


Day Drinking: Having Fun with Hydration

1



Competence Area 1: Nutrition

Fluid Intake: Assessing Fluid Needs & Documenting Intake

Updated: January 2019

Overview: The Certified Dietary Manager, Certified Food Protection Professional (CDMP, CFPP®) is responsible for providing adequate hydration for their customers. This involves understanding the process of assessing fluid needs and documenting fluid intake as needed.

Supplemental Material: Access the [Gap Analysis Tool](#) to supplement your practices.

Standard 1
The Certified Dietary Manager, Certified Food Protection Professional (CDMP, CFPP®) assesses customers' daily fluid needs or assists the Registered Dietitian Nutritionist (RDN) in clinical duties related to fluid intake.

CRITERIA	IMPLEMENT & EVALUATE
1.1 Nutritional screenings, including dehydration risk factors, are obtained from clients and from medical record review in a timely manner that complies with regulatory agency guidelines.	Hydration forms and checklists / Providers Web (for a fee) / AHD Nutrition Care Manual / RCD411.com
1.2 Client fluid needs are assessed/typed on an individualized basis and considering clinical status.	Estimating Daily Fluid Needs For Average Adults: 30 mL/kg For Adults with Infection or Draining Wounds: 35 mL/kg For Adults with CHF or Renal Disease: 25 mL/kg Note: 1 oz = 30 mL or cc
1.3 Hydration interventions are added to the	

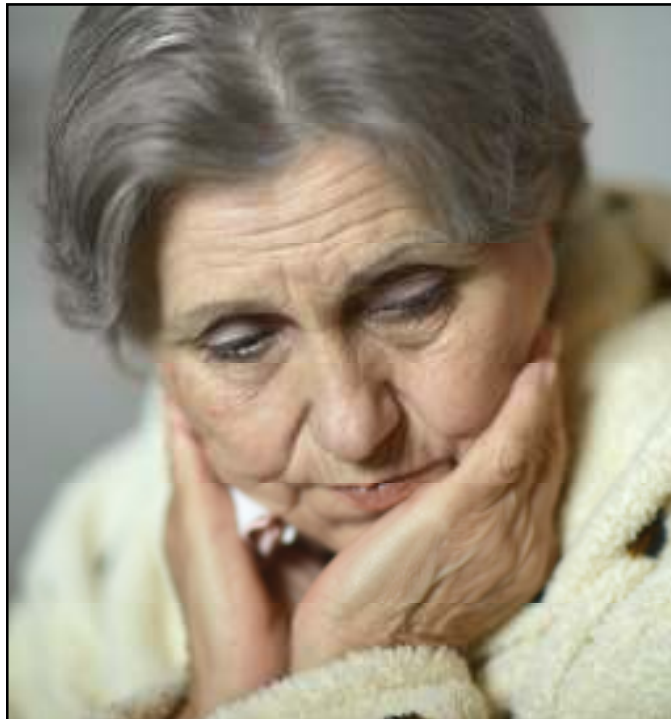
2

The Certified Dietary Manager, Certified Food Protection Professional (CDM, CFPP) is responsible for providing adequate fluids to clients and documenting fluid intake as needed.

CRITERIA	IMPLEMENT & EVALUATE
2.1 The menu includes a predetermined amount of fluid to be provided for clients each day.	✓ Foodservice staff has a notification system for clients on fluid restriction or have additional fluid needs.
2.2 Daily fluid intake is recorded for new clients and those at risk for dehydration.	✓ Include all fluid intake including during and between meals.
2.3 Fluid intake is entered into the medical record by qualified staff according to state regulations.	
2.4 Facility has a hydration intervention policy and procedure in place for clients who are at risk for dehydration.	✓ Policy includes role of interdisciplinary team (RDN, RN, Speech or Occupational Therapy and others)
2.5 For clients at risk of dehydration: assessment of hydration/dehydration is evaluated, interpreted, and documented in the client's medical record by the Registered Dietitian Nutritionist (RDN)	
2.6 Qualified foodservice staff is trained on documenting fluid intake on standardized forms approved by the facility.	Competence Training: ✓ CDM, CFPP trains staff on documenting fluid intake & other functions applicable to their job ✓ CDM, CFPP documents competence training/in-service attendance and competence skill testing evaluation



