

## Puree Diet

“Center of the Plate, a different approach.”

## Puree Diet

- My objective for this presentation is to simply show you one possible answer to deliver a restaurant style “center of the plate” product to those Elders that require a puree textured diet.

### Step-1

- At Oklahoma Methodist Manor we remodeled into (6) Households about 4 years ago. At that time we took steps to a write policy toward campus wide Liberal Diets, got approval for that step, and implemented Liberal Diets.
- The belief was if Dining could provide good quality food and had the help of the Household Caregivers with behaviors of the Elders, we could get them to regular food for as long as possible.

### Step 2

- That took care of the specialty diet agenda to allow food production to concentrate on food quality.
- The only challenges left then would need to be directed to texture protocol to allow appropriate swallowing of foods for those that need that help.
- We do 2 modifications; Ground and Puree foods under direction of a trained Therapy group, and our Campus Dietitian who guide the preferred results with those Elder challenges.

### Step 3

- I kept seeing some production challenges in our large facility, so I took on a project to change the item that was challenging us most, the puree diet. Our team was experiencing some weight changes and decline of the food items brought to them also.
- When I dug into the challenge it centered around the consistent hot food delivery, presented in a way for Elder acceptance.

### Step 4

- I reflected back on a similar circumstance I had with meals provided that was offered to as “Cold Fusion” due to a high velocity need where I had to produce food for several hundred people a day.
- It was a simple process of food preparation in advance of future meals, fully or partially prepared, and then held cold.

- When it came time to serve the menu item, it was heated to the proper temperature, then immediately presented.
- For example: If it was a meatball sandwich it was delivered to you hot with that lightly browned cheese on top and of good quality.
- (How do I get puree to look like that?)

### Step 5

- So I settled into a goal on how to make this happen for puree foods. Prepare foods in advance need for plating, and then when it was time to prepare the plate for delivery it had been finished in a restaurant style, center of the plate presentation.
- This let production fix foods at any time and not get crunched daily with how to get their regular diets and the textured diets out at the same time. A different skill need developed.

- That skill was “who can put a nice center of the plate together, how would we do that?”
- First thing we needed was a plate that would display whatever foods were coming out of the kitchen that would the Elders could “see the food”. So I purchased 10 ¼ inch Blue designed plates. Any foods that I made could be seen on these plates.

### Step 6- “The work part.”

- So we began by purchasing some items that are available all “ready to go “ like some proteins and vegetables. That let us focus on some other foods that challenged us with presentation. Some examples of that; pasta’s, starches like beans, a colorful vegetable favorite-beets, and a Tex Mex item need for that menu. I found I could make a freeze all of these items in advance to allow presentation.

- I found I could do that in this small tin, & in small round dishes to get the presentation I wanted. An example- Beets would be prepared, treated for the texture outcome needed, then frozen in a round dish. The dish could then be set in a hot water solution to free the block of beets, that could be sliced after a little thaw time, and then displayed onto the plate looking like sliced beets.

### Step 7 “The fun part.”

- So I then found an employee that had a little imagination and flair for presenting plated foods to customers daily, and asked them to take on the preparation of the daily puree plates just before they would be routed to the Households for the meal period.

### Plates began to look like this:

- Chicken pot pie became an upside down dish.
- Frozen seasoned puree bread was cubed and placed onto the center of the plate.
- The chicken was sliced and feathered across the bread bites.
- Small cubes of carrots, peas, & corn were scattered around on top and sides of the item.

- Then the chef prepared Béchamel (cream sauce) was then crisscrossed over the top of this mixture.
- Then lightly garnished with dry parsley herb blend.



### Step 8

- So the plate is covered, delivered, and stored in the Household refrigerator with all the nutritional items on it for service delivery at the meal time.
- The Household Caregiver simply brings the plate to the microwave when the Elder is ready for their meal, heat it to the appropriate temperature (165), uncovers the plate, and serves the plate to the Elder. (Reference-USDA.gov)

- What you will find is the garnish herb blends fire up in the reheating process, and the aromatics for that fill the area to help encourage/stimulate eating.
- This garnish herb process is very important. Aroma's filling the area are extremely helpful to encourage eating, and the look of a garnished plate is significant.

- We have found that many now wait to see what is going to be presented to our most challenged Elders. Employees are saying "that looks pretty good, I would eat that". What a statement for your Dining service you provide.

### Step 9

- So last thing that had to be done was a writing of a policy and a procedure for Survey compliance for food safety guarantee.

- Questions?

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