

# Celebrations

Top tips to help you support someone's eating and drinking during celebrations

## REMINISCE

Use holiday mealtimes for meaningful social interaction. Discuss childhood foods and festival traditions. This can boost appetite and evoke positive memories.



## ENCOURAGE CHOICE

If supporting, allow individuals to make simple meal choices for themselves by using close ended questions like 'soup or salad?' This helps them feel in control and dignified.



## USE SMALLER PORTIONS

Often we eat extra large meals during holidays but these can be overwhelming and lead to meal refusal.



## MAINTAIN ROUTINE

Where possible, seating in the usual place, having a favourite drink, and using the regular cutlery and crockery, can avoid confusion.



## PLAN AHEAD

Ensure to plan ahead of time to include and prepare food to the required texture needed. Remind family and friends of the dietary requirements of others before they join the meal table. This can help avoid potential risks.



## REDUCE DISTRACTIONS

Holiday meals can often be very exciting and busy. This is all a part of enjoying a festival but where possible minimizing multiple conversations and talk while chewing.



## ADAPT DON'T DENY

Avoid saying no! Instead, adapt holiday foods to the requirements needed. Add extra sauce, soften by changing the cooking method, shred meat, or cut food into smaller



## AVOID CLUTTER

Removing distractions like decorations or excess food can help those with dementia or cognitive difficulties distinguish edible items and avoid reaching for unsafe food.



# The Seder Plate

Top tips to help support eating and drinking during Pesach.

## MATZAH

Matzah is very dry and difficult to eat on a soft diet. To soften it, dip matzah in water or another dip that will soften it. You can also try "Matzah Brei," a dish where matzah is soaked in egg and fried like an omelette. If you need a smoother texture, make matzah into a porridge using extra water.



## CHAROSET

This mixture of apple, nuts, spices, and a small amount of wine or grape juice symbolises the mortar used by the Jewish people to build the Egyptian pharaohs' buildings. It is often served as a smooth paste, making it suitable for various diets. If you need a texture with bigger pieces, a version with larger, crunchy chunks is also a delicious option.



## HARD BOILED EGG, BEITZAH

Symbolizing spring and the circle of life, the egg is typically served whole and hard-boiled in salted water. For a softer diet, mash the egg into a smooth puree. If you struggle with mixed consistencies, avoid serving the egg in loose salt water; instead, simply salt the egg itself.



## PARSLEY, KARPAS

Parsley, often dipped in salt water to symbolize tears, can be hard to chew due to its fibrous texture. If this is an issue, chop the parsley into fine pieces or blend it with some oil to create a sauce or paste.



## BITTER HERBS, MAROR AND CHAZERET

Horseradish and romaine lettuce represent the bitterness of slavery and is often served in as crunchy and fibrous. If you find this texture difficult, mince finely or blend for easier consumption.



## RED WINE

Red wine is traditionally served during the Passover Seder to represent blood or suffering. If you need to thicken your drinks for easier swallowing, you can use your standard prescribed thickener in the wine.