3



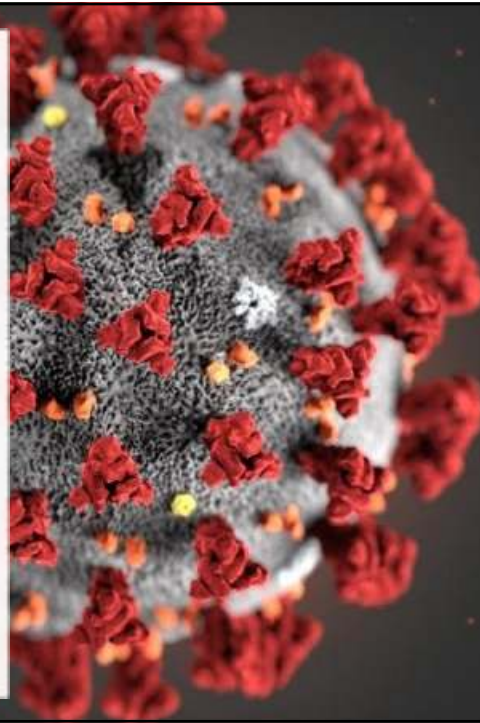
Why are Elderly at Risk for Dehydration?

- Decreased body water content
- Decreased thirst response
- Renal changes
- Loss of cognitive skills
- Physical problems
- Poor dietary intake
- Fear of incontinence

4

Covid-Effect

- Fever, cough, shortness of breath
- Headache & muscle aches
- Sore throat
- Confusion
- Nausea & vomiting
- Loss of taste & smell



5



DINING CHALLENGES AMIDST COVID

6

THE MENU

ROTATE SWEETS

- ▶ Sunday: Ice Cream
- ▶ Monday: Custard
- ▶ Tuesday: Mousse
- ▶ Wednesday: Gelatin
- ▶ Thursday: Sherbet
- ▶ Friday: Pudding Parfait
- ▶ Saturday: Italian Ice

