



THE BARRINGTON
OF CARMEL

An SQLC Community



Real Food First[®]

A multifaceted initiative with one simple goal in mind – providing high-quality meals for all residents no matter their level of need. Based on the latest research and best practices for health care dining, the Real Food First[®] program is a comprehensive answer to the critical challenges health care residents face when it comes to maintaining a nutritional diet. To tackle these unique circumstances, the program includes four key components.

SCULPTED PUREED FOOD

Less than desirable flavor and texture combined with an unfamiliar appearance can be a barrier for those who require an altered-consistency diet – especially residents affected by Alzheimer’s or other forms of dementia. Our sculpting process remedies those struggles by realistically reshaping pureed foods to better resemble their original form, in turn creating menu items that look just as good as they taste.



CLINICAL SUPPORT

Studies show strict therapeutic diets can lead to weight loss and in turn contribute to a host of other negative clinical outcomes. Our certified dietary managers combat this effect by evaluating each resident’s true nutritional needs and tailoring a plan just for them – eliminating unnecessary restrictions that may prove to be counterproductive.



FORTIFIED FOODS AND NUTRITIOUS SNACKS

Liquid supplements that have been traditionally used for nutritional support often are wasted or conflict with medications. With research indicating residents are more accepting of homemade supplements and snacks, our chefs have developed a unique variety of options such as smoothies, dips and mousses.



GRIND DINING™

Residents who have difficulty using utensils can experience a decrease in independence during meals. That's where Grind Dining™ comes in. Through this patent-pending process, our chefs create nutrient-packed and beautifully presented finger foods that help restore dignity and enhance enjoyment during the dining experience.



Call 317-810-1900 to find out how The Barrington of Carmel's Real Food First® program could benefit you or someone you care for.