



Sláintecare.
**Healthy
Communities**



**South Dublin
County Partnership**
Páirtíocht Chontae
Átha Cliath Theas

Healthy Eating as we Age

Chloe Murphy

Community Food and Nutrition Worker

South Dublin County Partnership

Registered Associate Nutritionist (ANutr)

(Registration Number: 27876)



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Registered Associate
Nutritionist

Aims

- Provide a brief overview of the Community Food and Nutrition Worker's role.
- An introduction to the 'Healthy Eating as we Age' programme.
- What the programme entails.
- Next steps of the programme.

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“The purpose of the post is to provide capacity for the Sláintecare Healthy Communities to improve community health and wellbeing by addressing the issues of poor diet and food poverty.”

Key Programmes/Workshops;

- “Cook & Move” Programme
- “Saving Energy and Cost” Workshop
- Providing recipe cards for the local food bank
- “Healthy Eating as we Age” Programme



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Healthy Eating as we Age

Pre- Development



“South Dublin County Partnership (SDCP) are a local development company committed to promoting active citizenship, addressing social exclusion, and supporting individuals, families, and communities to reach their full potential.”

- The SDCP Health & Wellbeing team works across the Sláintecare Healthy Communities (Tallaght and Clondalkin) to determine key health inequalities.
- One major health inequalities and noticeable gap in support was malnutrition in older adults.

- When starting the role as a Community Food and Nutrition Worker, I started to develop a suitable programme.
- A taster session ran in Clondalkin and Tallaght in October 2023.
- The first 4-week programme ran in May 2024 in Clondalkin and June 2024 in Tallaght.

Goals

1

INCREASE HEALTHY EATING BEHAVIOURS IN OLDER ADULTS BY EDUCATING AND INCREASING COOKING SKILLS

2

REDUCING THE RISK OF MALNUTRITION AS WE AGE

3

SUPPORT THE PARTICIPANTS WITH SUSTAINABLE CHANGE

4

INCREASE SOCIAL CONNECTIONS BY ATTENDING THE PROGRAMME



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About Healthy Eating as we Age

- Healthy Eating as we Age is a free access programme that is aimed at 55+ years.
- It is a 4-week programme, with each week split into cooking healthy balanced meals along with learning about nutrition as we age.
- The meals prepared include chicken fingers, couscous salad, vegetable soup, spicy tomato and red lentil soup, spaghetti Bolognese/Chilli Con Carne, chicken curry, sweet potato satay stew, homemade burgers, homemade wedges, and apple crumble, depending on the group's choice.
- After preparing the meal, the group can enjoy the food while we discuss healthy eating tips as we age.

Nutrition Content



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- 101 Square Meals recipe book
- The 65+ years food pyramid and booklet
- The importance of protein
- How to increase your protein throughout the day
- Extra nutrient requirements as we age and the link with health implications
- Poor appetite
- Healthy eating on a budget
- Label reading
- How to meal plan and prep using your fridge and freezer
- Food safety
- Serving size/healthy plate
- Daily meal plan examples
- A 3-week meal plan for one/two with the grocery list and breakdown of cost



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Early Findings

Key Trends & Outcomes

Key Trends



- One adult households
- Overwhelmed by the kitchen and cooking for one
- Heavily relying on HFSS convenient meals

Key Outcomes

- Increased wholegrain and lower salt/sugar options
- Increased confidence in the kitchen
- Increased confidence when meal prepping and food safety





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Healthy Eating as we Age

Rowlagh Community Centre

May-June 2024



Week 1 Set up



Adults
over 65



NOT every day

In very small amounts

2-3 Servings a day

3-4 Servings a day

3-5 Servings a day

5-7 Servings a day

Be active everyday
Small bouts of exercise for 10-15 minutes several times a day is much better than doing all your activity in one go. Strengthening exercises are also important.

Daily vitamin D
You need to take a 15 microgram (µg) vitamin D supplement every day of the year. A good diet and sunlight is not enough to keep your bones strong and prevent falls.

