



International Network of
Health Promoting Hospitals
& Health Services

Nutritional and texture-adjusted meals for low- and middle-income elders living alone: A hospital initiative in central Taiwan

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Oral Session ONLINE - O1.6
"Promoting healthy behavior I"



財團法人
切膚之愛社會福利慈善事業基金會
A Skin-Graft With Love Foundation

Long Term Care Services 2.0 > meal preparation

Eligibility Criteria

- People with Dementia (aged 50 and over)
- Plain-land indigenous people with functional limitations (aged 55 and over)
- People with disability (aged 49 and under)
- Older people with frailty (aged 65 and over)

Service Items

- Nutrition Meals for the Elderly. (lunch and dinner)

Payment

- Low-income households 、 The near-poor household (1.5 times) : free
- The near-poor household : Copayment



Changhua Christian Hospital

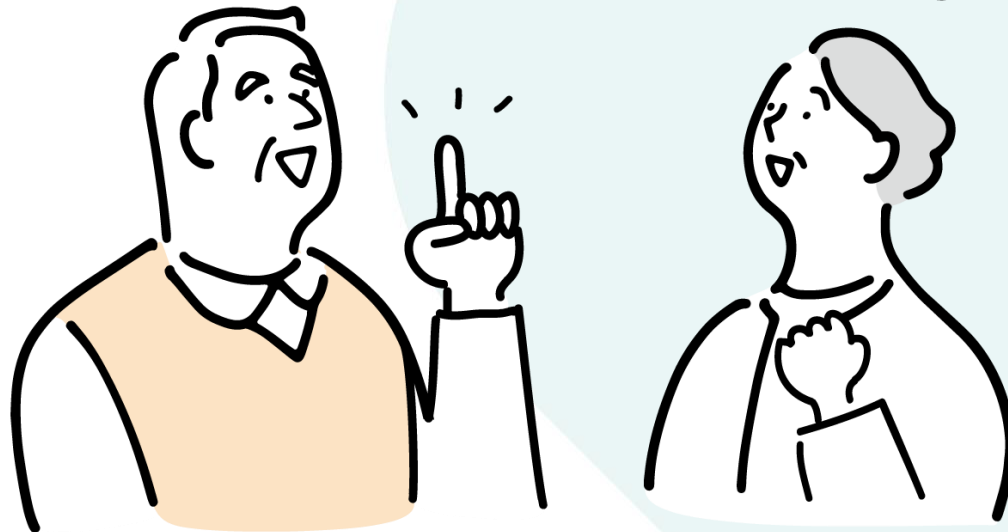
Department of Nutrition and Dietetics of Healthcare system

Meal preparation service

- Food safety and quality policy
- Organization Chart
- Provide different meal texture grading
- Serving portions and photos of meals
- Personnel, factory, material management

① Food safety and quality policy ——

\ Provide comfortable, safe, hygienic and environmentally friendly meals that meet customer needs /



② Organization Chart

- Director
- Vice director

- 6 dietitians
- 1 food hygiene manager
- 16 Nutritional Technicians
- 3 clerks
- 34 kitchen staff (certificate ratio 79.4%)

✕ meets legal specifications 60%

③ Provide different textures of meals to suit the elderly's dental and swallowing conditions



International Dysphagia Diet Standardisation Initiative, IDDSI Establish the definition of food texture and liquid consistency to improve the willingness and quality of eating.

④ Serving portions and photos of meals

◆ The texture is soft and rotten to suit the dental condition of the elderly and increase food intake.



cereal
4-5 exchange

protein
2-2.5 exchange

Vegetable
1-1.5 exchange

- Oil 2-2.5 exchange
- Oral nutrition supplement
200 kcal / per week

※ The serving size is in line with the recommended Dietary Reference intakes (DRIs) for people over 65 years of age set by the Ministry of Health and Welfare.

⑤ Personnel, factory, material management -1

Personnel

- Monitor body temperature daily.
- Annual physical examination in accordance with the Code of Good Food Hygiene Practices program.
- Check the bacterial count on your hands every month.

Material

- Monthly pesticide residue testing on fruits and vegetables
- Detection of saponin added to soy products every quarter
- Suppliers provide inspection reports every six months
- Annual supplier visits
- Regular outsourcing for inspection

⑤ Personnel, factory, material management -2

Equipment

- Check the bacteria of equipment count every month.
- Schedule equipment maintenance frequency.
- Clean the exhaust hood regularly.
- Equipped with refrigeration and freezer temperature monitoring system.
- Monitor the temperature and humidity in the food preparation area, pipe irrigation formula preparation area, and warehouse.

Factory

- Schedule area cleaning every ten days.
- The factory area is disinfected every month by a disinfection company.
- Floor scrubbing and waxing are performed quarterly by a cleaning company.



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Thanks for your attention.

