

*In the kitchen,  
Change is happening*



**MISSION  
AUSTRALIA**



# Mission Statement

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**Together we will uplift the quality of life of older Australians through the joy and nourishment of healthy, tasty food.**

Established in 2014, the Maggie Beer Foundation is guided by the belief that, with help from so many committed people we can bring about life-altering change to the well-being of older people by having access to food full of flavour and nutrients.





# Training We Offer



## Online Learning Modules

Self-paced short courses covering key aged care food topics

## State & Territory Hubs

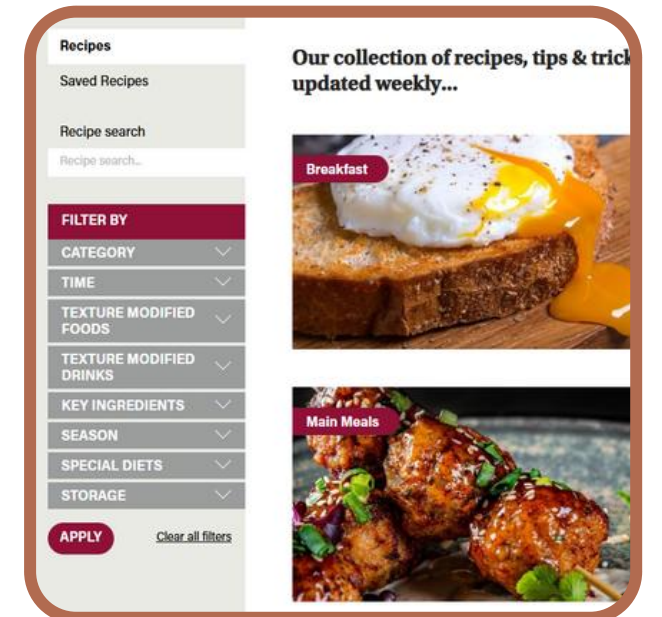
Short course, bringing together Cooks & Chefs for learning and peer support

## Trainer Mentor Program

12-month on-site training program to improve mealtime service in aged care, tailored to your needs

## Professional Community

Forum for alumni of the training programs to connect with peers and mentors, share knowledge, access resources and collaborate to improve food and nutrition for older people.



# Foundation Chef Trainers







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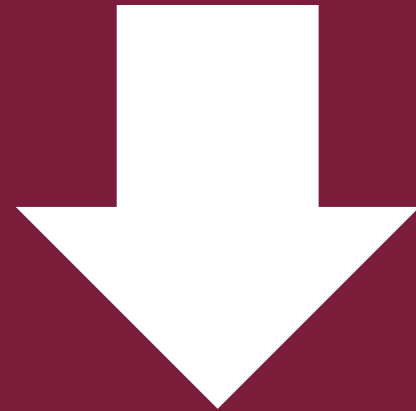


**Onsite Training**

**Virtual Support**

**Coursework**

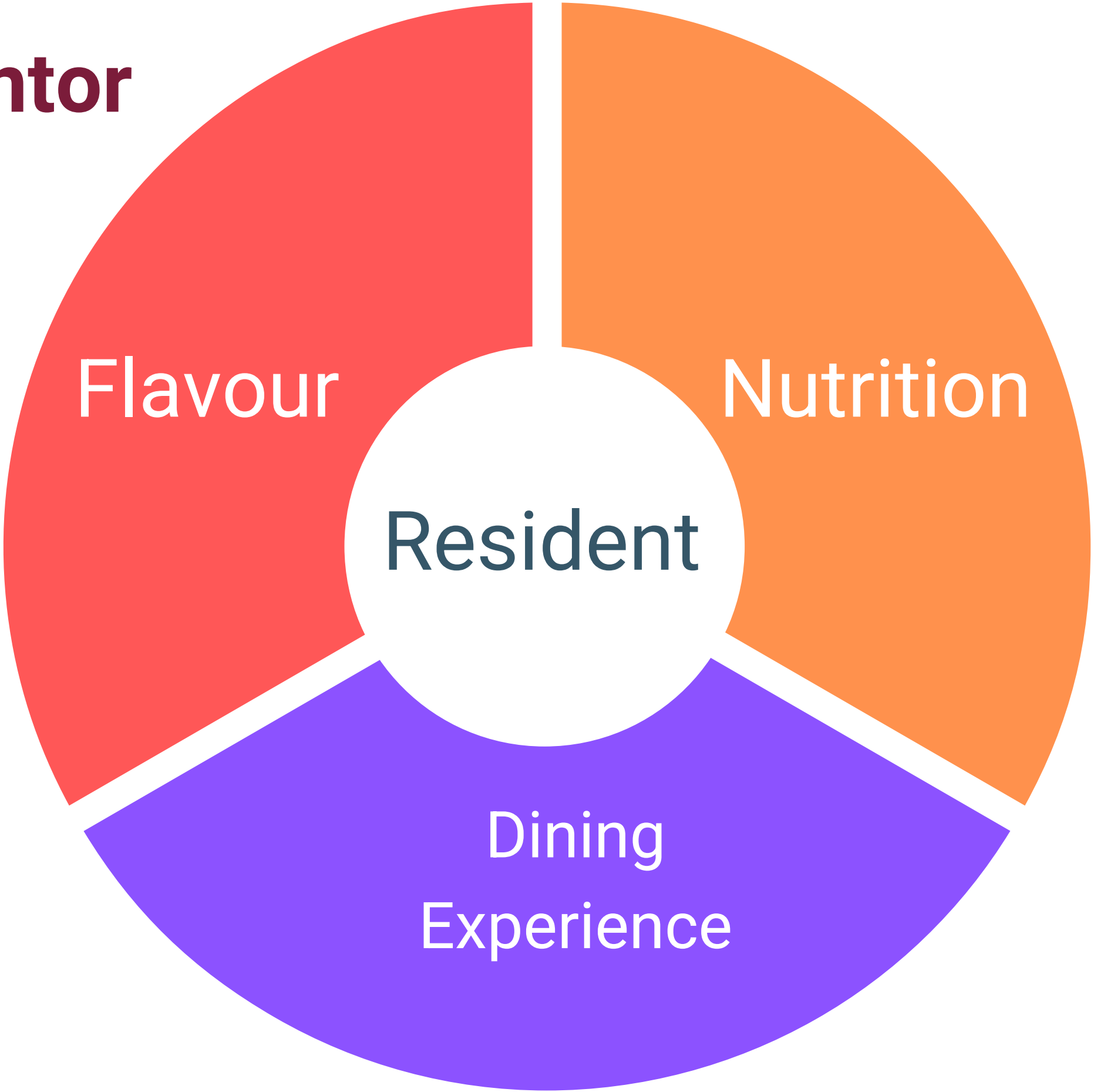
**Milestones**



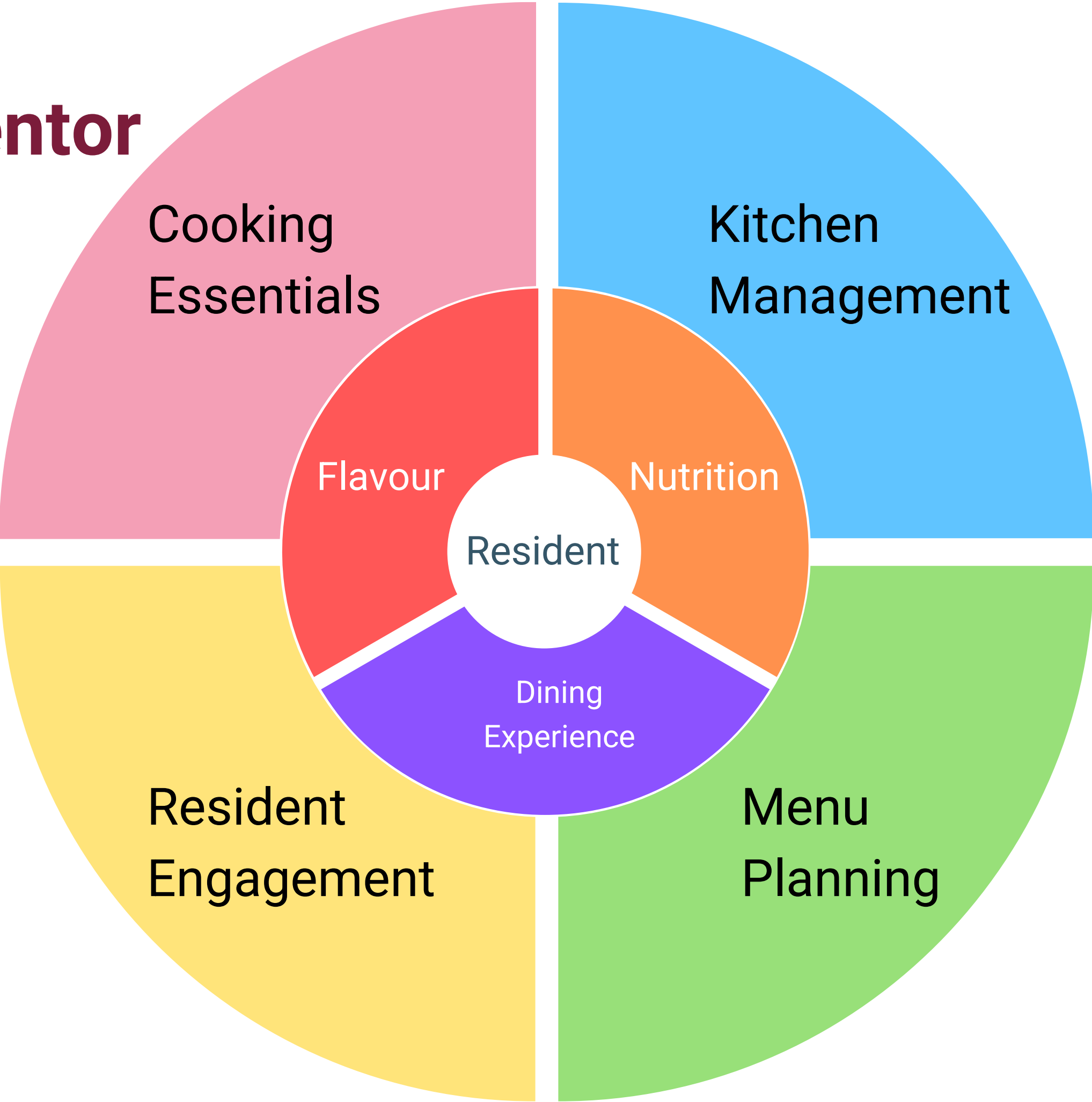
**Trainer Mentor Program**



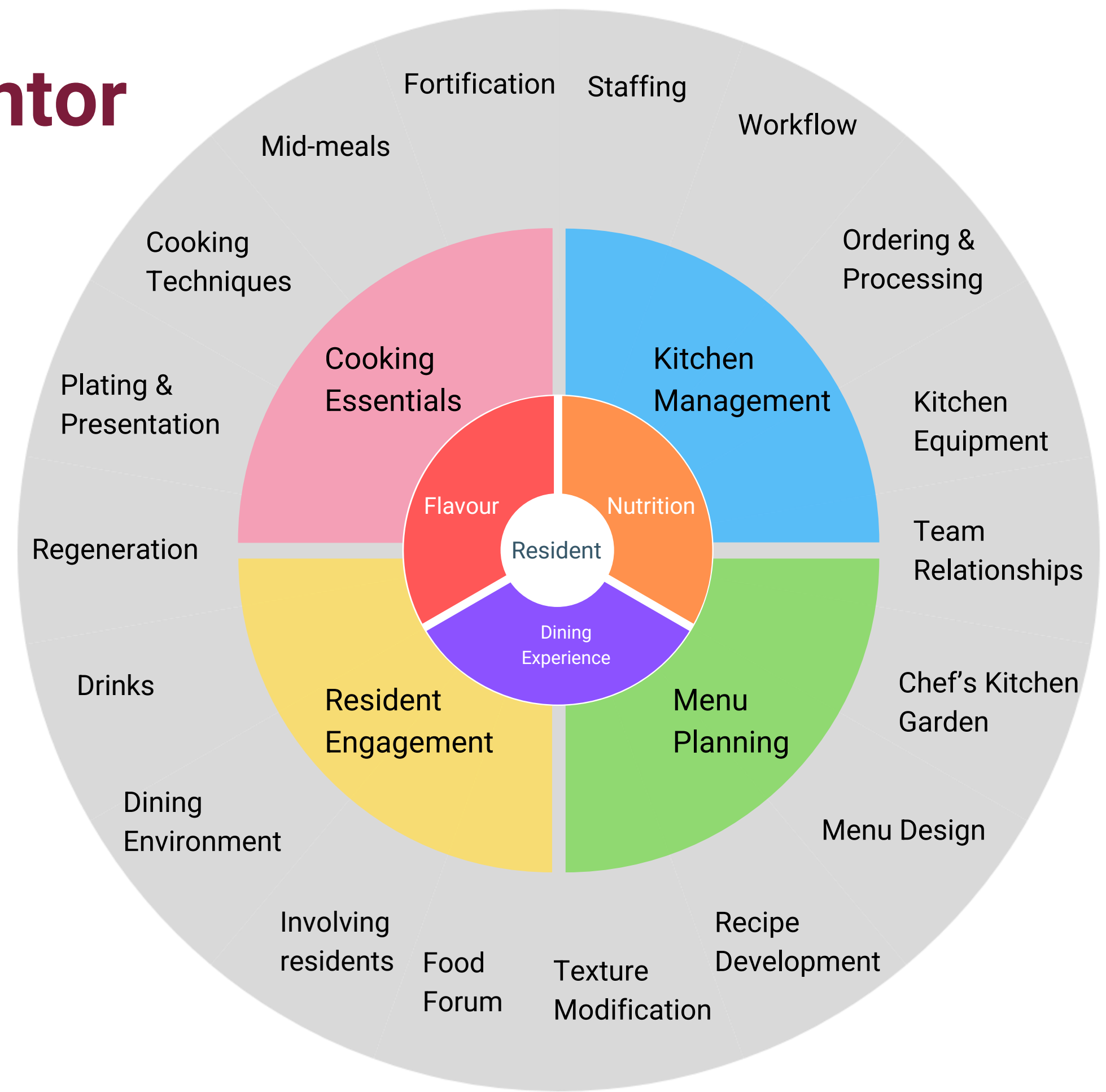
# Trainer Mentor Program



# Trainer Mentor Program

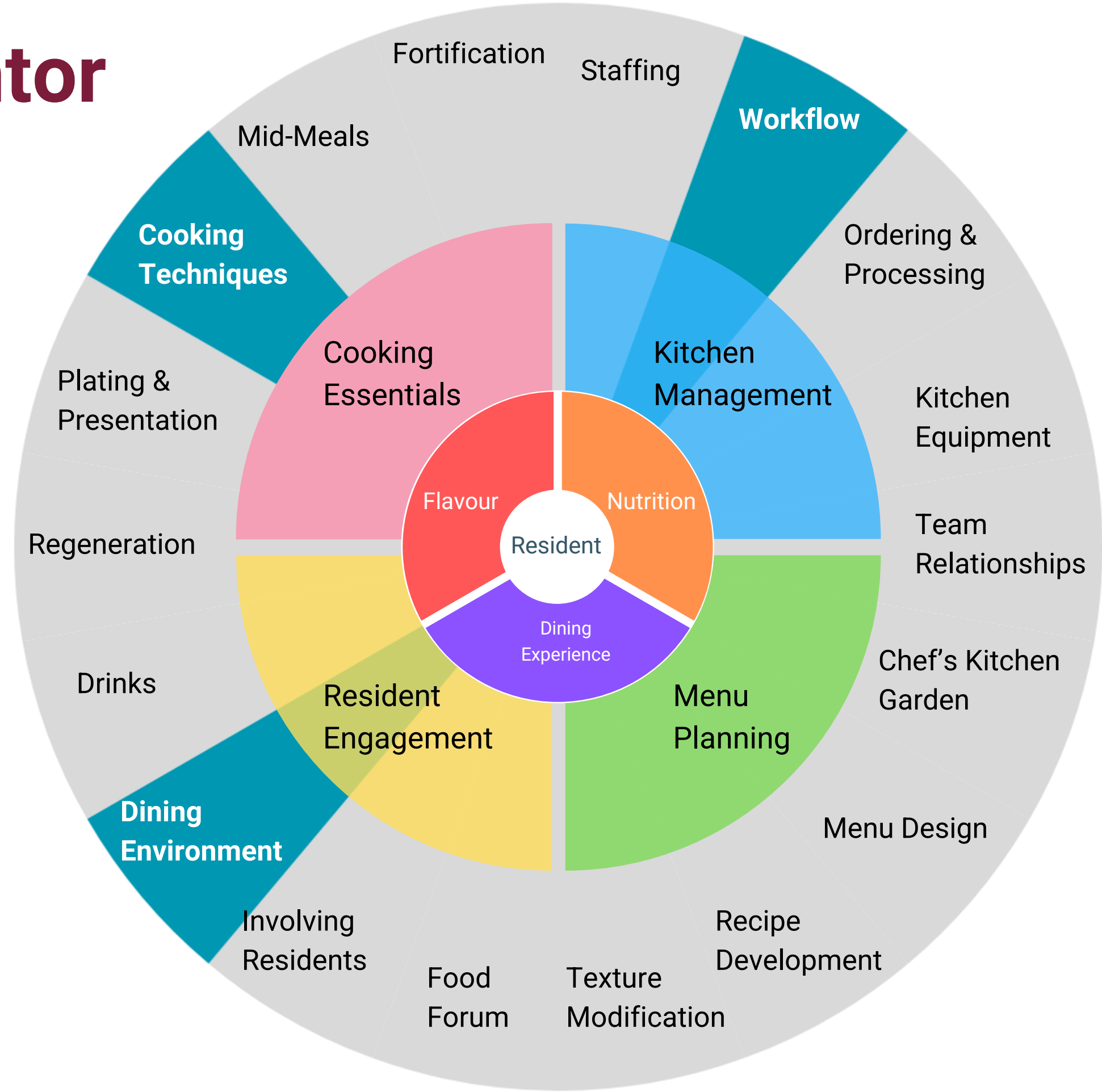


# Trainer Mentor Program

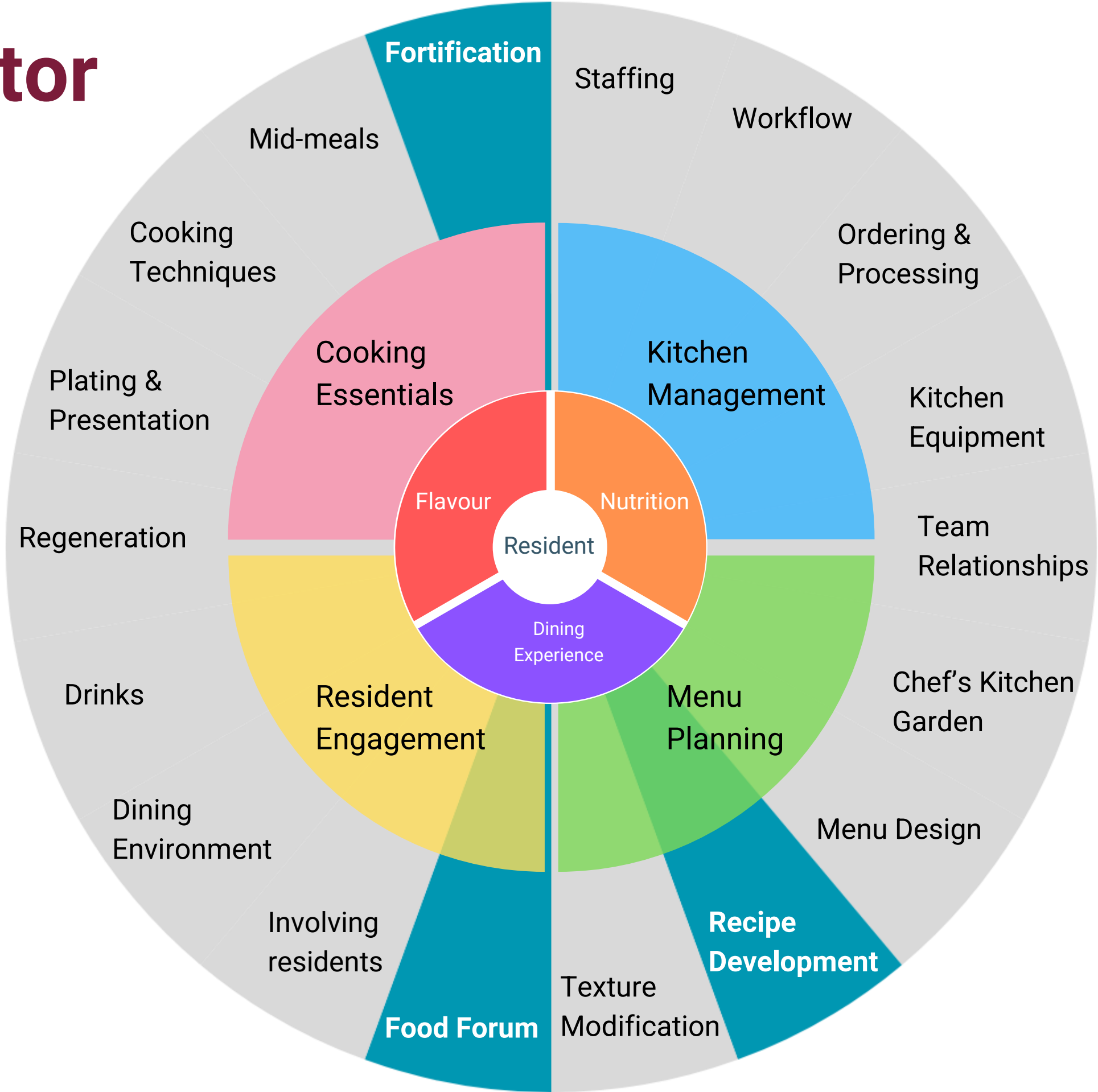




# Trainer Mentor Program

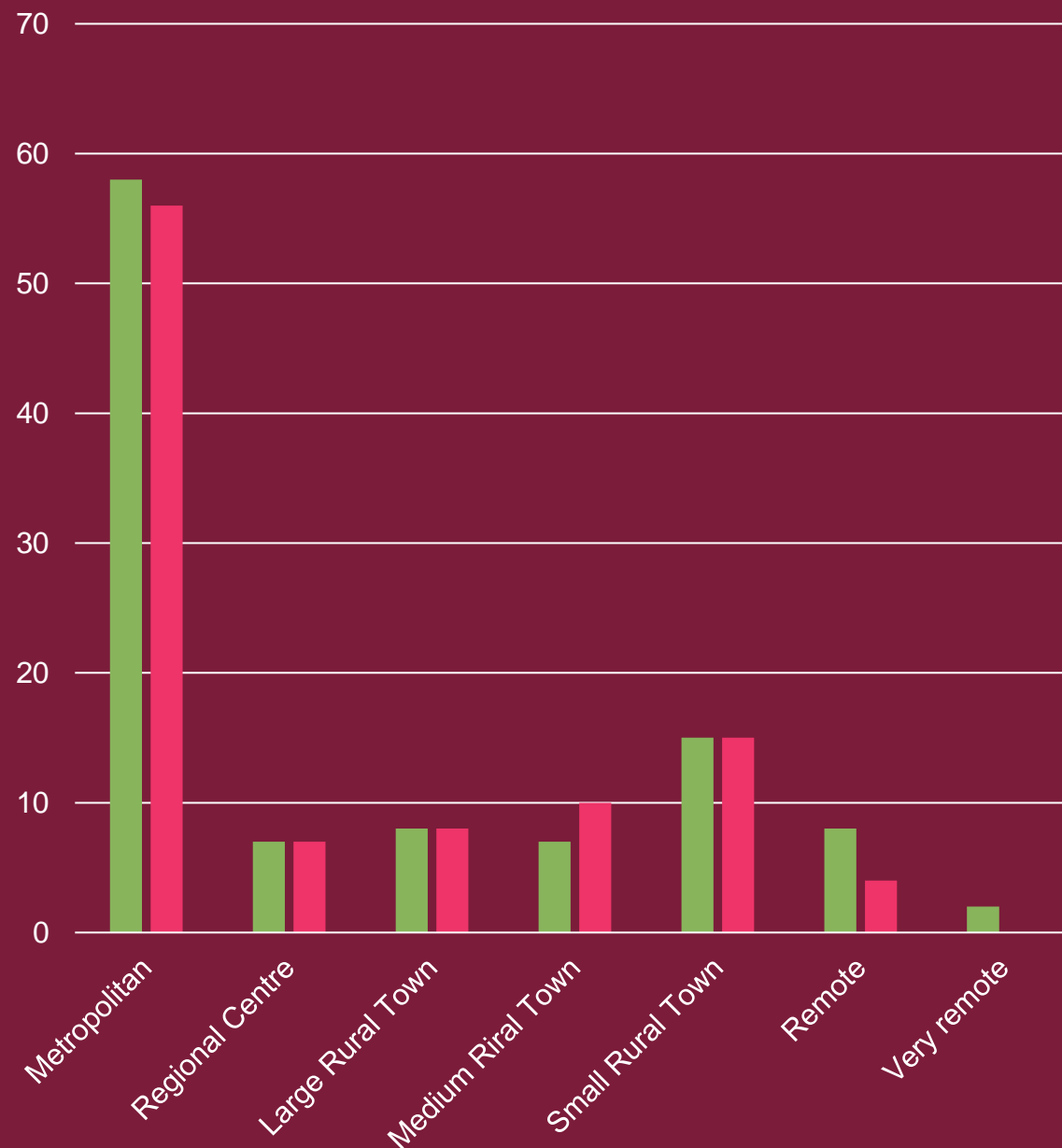


# Trainer Mentor Program

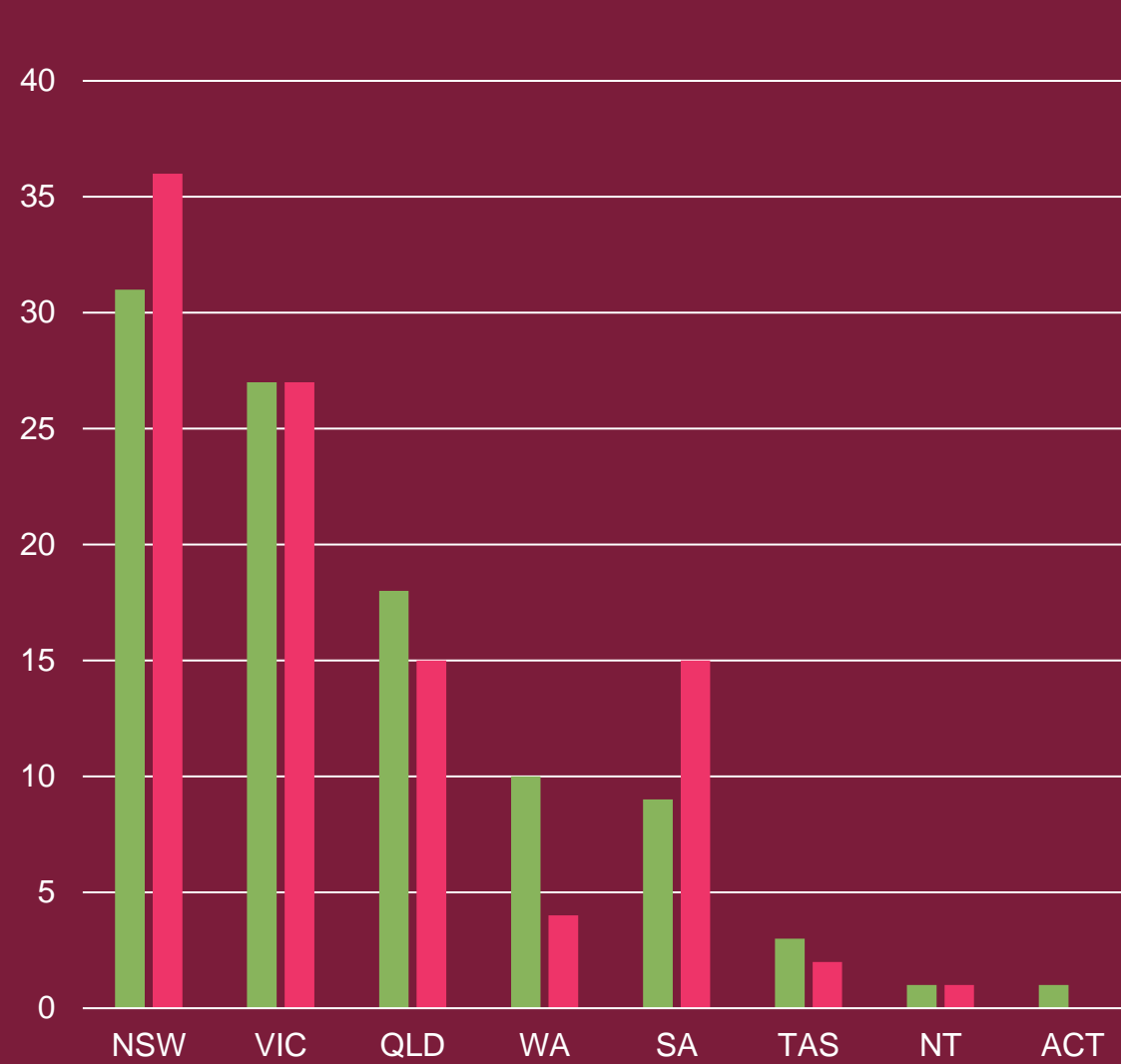


# We're in homes just like yours...

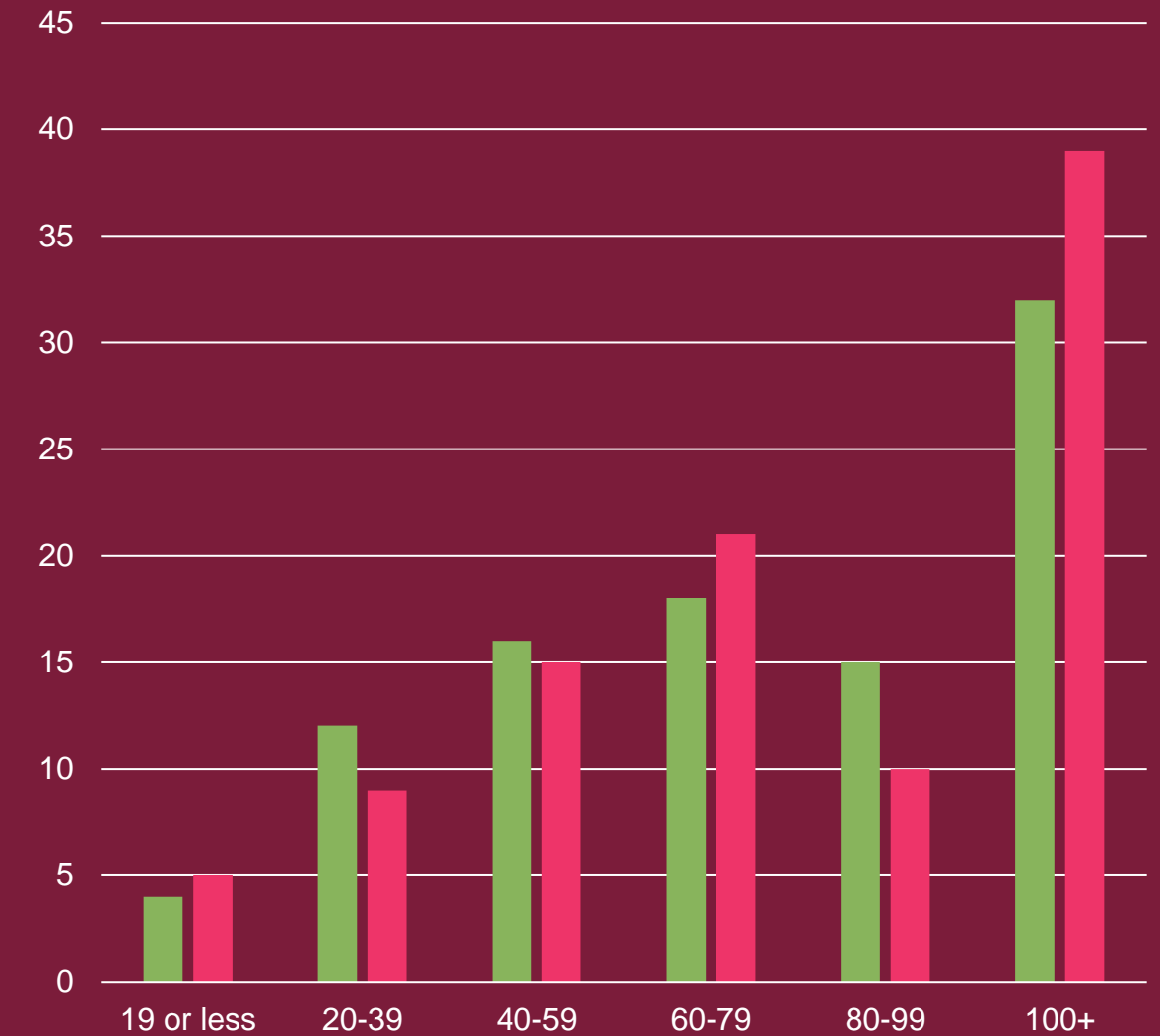
Remoteness Rating



States and Territories



Home size (# residents)



■ Aged Care Homes ■ Trainer Mentor Program





# More Flavour & Variety





# A Taste from Home



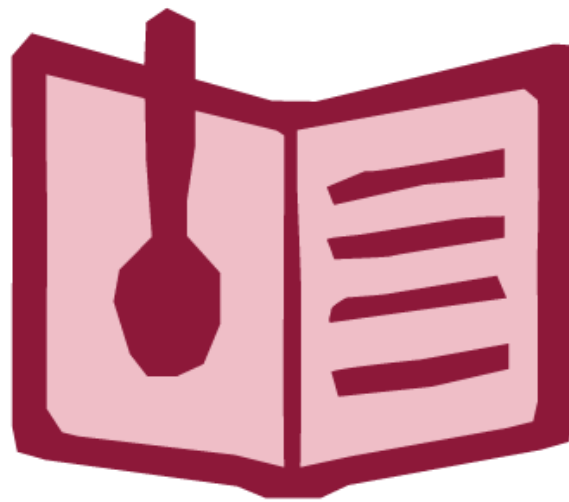


# Texture Modified Meals





# What a Difference a Day Makes





Monday 05/05/25

**Daily Kitchen Prep List**

Kitchen	Kellyville
Menu (Season)	Summer
Week 1	
Day Monday	
AM, MID Shift Time Cook/Chef	06:30-14:30, 11:30-19:30
AM FSA Shift Time	06:30-14:30
MID FSA Shift Time	11:30-19:30
PM FSA Shift Time	14:00-19:30

Sign	Item	Detail
	<b>Drinks</b>	Fortified Milk, Milkshakes, Hydration Station
	<b>Morning tea</b> (minimum 5 grams of protein)	Cake, Cheese and Biscuits, Sweet Biscuits
✓	<b>Lunch 1</b>	Beef Lasagne
✓	<b>Lunch 2</b>	Roasted vegetable Frittata
✓	<b>Sauce/ gravy</b>	Brown gravy
✓	<b>Assorted Sandwiches/ Salads</b>	Chilli, Tomato, Ham, Egg, Salmon and Avocado
	<b>Texture Modified Lunch:</b>	Puree, Minced Moist, Soft and Bite Sized.
✓	<b>Texture Modified Dessert:</b>	Minced Carrot, Broccoli, Mash Potato
✓	<b>Vegetable 1</b>	Stewed Apple Roll
✓	<b>Vegetable 2</b>	Sweet Potato
✓	<b>Starch/ mashed potato</b>	Beans
	<b>Stock</b>	Mash Potato
✓	<b>Dessert lunch</b>	Stewed Apple Roll
	<b>Soup For Dinner</b>	Chunky vegetable and Bailey
✓	<b>Texture Modified Vegetables 1</b>	Mixed vegetables
	<b>Dessert</b>	Butterscotch Pudding
✓	<b>Afternoon Tea</b>	Banana Muffins Chocolate C
	<b>Prep For Tomorrow</b>	Breakfast Prep, Marinate Meat, Prepare Stock, Defrost
		Write Prep List
	<b>Supper</b>	Sandwiches, Chocolate Biscuit,

= lunch =  
 → Beef Schnitzel  
 → Salad or Steam Veg  
 → Tiramisu  
 → Baby Potato  
 → Veg & Cheese  
 → Veg soup  
 = Dinner =  
 → Corned Lamb  
 Spinach & Ricotta  
 → Cream pumpkin soup  
 → Cream Carrot  
 →

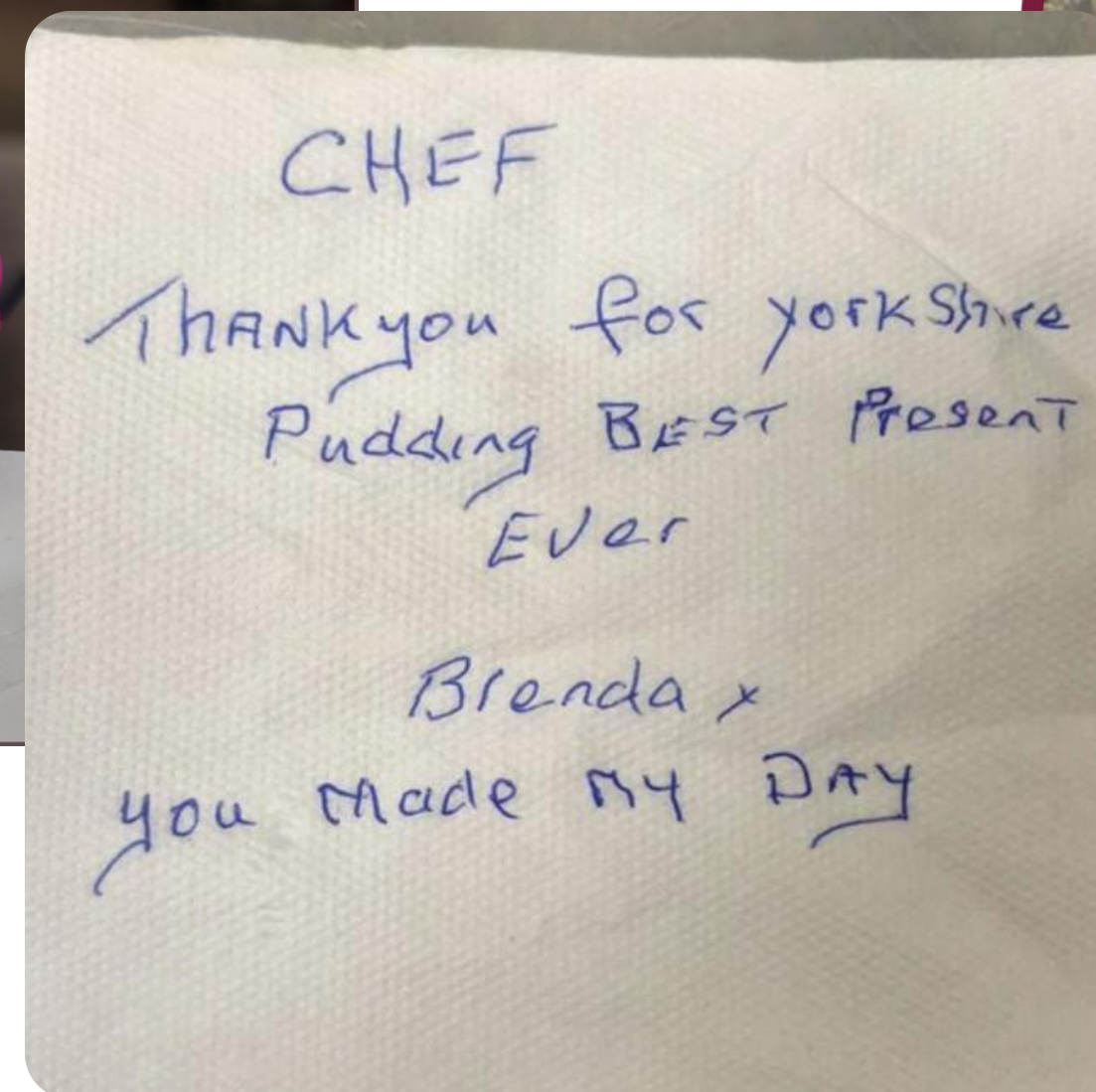


Efficient  
Kitchens...





# Dining Experience...





“

I no longer feel  
like another  
number

”

Rachel - resident

TO ALL THE STAFF IN THE MAIN  
KITCHEN I WISH TO EXPRESS MY  
GRATITUDE FOR THE FOOD I HAVE  
RECIEVED IN THE LAST WEEK TOPPED UP  
WITH THE DELIGHTFUL STUFFED POTATOES  
ON FRIDAY NIGHT.

AFTER YEARS OF EATING OR TRYING TO  
EAT WHAT WAS PRESENTED IT IS SO  
ENCOURAGING TO RECIEVE A MEAL THAT IS  
NOT ONLY LOOKS APPERTISING BUT IS  
ALSO TASTY AND NICELY PLATED.

THANK YOU ALL FOR GIVING ME BACK  
MY APPETITE. I NO LONGER FEEL LIKE  
JUST ANOTHER NUMBER, BUT THAT SOME ONE  
CARES ABOUT ME AND ALSO TAKES PRIDE  
IN THEIR WORK

WITH SINCERE HEARTFELT THANKS  
FROM RACHAEL J



# 3 things you can do today...in your home

1. Host regular resident food forums and tastings

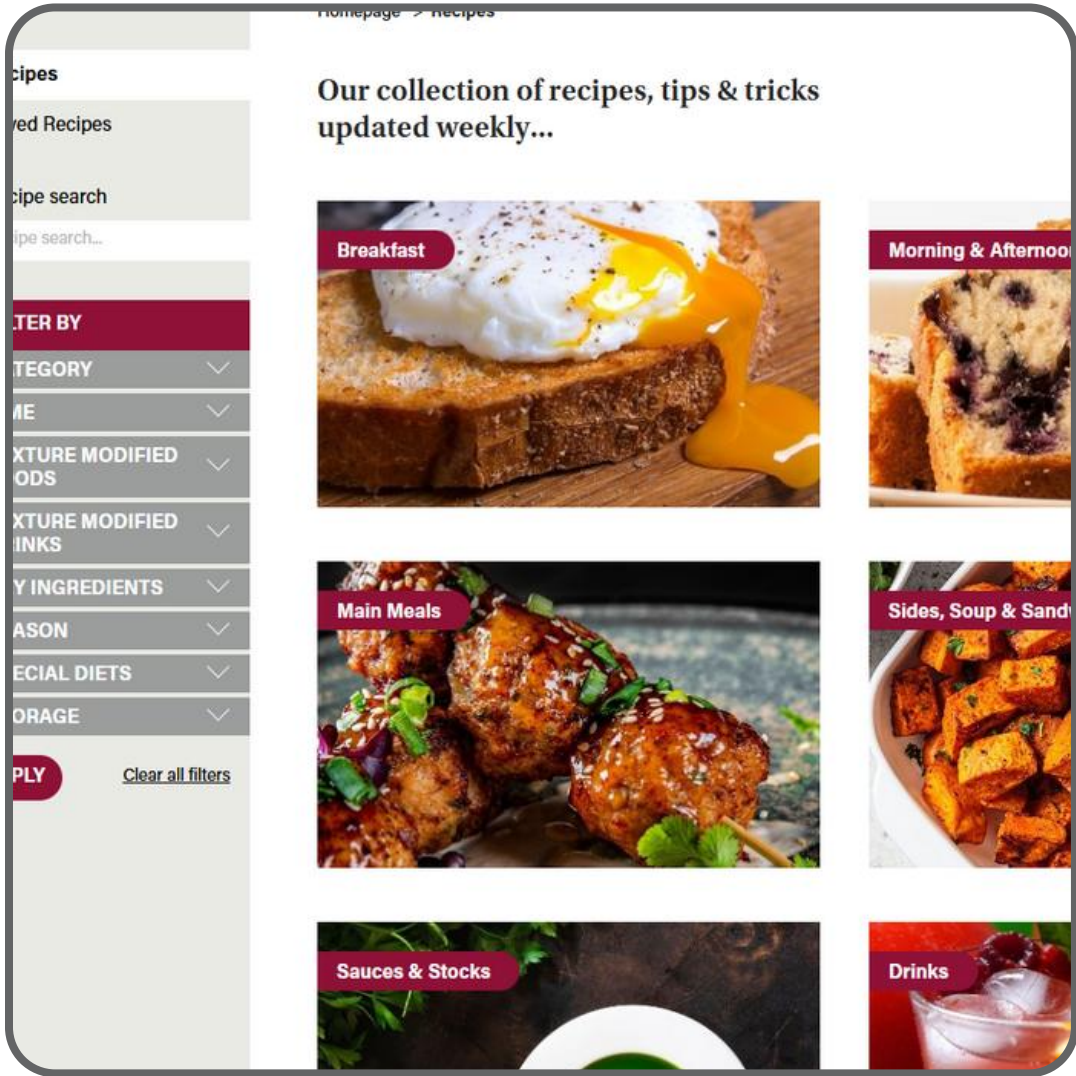


2. Develop prep lists for every day of the menu

Menu (Season)	Summer
Week	1
Day	Monday
AM, MID Shift Time Cook/Chief	06:30-14:30, 11:30-19:30
AM FSA Shift Time	06:30-14:30
MID FSA Shift Time	11:30-19:30
PM FSA Shift Time	14:00-19:30

Sign	Item	Detail
	Drinks	Fortified Milk, Milkshakes, Hydration Station
	Morning tea (minimum 5 grams of protein)	Cake, Cheese and Biscuits, Sweet Biscuits
ff	Lunch 1	Beef Lasagne
ff	Lunch 2	Roasted vegetable Fattata
ff	Sauce/ gravy	Brown gravy
ff	Assorted Sandwiches/ Salads	Chops, Tomato, Ham, Eggs, Salmon and avocado
	Texture Modified Lunch:	Puree, Minced Moist, Soft and Bite Sized.
ff	Texture Modified Dessert:	Mince Carrot, Broccoli, Mash Potato
ff	Vegetable 1	Stewed Apple Roll
ff	Vegetable 2	Sweet Potato
ff	Starch/ mashed potato	Beans
	Stock	Mash Potato
ff	Dessert lunch	Stewed Apple Roll
	Soup For Dinner	Chunky vegetable and barley
ff	Texture Modified Vegetables 1	Mixed vegetables
	Dessert	Butterscotch Pudding
ff	Afternoon Tea	Banana Muffins, Chocolate cake
	Prep For Tomorrow	Breakfast Prep, Marinate Meat, Prepare Stock, Defrost
		Write Prep List

3. Find recipes on the professional community



Sign your Kitchen Team  
to our upcoming  
State & Territory Hubs





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**AUSTRALIA**



# Mission Australia

## **Works with people who experience disadvantage across the whole of the country:**

- Children, mental health, drug and alcohol, domestic violence, housing and more
- For Aged Care, MA runs 3 residential services for people who are homeless with a history of mental health issues in NSW:
  - Charles Chambers Court in Surry Hills, Sydney. Opened 1998, 60 beds
  - Annie Green Court in Redfern, Sydney. Opened 2012, 72 beds
  - Benjamin Short Grove in Orange. Opened 2016, 60 beds
- All 3 sites commenced the MBF program in late 2024/early 2025

# Potential Benefits

**Some of the key benefits can include:**

- