

YOUR HYDRATION TOOL KIT

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

Posters for residents

Visual prompts to keep hydrated.

Staff poster

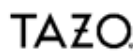
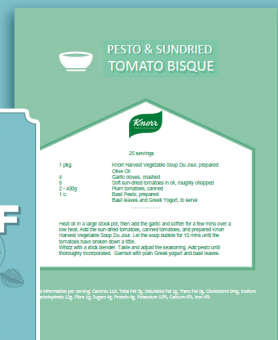
Remind your staff to stay hydrated too.

Hydration 'clock'

A summary of hydration opportunities throughout the day.

Recipes

Easy and delicious recipes that will contribute to keeping your residents hydrated.



Unilever
Food
Solutions

Support. Inspire. Progress.

HYDRATION THROUGHOUT THE DAY

There are plenty of opportunities for residents to hydrate over the course of a day. As we age, our sense of thirst declines so it's important to drink fluids whether we're thirsty or not. Fluids can come from both foods and beverages.

NIGHT TIME

Encourage residents to unwind with a cup of decaffeinated tea before bed and have a glass of water by their bedside at night.



EARLY MORNING

Drinking a glass of water or a favorite beverage can jump start the day.



DINNER

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



BREAKFAST

Enjoy low fat milk in a high fiber cereal and stay hydrated with a cup of green or black tea- it's just as hydrating as water and contains less caffeine than brewed coffee.

MID-AFTERNOON

Encourage your residents to connect with a friend or family for a virtual afternoon tea. Also serve snacks such as a fruit or yogurt smoothie to help stay hydrated.



LUNCHTIME

A broth based soup can be a great way for residents to get both fluids in the day and a delicious meal.

MID-MORNING

Share a glass of unsweetened iced tea or water with your residents, along with a healthy snack such as watermelon or strawberries that naturally contain water. Or combine them for a fruity twist!



Resident wellbeing in action



STAY HYDRATED



Resident
wellbeing
in action



LITTLE CUPS OF GOODNESS



Did you know? New research shows for each 8 oz. cup of green or black tea consumed by those greater than 65 years old, there is approximately a 10% lower risk of death from heart disease.

(J Nutr, 2020)



Resident
wellbeing
in action



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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Resident
wellbeing
in action





ORANGE GREEN ICED TEA



25 servings

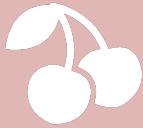
12 sachets
2
12 cups.
2 cups
8 cups.

Lipton Green Tea
Orange, peel + wedges for garnish
Water, boiling
Orange juice
Water, cold

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Steep Lipton Green Tea Bags and orange peel in boiling water for 5 minutes. Remove tea bags and orange peel and pour into a large pitcher. Stir in orange juice (and sugar if desired). Add cold water. Refrigerate until chilled, about 2 hours. Serve over ice with orange wedges, if desired.

Nutritional Information per serving: Calories 15, Total Fat 0g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 5mg, Carbohydrate 4g, Dietary Fiber 0g, Total Sugars 3g, Added Sugars 0g, Protein 0g, Vitamin D 0%, Calcium 0%, Iron 0%, Potassium 2%



MINT TEA INFUSED CHERRY SMOOTHIE

TAZO

25 servings

12 sachets
4 cups
8 cups
4 cups

TAZO Refresh Mint
Water, boiling
Yogurt, Greek, plain, 2%
Cherries, frozen

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Add tea bags to boiling water.
Let steep for 5 minutes.
Let tea cool completely.
Add all ingredients to your blender. Blend until smooth. Serve immediately.

Nutritional Information per serving: Calories 70, Total Fat 1.5g, Saturated Fat 1g, Trans Fat 0g, Cholesterol 5mg, Sodium 40mg, Carbohydrate 7g, Dietary Fiber 0g, Total Sugars 5g, Added Sugars 0g, Protein 8g, Vitamin D 6%, Calcium 15%, Iron 0%, Potassium 2%