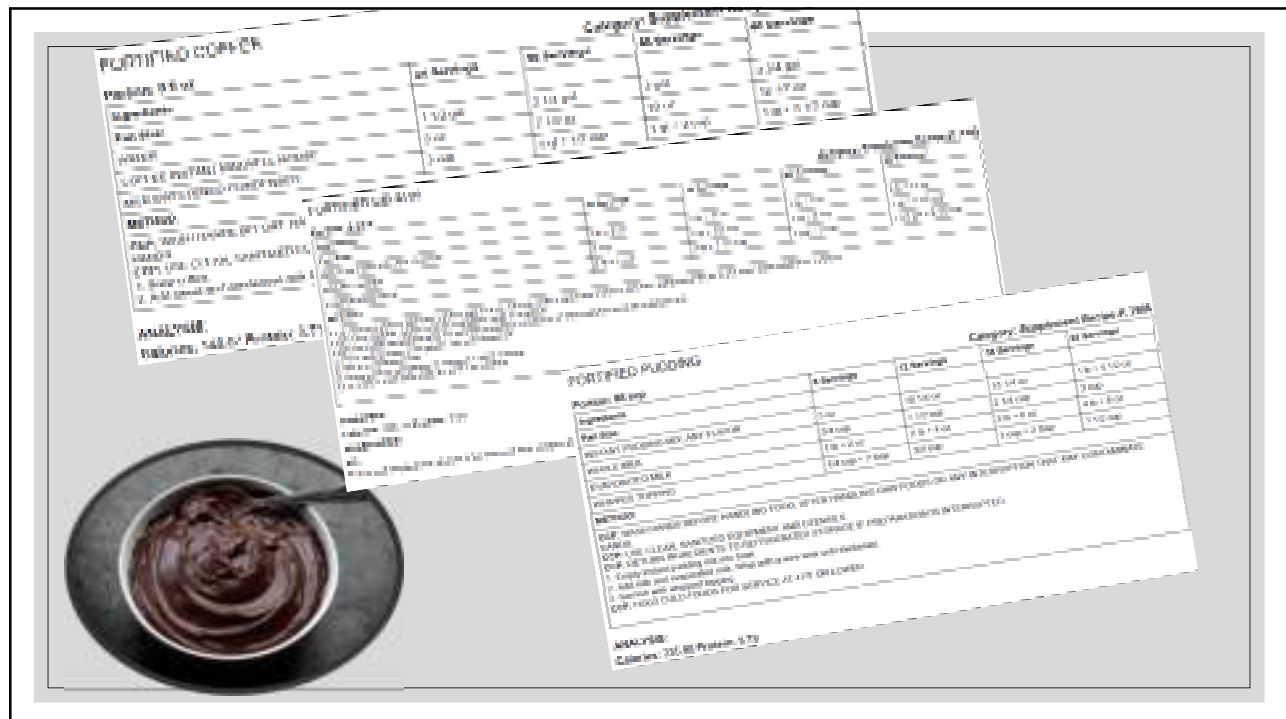
ROTATE SOUPS

- ▶ Sunday: Chicken Noodle
- ▶ Monday: Beef Stew
- ▶ Tuesday: Ham & Bean
- ▶ Wednesday: Creamy Tomato
- ▶ Thursday: Vegetable Beef
- ▶ Friday: Chili
- ▶ Saturday: Turkey Rice

ROTATING BEVERAGE

- ▶ Sunday: Fruit Punch
- ▶ Monday: Root Beer Float
- ▶ Tuesday: PB Shake
- ▶ Wednesday: Purple Cow
- ▶ Thursday: Slush Punch
- ▶ Friday: Orange Julius
- ▶ Saturday: Flavored Shakes

7



8



"Neighborhood" Approach

Cross-trained staff

Accessibility

Beverage "Settings"

Choices = Preferences

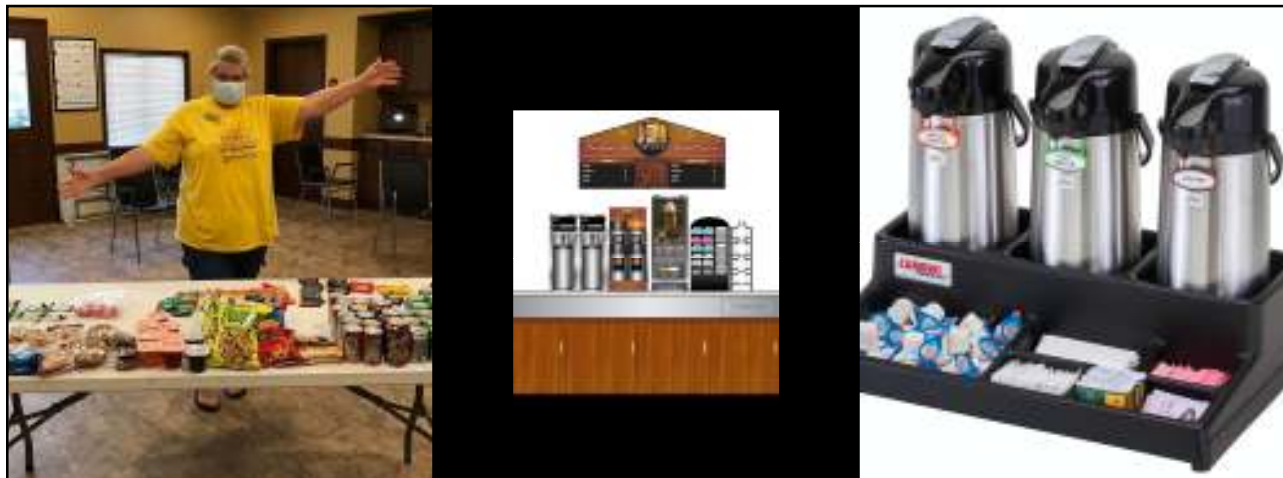
Intentional Success

9



Cross-Trained Staff

10



HOSPITALITY/HYDRATION STATIONS RETHOUGHT

11



12



13



14

 <h1>MARCH</h1> 						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Grapefruit + Grape	2 Cucumber + Lemon + Mint + Rosemary	3 Mango	4 Apple + Cucumber + Sage	5 Pineapple + Orange	6 Lemon + Basil	7 Peach + Kiwi + Raspberry
8 Grape + Pineapple	9 Strawberry + Lime + Basil	10 Lemon + Mint + Lavender	11 Cherry + Lime	12 Cucumber + Rosemary	13 Pineapple + Peach	14 Mango + Strawberry
15 Lemon + Lime + Orange	16 Peach + Strawberry	17 Blueberry + Lemon	18 Pineapple + Mango	19 Strawberry + Kiwi	20 Orange + Rosemary	21 Cucumber + Lemon + Mint
22 Peach + Lime	23 Strawberry + Orange	24 Apple + Grape	25 Lemon + Lime + Thyme	26 Blueberry + Rosemary	27 Cucumber + Lime	28 Pineapple + Orange
29 Lemon + Lavender	30 Cucumber + Honeydew + Cantaloupe	31 Watermelon + Basil				

