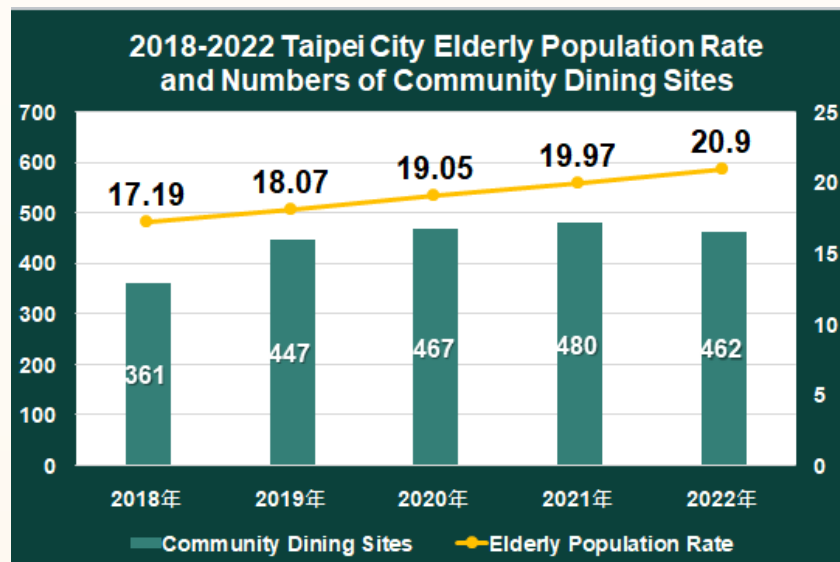


1 Background

In January 2022, Taipei City became a super-aged society, and the Taipei City Government has been promoting community group meal services for the elderly. As of December 2022, 462 community dining sites have been established in Taipei City. However, the meals provided at each site vary in nutritional and hygienic quality. Therefore, it is important for the dietitians to guide the site staff in providing healthy diet.



2 Methods

Since 2018, Taipei City Hospital has developed guiding strategy of community dining sites, such as providing nutrition education classes to site staff, designing nutrition education materials and cycle menus, and instructing food serving size and hygienic practices on-site.

On-site Guiding Model	
Initial Visit	<ul style="list-style-type: none"> Understanding situation of community dining sites Giving advice on nutrition issues and hygiene Promoting nutrition related information Providing resources based on sites' needs
Follow Up	<ul style="list-style-type: none"> Tracking improvements for initial visit issues



Training workshops for site staff



Dietitians guide site staff



Providing poster of food serving size

菜名	1	2	3	4	5
全蛋雞腿1條 (100公克/人)	五穀飯	糙米飯	地瓜飯	紫米飯	紅薯飯
韭菜1及/或竹筍 (100公克/人)	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 蒜泥白肉 2. 香腸炒肉 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉
雞腿1/2 (100公克/人)	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 蒜泥白肉 2. 香腸炒肉 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉
雞腿1/3 (100公克/人)	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 蒜泥白肉 2. 香腸炒肉 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉
雞腿1/4 (100公克/人)	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 蒜泥白肉 2. 香腸炒肉 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉
雞腿1/5 (100公克/人)	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 炒肉絲 2. 紅燒牛肉片 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 蒜泥白肉 2. 香腸炒肉 3. 香腸炒小雞 4. 香腸炒肉 5. 蒜泥白肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉	1. 香腸炒肉 2. 香腸炒小雞 3. 香腸炒肉 4. 香腸炒小雞 5. 香腸炒肉

Providing cycle menus



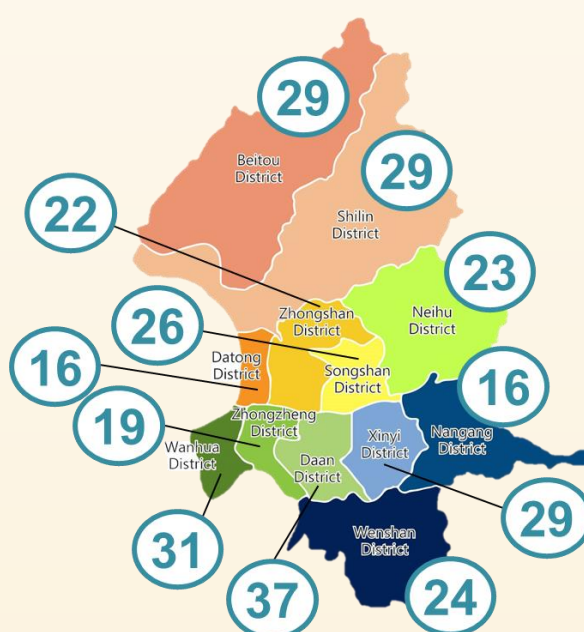
Providing materials of hand hygiene



Providing caps for meal preparation

3 Results

From 2018 to 2022, through various methods such as on-site intervention by dietitians, online and in-person educational training, a total of 450 community dining sites were guided, achieving a coverage rate of 97.4% (out of 462 total sites). Among these, 65.2% (301 sites) successfully underwent onsite guidance, with a 100% satisfaction rate for the guidance provided.



On-site guidance was completed in 12 administrative districts of Taipei City (n=301)

Common issues and incidence rate at initial visit

NO.1 insufficient high-protein foods (<2.5 servings) 27.1% → 46.5%

NO.2 inadequate ingredient diversity (<4 colors) 14.5% → 60%

NO.3 inadequate calorie intake (<650 kcal) 14.3% → 48.1%

4 Conclusions

Dietitian's intervention can effectively assist the community dining sites in providing healthy meals and improving the dining quality for the elderly. In the future, the service area will be expanded based on the group meal nutritional intervention model.

