



Celebrate Nutrition & Hydration Week with Millac Gold Double

*WIN a Training Day with NAPA:
Mealtimes - a key activity*

Get dipping this March for your chance to WIN a **Training Day** in your care home with NAPA.

ALL YOU NEED TO DO IS...

Host a Dipping Extravaganza for Nutrition & Hydration Week (11- 17th March)

Dips are hugely versatile - sweet or savoury - for snacks, appetisers or desserts. They can help to engage residents and get them trying new flavours and textures, so why not get dipping! (see overleaf for inspiration)

THEN...

Send us a Picture!

To be in with a chance of winning the exclusive **Training Day** in your care home, just send us a photo of you, your chef, your dips (or any combination of them) with a pack of Millac Gold Double to jessc@jellybeancreative.co.uk along with your name and care home name and address by 30/04/19. (Don't worry about the photo we promise not use it in any public communication!).

"It's a great opportunity to explore the activity potential of mealtimes in care settings, including social benefits and the importance of communication"

Jennifer Dudley, Director NAPA



All photos submitted will receive a NAPA No Bake Cooking Booklet and Millac Gold Care Home Recipe Booklet

The perfect base for all your dips



TOP TIPS

Here are a few helpful tips from NAPA on hosting your Dip Extravaganza...

- Carry out as much preparation of ingredients with the residents - the more they are involved the more it will stimulate their appetites
- Be aware of residents' dietary requirements, plus their likes and dislikes
- Include as many of the kitchen team in the planning, preparation and delivery as possible
- Have as many interactions with the team and residents as possible
- Ensure that you keep good records at each step of the way - photographs or videos will capture the smallest interactions and reactions

For more tips and advice, visit www.napa-activities.com

Veggie Dips

Serves: 12

Ingredients

- 200g beetroot purée
- 150g aubergine purée
- 200g red pepper purée
- 150g broad bean purée
- 150g avocado purée
- 100g chopped cucumber & mint
- 600ml natural yoghurt
- 600ml Millac Gold Double
- Cornish sea salt
- Freshly milled pepper

Method

- Mix each of the flavours with 100g of yoghurt and 100g of Millac Gold Double to make six different dips.
- Season well and place into dipping pots.
- Serve with slices of chargrilled sourdough bread.



Fruit Dips

Serves: 18 - 20

Ingredients

- 500ml Millac Gold Double
- 150g icing sugar
- 5 - 6 drops vanilla extract
- 200g canned strawberries, drained
- 200g canned apricots, drained
- 200g canned cherries, drained
- 1 tbsp each of strawberry, apricot and cherry jam

Method

- Whisk the Millac Gold Double, icing sugar and vanilla extract until stiff and put aside.
- Individually blend the well-drained fruit along with its corresponding jam (keep back a small amount of the fruit for garnish, alternatively garnish with jam).
- Divide the Millac Gold Double mixture into three. Individually whisk in the puréed fruit and jam.
- Decant 20g of each into small serving dishes and garnish.
- Arrange one of each on a plate with fresh fruit and sponge fingers for dipping.



Please note:

Full terms and conditions available at www.pritchitts.com/napatc

Open to bona fide care home caterers resident in the UK aged 18 or over. Only one Training Day to be given away. Only 1 x Millac Gold Double recipe book and 1 x NAPA recipe book may be claimed per care home. No purchase necessary route available by sending your name and care home name and address to: NAPA Promo, Jellybean Creative Solutions, 4 Bridge Street, Leatherhead, Surrey KT22 8BZ Promoter: Promoter: Lakeland Dairy Sales Limited, Kingfisher House, 21-23 Elmfield Road, Bromley, Kent BR1 1LT Registered in Ireland Number: 90464