



Nutrition Month 2021: How End-to-End Foodservice Software Can Help Care Communities Deliver Personalized Nutrition to Patients & Residents

This March in Canada, Nutrition Month is all about the theme: Good for You and Finding Your Healthy!

An acknowledgement that healthy eating looks different for everyone, *Dietitians of Canada* encourages a focus on how “culture, food traditions, personal circumstances & nutritional needs all contribute to what healthy looks like” for each individual.

Albeit senior living, long term care or acute care – when you’ve got an entire community to feed, it can be a challenge to ensure everyone receives meals and snacks that suit their taste, nutritional needs, lifestyles, preferences, diet orders and more.

All-in-one foodservice management technology makes it easier for you to not only record patient and resident nutritional needs, but cater to them, monitor them and ensure you’re meeting them meal after meal.

The best patient or resident diet systems can help you deliver nutrition as unique as the individual you’re serving from the moment they’re welcomed into to your community. Here’s how you can use end-to-end foodservice management technology to help cater to *their* healthy with ease this Nutrition Month and beyond.

Access Thousands of Regular & Extended Recipes for Personal Menu Planning

When you already have enough on your to-do list, creating recipes & building menus while considering all the appropriate extensions for your patients and residents can begin to feel overwhelming to say the least.

But what if you could access an abundance of expertly created recipes with extensions you can use to build personal menus that fit your residents' needs and preferences to a tee?

When you choose an end-to-end foodservice management software like Synergy Tech Suite, you'll have access to 10,000+ regular, texture-modified and therapeutic recipes created by registered dietitians, with fresh, innovative items being added to the database every season. Use the recipes to make your own menus while enjoying special Holiday, Seasonal and Emergency Menus so you can celebrate delicious moments and prepare for the unexpected.

Use Synergy's Master Recipes, create your own, or modify an existing one to quickly add your own flare.

With Recipes and Menu Modules fully integrated with our comprehensive People Profiles (read on to learn more about them!), you can plan around the database of delicious recipes to cater to your patient and resident's version of healthy with ease.

The screenshot displays the Synergy Tech Suite interface for managing a recipe, 'Lemon Honey Chicken'. At the top, there's a header with the recipe name and a 'Last changed' timestamp. Below this, a row of action buttons includes 'X DELETE', 'PUBLISH', 'PRINT/PREVIEW', 'SAVE AS', and 'SAVE'. A nutrition facts table is visible on the left, listing items like Saturated Fat, Trans Fat, Cholesterol, Sodium, Total Carbohydrate, and Dietary Fiber with their respective percentages. The main area shows an 'EDIT EXTENSION' window for '125 mL Mcd. Chicken Bkd Breast Lemon Honey'. This window has a 'Change Portion Size' section with a '125 mL' input and '+'/'-' buttons. Below that is a 'Change to' dropdown menu that is open, showing options: 'Set Extension', 'Serve Existing Recipe', 'Serve Regular Recipe', 'Create [Recipe Template Name] Recipe', 'Create Recipe from Save As', and 'Do Not Serve'. The background shows a table with columns for 'Regular', 'Cardiac', and 'Vegetarian' diet types, with checkboxes and icons for each.

Shown Here: With Synergy Tech Suite, you can manage the Diets and Texture modifications of a recipe directly in just a few clicks.

Have Dietary Details at Your Fingertips with Comprehensive People Profiles

There's no doubt that when each of your patients or residents come with a unique set of diet orders, texture modifications, personal preferences and more – it can begin to feel like a juggling act to stay on top of it all.

The best patient or resident diet systems offer the relief you deserve with comprehensive People Profiles that help your team track everything you need to know when it comes to taking orders, preparing a meal for and serving any individual, no matter their taste, lifestyle or dietary requirements.

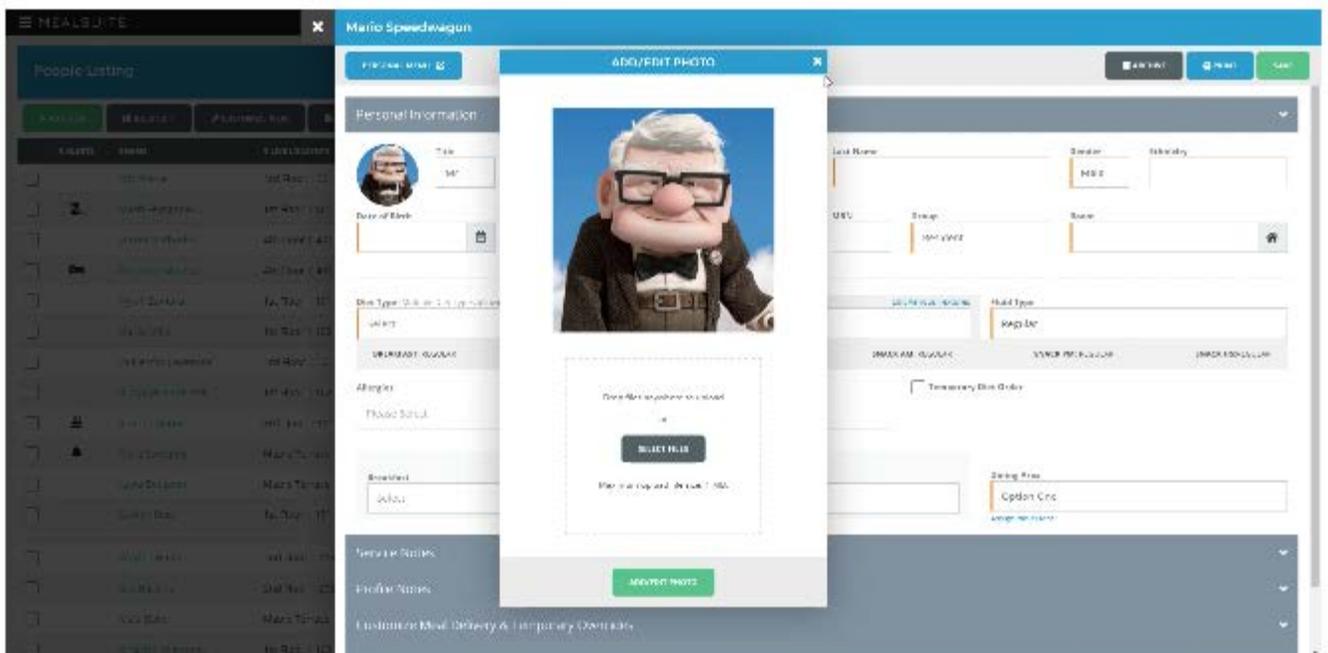
With fully integrated foodservice management technology from Synergy in particular, you can tailor menu offerings and printed tickets so every individual's select menu is enticing and appropriate for them.