15




Localized Cupboards



16

RESIDENT INFO CARD


Martin Bros.
DISTRIBUTING CO INC

Resident Name: _____ (Nick Name?) _____

Favorite Foods _____

Dislikes _____

Beverage Preferences _____

Conversation Starters: _____



17






Intentional Success



18

Power tools



19

Beverage Service

- Broth Du Jour
- Punch of the Day
- Flavored Drinks, Tea, Lemonade, Soda
- Slushes
- Ice Cream Floats
- Sherbets/Ice Cream/Popsicles
- Healthy Hour

20

5 Steps to High Nutrient Smoothies

- Begin with 1 cup of Liquid in the Blender:**
 - Whole Milk
 - Substituted
 - Fruit Juices
 - Chocolate Milk
 - Ice Cream or Sherbet
 - Yogurt
 - Smoothie Mix
- Add Texture (1/2 -3/4 cup)**
 - Bananas
 - Greek Yogurt
 - Frozen Fruit such as Berries, Pineapple, Mango, Peaches
 - Grains such as Kale, Spinach, Cucumber
 - Grated Apple
 - Ice
 - Pudding or Cheesecake Mix
 - Pie Filling
 - Cottage Cheese
- Bump up the Nutrition (2 Tbsp)**
 - Peanut or Other Nut Butters
 - Protein Powder, Instant Breakfast, Non-Fat Dry Milk
 - Chia Seeds or Flaxseed
 - Oats
- Get Creative with Flavor:**
 - Chocolate Syrup
 - Cinnamon or Nutmeg
 - Sweetener such as sugar, honey or artificial sweetener
 - Maple Syrup
 - Shredded Coconut
 - Vanilla Extract
 - Pinch of salt or cayenne
- Blend for 30-45 seconds**

Trouble-Shooting Tips:

Too Runny?	Reduce the amount of liquid or add more "Texture"
Not Tasty?	Add more "Flavor"
Too Frothy?	Use less liquid or reduce blending time
Not Blending Well?	Reduce the amount of ingredients

Concoctions

Strawberry Banana Smoothie
(255 calories, 11 grams protein)

- 1/2 cup Whole Milk
- 1/2 cup Strawberry Yogurt
- 1/2 cup Frozen Strawberries
- 1/2 cup Frozen Bananas
- 2 Tbsp Instant Breakfast

Apple Pie Ala Mode Smoothie
(255 calories, 8 grams protein)

- 1/2 cup Whole Milk
- 1/2 cup Ice Cream
- 1/2 cup Apple Pie Filling
- 1/2 cup Shredded Apple
- Continues to taste

Peach Smoothie
(255 calories, 27 grams protein)

- 1/2 cup Yogurt
- 1/2 cup Cottage Cheese
- 1/2 cup Frozen Peaches
- 1/2 cup NFDM
- 1/2 cup Vanilla
- 1 tsp Honey

Peanut Butter Banana Smoothie
(255 calories, 12 grams protein)

- 1 cup Whole Milk
- 1 frozen Banana, cut in chunks
- 1/2 cup Peanut Butter
- 1 Tbsp Honey
- 1 cup Ice Cubes

Green Pineapple Yummy Smoothie
(275 calories, 8 grams protein)

- 1/2 cup Greek Yogurt
- 1/2 cup Pineapple Juice
- 1/2 cup Frozen Pineapple
- 1/2 cup Frozen Kale
- Add a pinch of Cayenne Pepper

Smoothies

21

View recipe

CRANBERRY SMOOTHIE

Portion: 8 fl oz

Ingredients	2 Servings	5 Servings	8 Servings	10 Servings
Pan Size:				
CRANBERRY HEALTH JUICE	6 fl oz	15 fl oz	24 fl oz	30 fl oz
FROZEN STRAWBERRIES (OR ANY FROZEN BERRY)	3/4 cup	1 7/8 cup	3 cup	3 3/4 cup
FROZEN BANANA	1/2 each	1 1/4 each	2 each	2 1/2 each
YOGURT, ANY FLAVOR	3/4 cup	1 7/8 cup	3 cup	3 3/4 cup
INSTANT POWDERED MILK	2 tbsp	1/4 cup + 1 tbsp	1/2 cup	1/2 cup + 2 tbsp

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
 CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
 CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.
 1. Combine all ingredients in a blender and blend until smooth.
 CCP: HOLD FOR SERVICE AT 41° F OR LOWER.