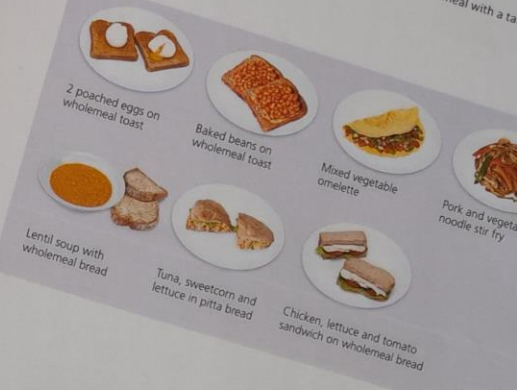
Source: Department of Health Health Service Executive 2012

The Importance of Protein

Protein is crucial as we age, as it aids the growth and repair of our muscles. Opt for lean protein sources, such as fish, poultry, lean red meat, eggs and dairy products.

- How to increase your protein intake during the day.
- Make sure all meals have a good protein source such as lean red meat, eggs, beans, lentils, or yogurt.
 - Add beans, lentils, or legumes to your meals. For example, add chickpea or lentil soup to your meals.
 - Opt for high protein snacks such as cheese/cottage cheese/smoked salmon, wholegrain crackers, milk, eggs, handful of nuts, Greek yogurt, seeds, or nut butter, and/or seeds to oatmeal, Weetabix, smoothies, and vegetable soup.
 - Add food high in protein to soups and blend, such as a spicy lentil soup or Greek yogurt tends to more protein compared to traditional yogurt alone or added to foods.
 - Add cottage cheese as a spread to sandwich or top your meal with a cottage cheese.

