

*"We're passionate about providing our residents with an exceptional food and dining experience that reflects industry best practice and delivers positive health benefits, wellbeing and quality of life."*

Nick Ryan  
CEO, Lutheran Services

# Happy Table



**Creating exceptional food and dining experiences**

## What is Happy Table?

Happy Table is a Lutheran Services initiative raising the bar on mealtimes in aged care. It's about good nutrition, the joy of wholesome food, delicious menu choices and a friendly dining experience.

## Why is it important?

Good nutrition is the foundation for wellbeing and quality of life. It leads to improved immunity, more independence and improved moods.

Good nutrition can also reduce the risk of falls, pressure injuries and unplanned weight loss.

Because life is better when we dine well, engage our senses and enjoy each day.

*"When someone is well nourished, they generally feel better! This links with an improved quality of life, increased independence and more time and energy for the good things in life".*

Dr Cherie Hugo  
Director of My Nutrition Clinic  
Founder of The Lantern Alliance

## How does it work?

Happy Table is an evidence-based approach to delivering exceptional food and dining experiences that tackle malnutrition.

It's a comprehensive program encompassing food science and social strategies, alongside an expert dietitian service, toolbox talks, nutrition challenges and on-site Nutrition Champions. Importantly it is also a food first approach.

The science shows boosting nutrition rates is not as simple as eating more or having white tablecloths and candles. We know it is a complex play of delivering tasty, nutritious fresh food in a welcoming, home-like setting where people have the time to relax and enjoy their dining experience.



## What is 'food first'?

Food first means making sure residents get their nutrition through real, fresh and healthy food. Recipes devised by experts deliver optimum protein, are nutritious and fortified with wholesome ingredients. This means less reliance on supplements to fill in the nutritional gaps. It's all about improving quality of life through the joy and benefits of good food.

## Who are we working with?

We've partnered with industry leader and accredited aged care dietitian Dr Cherie Hugo and The Lantern Project to deliver Happy Table. Importantly, everyone at Lutheran Services is involved, from the catering team to our dedicated Nutrition Champions and working groups, to clinical staff and personal carers.

We're collaborating with all team members and residents, as everyone has a vital part to play in creating exceptional mealtime experiences, improving quality of life, and turning the tables on malnutrition.



## The results speak for themselves...

The combination of initiatives is having a positive impact on the lives of residents and we have seen a measurable increase in nourished residents.

This is an industry-leading approach to reducing malnutrition and improving the dining experience for our residents.