ANALYSIS:
 Calories: 119.43 Carbohydrate: 24.52 Protein: 4.81 Fat: 0.13 Sodium: 105.11 Potassium: 274.55 Iron: 0.50 Calcium: 286.11 Dietary Fiber: 1.90 Sugar: 15.46 Vitamin
 Niacin: 0.23 Vitamin C: 25.31
ALLERGENS:
 Milk
 ** It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

flavin: 0.10

22

Ingredients

INGREDIENT	PER SERVING	REMARKS
Blondie's High™ Original Style Plain Yogurt (000148)	8 fl oz	3 tubs
Tomato juice	1 fl oz to 90 fl oz	3 cups
Lemon juice	4 oz	1/2 cup
Horseradish, fresh, grated	1.58 oz	2 1/2 tbsp
Hot mustard sauce		2 tsp
Tabsco™ salt		2 tsp
Black pepper		1/2 tsp
Celery stalks, fresh		16 each
Celery stalks, fresh		16 each
Lemon wedges, fresh		16 each

Instructions

- Combine yogurt, tomato and lemon juice, horseradish, mustard and Tabsco-salt and pepper in 8 quart or larger measurement-marked food storage container; stir until well mixed.
- Portion food into 8 oz serving cups; if serving immediately add garnish of 1 celery stick, 1 lemon stick and 1 lemon wedge and keep cold.

TIPS

Tip: Fill cups using the portioner as a visual guide for consistent servings. Prep mixture ahead of time and only add the garnishes after filling; refrigerate overnight and add garnish before serving.



Bloody Mary Smoothie

The Food Court Blenderless Smoothie (Apple Orange)

Ditch the blender and stir together Yoplait® ParfaitPro® Lowfat Vanilla Yogurt, applesauce, orange juice for simply delicious fruit smoothies.



23



CREATE HYDRATING MOMENTS

24



25

SLURPEE

Portion: 4 fl oz Category: Beverage Recipe #: 1173

Ingredients	35 Servings	56 Servings	84 Servings	105 Servings
Pan Size:				
261 - WATER, COLD	1 qt + 1 cup	2 qt	3 qt	3 qt + 3 cup
724568 - DRINK MIX, CHERRY, OR ANY FLAVOR	2 1/2 cup	1 qt	1 qt + 2 cup	1 qt + 3 1/2 cup
261 - ICE (1)	1 qt + 1 cup	2 qt	3 qt	3 qt + 3 cup
261 - ICE (2)	2 qt + 2 cup	1 gal	1 1/2 gal	1 3/4 gal + 2 cup



METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
 CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
 CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.
 CCP: KEEP MILK AND YOGURT AT 41°F OR LOWER UNTIL READY TO SERVE.

1. Place water, any flavor drink mix and (1) ice cubes in blender.
2. Cover and blend on high speed until smooth.
3. Add (2) ice cubes and blend using pulsing action until smooth.
4. Serve immediately.

CCP: HOLD AT 0°F OR LESS UNTIL READY TO SERVE.

“BIG GULP” PARTY

26



FRESH MINT TEA


Ingredients	16 Servings	32 Servings	64 Servings	128 Servings
1 cup MINT LEAVES	48 cups	96 cups	192 cups	384 cups
1 cup SUGAR	32 cups	64 cups	128 cups	256 cups
1 cup WATER	32 cups	64 cups	128 cups	256 cups

Directions:
 1. Wash and dry the mint leaves. Remove any stems.
 2. Chop the mint leaves into small pieces.
 3. Add the mint leaves to a pot with the sugar and water.
 4. Bring to a boil and simmer for 10 minutes.
 5. Strain the mixture and add the mint leaves.
 6. Serve over ice.

Notes:
 *This recipe is intended to be a guide. The actual ingredients and quantities may vary.





27



A Mugsy Affair

MUG MUDSLIDE
 1/4 cup Root Beer
 1 tsp Chocolate Milk
 #8 scoop of Chocolate Ice Cream
 Combine root beer and chocolate milk. Add the ice cream and stir slightly. Add more root beer as needed to fill. For an even more extreme chocolate taste, add a crumbled chocolate brownie to the mix.

ROOT BEER FROSTY
 1/2 cup Fat Free Milk
 6 oz. Diet Root Beer
 1/4 cup Vanilla Low Fat Frozen Yogurt
 3/4 cup Ice Cubes
 1/2 tsp. Vanilla
 Place all ingredients into a blender. Blend 30 seconds or until smooth.
 Makes 2 1-cup servings.



