

# 5 ways Kara can help meal times in care homes

See our top 5 tips for how Kara products can help with your care menus, allowing residents to feel a sense of comfort whilst still aiding them to feel a little inspiration and independence.

1 When trying to encourage an appetite try to create a sensory experience in the dining room, why not try adding coffee machines or toasters into the environment to encourage comforting aromas.



Try our care home favourite, our famous Spiced Teacakes. The comforting aromas are sure to get the residents taste buds watering. Our teacakes are ready sliced, suitable for vegans, and are produced at a site which doesn't handle nuts.

2 Some residents may be great home cooks or bakers. Create connections and get them involved by asking them to create recipes for the diner menu.



*Extra Crunch*

This may also be a great way to use up leftover bakery products in the kitchen, ask residents how they use up their leftover bread or take inspiration from our website.

3 Turn afternoon tea into afternoon sessions by having residents take part in activities such as cake decorating or jam making.



*Scones & Sliced Breads*

Kara is your one stop shop for all your afternoon tea needs, shop our fruit and plain scones today or a variety of sliced breads.

4 Ask residents if they would like to personalise their meals, by creating their own pizza or pancake toppings. This helps cater to their individual tastes.



*Doughballs*



Take the pressure of making your own dough by using Kara doughballs, simply thaw, prove and create.

5 Open up the environment to residents family and friends for specific meals or events to allow them to spend time with their loved ones.



This is a great way to use bakery to bring families together. Create dining kits with fingers sandwich, scones and muffin.



Try our Fletcher's bread they come in a variety of slices, suitable for vegans and are sesame free to avoid unnecessary allergens.