Plus – view a week-at-a-glance menu for each individual and easily customize menus based on regional and population preferences, with the option to apply additional diet interventions via the People Profiles for efficient management of diet orders, interventions, allergens and dislikes.

With all of these available tools and more, you can ensure offerings to patients and residents are in their best interest, with the ability to maintain their freedom of choice with Advance Ordering or Tableside Select Technology.

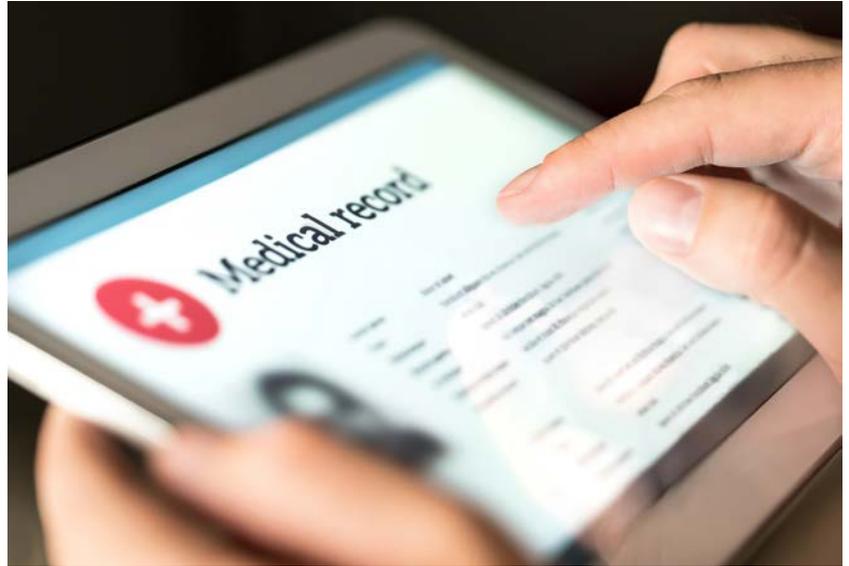
Stay Up-to-Date with Connect Technology

Whether they're staying for a few days, or indefinitely – it's important to capture each patient and resident's unique needs from the moment they're welcomed into your community, and keep them up-to-date as they may evolve over time.



The best foodservice management software offer Connect Technology that helps you ensure patients and residents' requirements and records – new and old – are always up to date, in any digital location your staff may be referring to diets.

For instance, Connect Technology from Synergy drives diet order, allergy and admission, discharge & transfer (ADT) data from your EMR system into our end-to-end dietary, food production and POS solution in real-time so



your foodservice and clinical nutrition teams always have the most current care data at their fingertips.

Record & Reference Portion Size Adjustments for Their Precise Plate



With the right foodservice management software on your side, not only can you access the recipes you need to create a personalized meal plan – you can also indicate how the meal is to be served based on what's best for that individual.

The best foodservice software offers a Weekly Personal Menu complete with a substitutions feature for further customizations such as desired serving size -

for example: customize entrée portion, reduce dessert portion or modify starch serving. Plus, if your patient or resident has specific needs for consuming their meals, such as needing extra assistance at mealtimes, you can add those personalized notes to their profile for easy reference at service to ensure they're getting the intake you've intended for them.

Track Nutritional Progress & Adjust as Needed

You know better than anyone that foodservice is about so much more than delivering meals. It's also about helping your patients and residents thrive. One of the best parts about end-to-end foodservice management technology is the ability to measure individual progress so you can personalize diets and interventions accordingly.

With Synergy Tech Suite in particular, you can monitor a patient or residents' daily nutritional intake and keep note of when they last had a dietary assessment. Plus – with the ability to track weights and monitor weight

change over different time intervals, you'll be better informed to help combat unintentional weight loss in your community.

Nutrition Month is a great opportunity to reflect on how much of an impact personalized nutrition can have on a patient or resident's overall health, well-being and quality of life. And when helping each individual "find their healthy" in your community can be a challenge, end-to-end foodservice management technology steps in to help you reach your goals.



If you're interested in learning more about the next generation of foodservice management software from Synergy visit www.sysco.ca/synergy

