



# Caring • Committed • Creative

## Enhancing Snack Service

Snack carts are a great way to offer comfort foods, appeal to taste and increase intake in a fun way. This is also an opportunity to talk and engage with the Residents, especially if activities and normal dining is on hold in your home. The following are suggestions to allow you to pick and choose what is best suited for your home to help keep the Residents' spirits up and improve quality of life and HAVE SOME FUN!

### Ideas for the Snack Cart

<ul style="list-style-type: none"> <li>Finger Cut Minced Sandwiches (Appropriate for Both Regular and Minced Texture i.e. Egg Salad, Peanut Butter &amp; Jam, Salmon or Tuna Salad, Etc.)</li> </ul>	<ul style="list-style-type: none"> <li>Hot Chocolate with Mini Marshmallows or Top with Whipped Cream or Both!</li> </ul>
<ul style="list-style-type: none"> <li>Pinwheels -Tortillas with Peanut Butter &amp; Jam or Minced Filling Such as Ham and Cream Cheese – Rolled Up and Sliced into In Pinwheels</li> </ul>	<ul style="list-style-type: none"> <li>Ice Cream Sundae – with Syrup, Sprinkles, Fruit Sauces i.e. Crushed Pineapple, Sliced Bananas and Whipped Topping</li> </ul>
<ul style="list-style-type: none"> <li>Crackers with Cheese or Peanut Butter</li> </ul>	<ul style="list-style-type: none"> <li>Milk Shakes or Smoothies (made in bulk and portioned at service)</li> </ul>
<ul style="list-style-type: none"> <li>Loaves or Muffins with Cream Cheese Spread</li> </ul>	<ul style="list-style-type: none"> <li>Mini Tarts, Donuts, Coffee Cakes and Danishes</li> </ul>

### Individually Packaged Ideas (good if you are short on prep time)

<ul style="list-style-type: none"> <li>Granola Bars</li> </ul>	<ul style="list-style-type: none"> <li>Fruit or Applesauce Cups (variety of flavours)</li> </ul>
<ul style="list-style-type: none"> <li>Cheese Sticks / Squares</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt Squeeze Tubes</li> </ul>
<ul style="list-style-type: none"> <li>Greek Yogurt Cups</li> </ul>	<ul style="list-style-type: none"> <li>Juices Boxes / Cans of Pop</li> </ul>
<ul style="list-style-type: none"> <li>Smooth Cottage Cheese Cup (a variety of flavours are available)</li> </ul>	<ul style="list-style-type: none"> <li>Bags of Cheezies / Chips (and Dip) / Goldfish Crackers / Oreo Minis / Soft Chocolate Bars</li> </ul>
<ul style="list-style-type: none"> <li>Jell-O Cups</li> </ul>	<ul style="list-style-type: none"> <li>Cup of Chili / Cup of Soup</li> </ul>
<ul style="list-style-type: none"> <li>Individual Milk Shakes or Smoothies</li> </ul>	<ul style="list-style-type: none"> <li>Individual Cereal Cups and Milk</li> </ul>
<ul style="list-style-type: none"> <li>Rice Krispies Squares</li> </ul>	<ul style="list-style-type: none"> <li>Pop Tarts</li> </ul>
<ul style="list-style-type: none"> <li>Popsicles</li> </ul>	<ul style="list-style-type: none"> <li>Hummus Cups and Crackers</li> </ul>
<ul style="list-style-type: none"> <li>Ice Cream Treats – Cups, Sticks, Pops, Frozen Yogurt Bars</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal Cookies / Soft Turnovers / Breakfast Cookies</li> </ul>
<ul style="list-style-type: none"> <li>Wrapped Muffins, Squares and Cake Treats</li> </ul>	<ul style="list-style-type: none"> <li>Ritz Crackers with Cheese Filling</li> </ul>

**These food and fluid items are a great way to not only offer extra calories especially for Residents with low intake but also provide comfort and pleasure for all!**



## Make it Fun!



This is great opportunity for Dietary and Activities Department to collaborate!

Themes	Items	Add-ons
<b>Wine &amp; Cheese Cart</b>	Non-Alcoholic Wine or Sparkling Beverage Cheese Packages, Fruit, Crackers	Play Jazz Music Wear Black and White
<b>Tea Cart</b>	Tea (include variety if available) Cookies, Loaves, Butter Tarts, Muffins, Scones	Wear Fascinators or Fancy Hats
<b>Beach Cart</b>	Lemonade, Fruit Punch Popsicles or Freezies or Frozen Fruit Yogurt Bars	Play Beach Music Wear Beach Clothes Sunglasses
<b>Hawaiian Cart</b>	Pineapple Juice, Individual Tetra Packs of Coconut Water Fresh Fruit, Coconut Cookies / Baked Good	Play Hawaiian Music Wear Hawaiian Shirt / Leis
<b>Ice Cream Cart</b>	Variety of Ice Cream Cups, Ice Cream Sandwiches, Ice Cream Sticks/Pops, Frozen Yogurt Bars. Have Available Sprinkles, Whipped Cream, Flavoured Syrups (add prior to serving)	Play 50's Music Put Bell on Snack Cart and Ring it
<b>Chocolate Lover's Cart</b>	Chocolate Milk Chocolate Pudding, Chocolate Ice Cream, Aero Bars	
<b>Carnival Cart</b>	Ice Cream Floats (Root Beer Floats) Milkshakes/Smoothies Frosted Baked Goods, Jell-O Cups, Pudding Cups	Play Carnival Music Balloons
<b>Cinco De Mayo Cart May 5<sup>th</sup></b>	Mocktail – Mojito, Pina Colada Tortilla Chips with Salsa or Have A Crock Pot of warm Nacho Cheese Sauce to pour over top of chips	Play Mexican Music Wear Sombrero
<b>National Beverage Day May 6<sup>th</sup></b>	Variety of Juices, Tomato Juice, Iced Tea, Lemonade Sparkling Water/ Punch, Pop Milkshake, Chocolate Milk, Hot Chocolate	
<b>Mother's Day Cart May 10<sup>th</sup></b>	Flavoured Teas Mini Tea Sandwiches and Mini Fruit Tarts Hand Out Fresh Flowers to Residents	Hand Out Cards
<b>Donut Day Cart June 5<sup>th</sup></b>	Variety of Mini Donuts or Full Timmy Donuts – get lots with sprinkles!	
<i><b>FYI - Did you know that National Doughnut Day celebrates the appreciation of Salvation Army volunteers who gave out doughnuts to servicemen during WWI</b></i>		

## Tips to Decorate Your Snack Cart

✓ Bell on cart to announce snack cart	✓ Colourful paper products, tablecloths, napkins, doilies
✓ CD player, Cellphone or Tablet to play music	✓ Jokes/Trivia questions



## Serving Our Residents

- Our goal is to make the Residents feel special, welcomed and warmed at each snack
- Introduce yourself and call Residents by their name when you speak to them
- Socialize with Residents and engage them in conversation
- For Residents who communicate without words: Make **eye contact**, **smile** and use **gentle touch** when appropriate
- Always speak positively about the snacks

"Hi Marie! We are happy you are joining us today for a delicious snack!"