



# Nourishing Independence at Abbeyfield Bristol and Keynsham

**At Abbeyfield, we believe that exceptional food is the cornerstone of ageing well.**

In June 2025, we launched a dedicated Food and Nutrition Project to ensure our residents don't just eat well, but thrive through high-quality, nutrient-dense meals that support their health, vitality, and independence.

## Our Vision: Quality on Every Plate

At Abbeyfield Bristol and Keynsham, we take immense pride in the fantastic, delicious meals our talented cooks prepare for our residents every day. Their passion for cooking and the deep relationships they build with our residents are the heart of our homes.

To build on this wonderful foundation, we launched our Nutrition Project to further inspire and support our cooks. This initiative was designed to ensure we are providing the absolute best nutrition possible, looking beyond simply "filling the stomach" to understand how high-quality ingredients can actively enhance the lives of older adults.

By collaborating with Sarah Firth, a BANT Registered Nutritionist, we have empowered our cooks with new insights into how specific foods can boost immunity, support brain health, and maintain vital muscle strength. This project is a celebration of our kitchen teams, providing them with the tools and "simple swaps" to ensure that every meal they serve is as nourishing as it is delicious.

# Top Tips for Living Well & Staying Independent

Our project highlighted how small, thoughtful changes to daily eating can make a significant difference in maintaining health and independence. Here are some of our top nutritional insights:

## 1. Power Up with Protein

- **High-Quality Sources:** Including eggs, which are a "superfood" rich in Vitamin D and B12, helps build and repair muscles while supporting brain health.
- **Greek Yoghurt:** Swapping to full-fat Greek yoghurt provides a protein and calcium boost that supports bone strength.
- **Natural Nut Butters:** Adding nut butters to breakfast or snacks is an easy way to increase healthy fats and protein intake.

## 2. Prioritise "Whole" Ingredients

- **Better Bread:** Choosing wholemeal or artisanal breads provides complex carbohydrates for slow-release energy and essential fibre for digestion.
- **The "Full-Fat" Advantage:** Using whole milk rather than semi-skimmed helps the body absorb fat-soluble vitamins (A, D, E, and K) and provides long-lasting energy.
- **Real Butter:** Replacing margarine with butter is a simple swap to move towards more natural, single-ingredient foods.

## 3. Boost Immunity Naturally

- **Vitamin-Rich Berries:** Adding blueberries or goji berries to cereals or yoghurt provides antioxidants that support the immune system.
- **Hydration through Fruit:** Eating fresh fruit salad daily provides natural sweetness and high water content to support hydration.
- **Herbs over Salt:** Using fresh and dried herbs for flavour reduces the need for added salt while providing additional micronutrients.

## 4. Smart Cooking Habits

- **Homemade Stocks:** Making soups and sauces from vegetable or bone stocks provides a nutrient-dense base compared to processed alternatives.
- **Slow-Release Energy:** Choosing oats or shredded wheat for breakfast ensures residents stay full and focused throughout the morning.

**We are committed to the wellbeing of our residents and the wider community.  
Read our Wellbeing Guide on the website under 'resources'.**