High Protein Meal Ideas



Flip over →



Healthy Eating for Older Adults



Pyramid guidelines for
over 65



Week 2



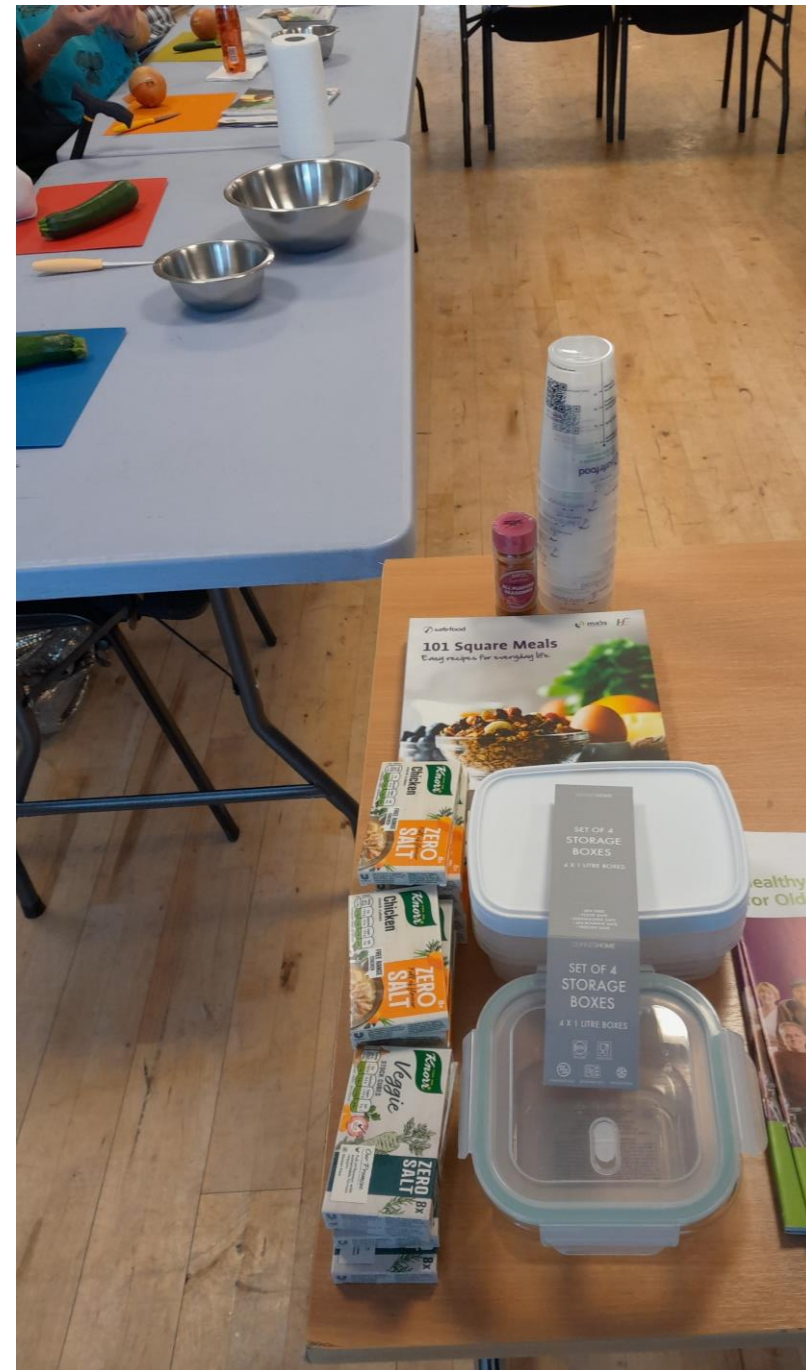


Week 3









Week 4

Set up

3-Week Meal Plan & Shopping List (for two)

Week 1	Breakfast	Dinner	Tea/Evening Meal	Snacks
Monday	Porridge Oats with low-fat milk, frozen mixed berries and banana	Spaghetti Bolognese (101 Square Meals) Use onion, spinach, carrots, and tomatoes as veg. Make sure to measure out one serving of spaghetti/fusilli per person	Spinach Omelette served with a green salad (101 Square Meals)	Low-fat yoghurt with a handful of frozen berries, topped with a handful of mixed nuts in a bowl
Tuesday	Wholegrain toast with banana and peanut butter	Chilli Con carne (101 Square Meals) with one serving of rice per person - Add some chilli flakes and kidney beans to the left-over Spaghetti Bolognese	Chicken fillet with potatoes, turnip, carrots, and tinned sweetcorn	A matchbox size serving of cheese (feta) on wholegrain crackers
Wednesday	Bran flakes with low-fat milk and banana	Chicken Curry (101 Square Meals) with one serving of brown rice per person	10-minute couscous salad with chickpeas (feta, chickpeas, tomatoes one red pepper and cucumber) with leftover chicken fillet	Low-fat yogurt
Thursday	2 eggs (fried/scrambled) with wholegrain toast with sliced tomatoes	Chicken Fingers (101 square meals) served with garlic baby potatoes and salad	Tinned tuna and tinned sweetcorn with left over couscous salad	Glass of low-fat milk
Friday	2 wheat biscuits with low-fat milk and raisins	Wholegrain wrap pizza, topping ideas: cheese, sweetcorn, spinach, peppers and chicken	Baked potato with baked bean (remaining half) and eggs	Handful of mixed nuts
Saturday	Wholegrain toast with baked beans (half tin) and some chopped	Chilli Con Carne (from freezer) on a baked potato placed in the oven with	Wholegrain toast with cheese and tomatoes	Cucumber sticks