28



VANILLA FRAPPE

Portion: 8 fl oz

Category: Beverage Recipe #: 2597

Ingredients	2 Servings	4 Servings	6 Servings	12 Servings
Pan Size:				
ICE	1 qt	2 qt	3 qt	1 1/2 gal
HEAVY CREAM	2 cap	1 qt	1 qt + 2 cap	3 qt
WHITE SUGAR	1/2 cup	1 cup	1 1/2 cup	3 cup
VANILLA	1 tsp	2 tsp	1 Tbsp	2 Tbsp

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED AND FROZEN STORAGE IF PREPARATION IS INTERRUPTED.
1. Blend all ingredients until smooth. Garnish as desired.

ALLERGENS:

aka.

** It is not kno

MOCHA FRAPPE

Portion: 8 fl oz

Category: Beverage Recipe #: 2603

Ingredients	2 Servings	4 Servings	6 Servings	12 Servings
Pan Size:				
COLD COFFEE, PREPARED & FROZEN IN CUBES	2 cup	1 qt	1 qt + 2 cap	3 qt
MILK	2 cup	1 qt	1 qt + 2 cap	3 qt
CHOCOLATE SYRUP	3 Tbsp	1/4 cup + 2 Tbsp	1/2 cup + 1 Tbsp	1 cup + 2 Tbsp
WHITE SUGAR	3 Tbsp	1/4 cup + 2 Tbsp	1/2 cup + 1 Tbsp	1 cup + 2 Tbsp

METHOD:

CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.
CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.
CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.

1. Prepare coffee and pour into ice cube trays. Freeze.
2. Blend frozen coffee cubes, milk, chocolate syrup and sugar until smooth.
3. Garnish as desired.

ALLERGENS:

aka.

** It is not implied nor should it be inferred that recipes that do not list allergens are free from allergens.

29



Julie Halfpop RDN, LD
Martin Bros. Distributing Inc.
jhalfpop@martinbros.com

30

Lemon Italian Cocktail

Sparkling beverage with a creamy lemon surprise

Ingredients:

4 oz	Welch's Sparkling white Grape juice
1/3 cup	Lemon Cake Halo Top Ice Cream
1/4 tsp	Fresh Mint, chopped

Directions:

Pour the Welch's Sparkling White Grape Juice into glass, Place a #12 scoop of Lemon Cake Halo Top Ice Cream into each glass. Sprinkle with mint and serve immediately.



Blueberry Italian Cream Soda

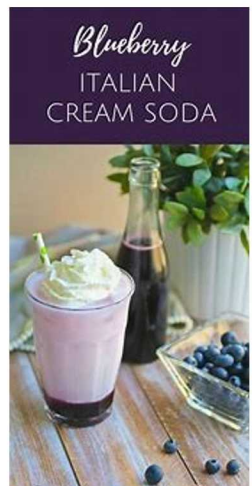
So refreshing and perfect for reminiscing of days gone by.

Ingredients:

1/3 cup Blueberry Crumble Halo Top Ice Cream
Zest of 1/2 small lemon
4 ounces Welch's Sparkling white Grape juice (about 6 ounces per drink)
Whipped topping for garnish

Directions:

Fill a 8-ounce glass about halfway with ice cubes.
Add scoop of the Blueberry Crumble Halo Top to blender with 4 ounces of Welch's Sparkling white Grape juice and blend,
Pour over Ice cubes in glass.
Garnish with whipped topping and Lemon zest serve with a straw.



Pistachio Drink

The creaminess of the pistachio Halo Top Ice Cream mixed with the effervescence of the Sparkling Grape Juice make this a refreshing drink.

Ingredients:

1/3 cup Pistachio Halo Top Ice Cream
4 oz Welch's Sparkling White Grape Juice
1/2 oz Chocolate Syrup

Directions:

Drizzle inside of glass with chocolate syrup.
Place pistachio Halo Top Ice Cream and Welch's Sparkling White Grape Juice in blender and mix
Pour into glass and garnish with chocolate curls.



Mango Spritzer

A smooth refreshing blend of Mango with a fizz.

Ingredients:

1 each Luigi's Mango Italian Ice Tube
4 oz Welch's Sparkling White Grape Juice

Directions:

Squeeze Mango Italian Ice into an 8 oz glass.
Pour Welch's Sparkling white Grape Juice over the Mango Italian Ice.
Garnish with a sprig of fresh mint.

