Child



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APPEALING MEALS FOR SENIORS**  
**Amy Myrdal Miller, MS, RDN, FAND**

January 6, 2020




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**UPCOMING WEBINARS**

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## UPCOMING TRAINING



*Getting Smarter with the NRCNA*

- **What:** 30 Minute Introduction
- **When:** Thursday, Feb. 13, 2020
- **Speaker:** Uche Akobundu, PhD, RD
- **To Register:** Visit Us Online @ [www.nutritionandaging.org/training](http://www.nutritionandaging.org/training)


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## UPCOMING TRAINING



### *Making the Case for Nutrition Therapy: the MNT Works for Seniors Toolkit*

- **Hosts:** NRCNA + Academy for Nutrition and Dietetics
- **When :** Tuesday, February 18, 2020
- **Speakers:** Marsha Scofield, MS, RDN, LD, FADA and Paula Ritter-Gooder, PhD, RDN, CSG, LMT
- **To Register:** Visit Us Online @ [www.nutritionandaging.org/training](http://www.nutritionandaging.org/training)

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## SAVE THE DATE: NATIONAL NUTRITION MONTH WEBINAR

- During March 2020, the Administration for Community Living will kick off, together with the National Resource Center on Nutrition and Aging, a series of weekly webinars.

### #1

- Date: Wednesday March 4
- Time: 3:30pm – 5pm ET
- Focus: Congregate Nutrition Program
- Details: To Follow!

**EAT RIGHT**



**BITE BY BITE**

National Nutrition Month®  
March 2020

 Academy of Nutrition  
and Dietetics

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**THANK YOU!  
EVALUATION TO FOLLOW!**



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