Week 1

Week 1	Breakfast	Dinner	Tea/Evening Meal
Monday	2 wheat biscuits with low-fat milk with some banana and frozen berries	Cottage pie (101 Square Meals) - lean mince, onion, carrots, frozen broccoli, and topped with potatoes (freeze remaining servings)	Wholegrain bread (cook in oven with cottage pie), spinach, cucumber, tomatoes, feta
Tuesday	Oats with low-fat milk, frozen berries, and banana	Spaghetti Bolognese (101 Square Meals) Use onion, spinach, carrots, and tomatoes as veg. Make sure to measure out one serving of spaghetti/fusilli	Chicken fillet with potatoes, turnip, carrots, and tinned sweetcorn
Wednesday	Bran flakes with low-fat milk and banana	Chilli Con carne (101 Square Meals) with one serving of rice - Add some chilli flakes and kidney beans to the left-over Spaghetti Bolognese	10-minute couscous salad with chickpeas (feta, chickpeas, tomatoes one red pepper and cucumber) with leftover chicken fillet
Thursday	Wholegrain toast with baked beans (half tin) and some chopped spinach or sliced tomatoes	Chilli con carne on a baked potato placed in the oven with some cheese	Tinned tuna and tinned sweetcorn with wholegrain pasta
Friday	2 wheat biscuits with low-fat milk and raisins	10-minute couscous salad with some chicken fillet	Baked potato with baked bean (remaining half) and eggs
Saturday	Oats with tinned pears and mixed	Omelette with potatoes,	Wholegrain toast with cheese and tomatoes



hi Healthy Eating for Older Adults

Food Pyramid Daily Meal Plan

Tom is 67 years old and has recently retired. He has started his plan of walking at least 30 minutes 5 days a week and put on over the last 10 years. He needs 4 servings from the wholemeal cereals and breads, potatoes, pasta and rice shelf.

Lunch
This meal contains:
• Meat, poultry, fish, egg and nuts shell - 1 serving
• Milk, yogurt and cheese
• Wholemeal cereals and breads, potatoes, pasta and rice
• Vegetables, salad and fruit

Breakfast
This meal contains:
• Milk, yogurt and cheese - 1 serving
• Potatoes, pasta and rice - 1 serving
• Vegetables, salad and fruit - 1 serving

Lunch
This meal contains:
• Meat, poultry, fish, eggs and nuts shell - 1 serving
• Milk, yogurt and cheese
• Wholemeal cereals and breads, potatoes, pasta and rice - 1½ servings
• Vegetables, salad and fruit

Breakfast
This meal contains:
• Milk, yogurt and cheese - 1 serving
• Wholemeal cereals and breads, potatoes, pasta and rice - 1½ servings
• Vegetables, salad and fruit - 1 serving

Lunch
This meal contains:
• Meat, poultry, fish, eggs and nuts shell - 1 serving
• Milk, yogurt and cheese

Dinner
This meal contains:
• Meat

FOOD SHOPPING C

Check how much fat, sugar and salt

High per 100g

Medium per 100g

Low per 100g

Fats, spreads and oils

Meat, poultry, fish, eggs, beans and nuts

Milk, yogurt and cheese

Wholemeal cereals and breads, potatoes, pasta and rice

Vegetables, salad and fruit

2-3 Servings per day

3-4 Servings per day

3-5 Servings per day

5-7 Servings per day

Foods and drinks high in fat, sugar and salt not every day - maximum once or twice a week

In very small amounts



Evaluation of Confidence



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Has the programme increased your knowledge on nutrition as we age?

Every participant stated their knowledge of nutrition increased.

Has the programme increased your confidence when cooking healthy homecooked meals?

Every participant stated their confidence when cooking healthy homecooked meals increased.

What were your favourite parts of the programme

- "I loved how hands on the programme was, you get to see the practical side while learning about nutrition."
- "I loved listening to everyone's stories in the group."
- "I love how aware I am since starting the programme. I have learned so much."
- "I loved EVERYTHING about the programme. I hope it continues in the future."

"You are never too old to learn new things"



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- "The facilitator was excellent, I started the programme knowing nothing, but I have learned so much, thank you"
- "The facilitator showed how it can be easy to eat healthy"
- "The facilitator explained everything very well"
- "Most helpful, kind, patient"



Next Steps

- Run the programme again in 2024 in both Tallaght and Clondalkin.
- Receive feedback to further develop the programme.
- Advocate the needs for the programme in order for it to run a number of times per year in both Tallaght and Clondalkin Sláintecare areas.



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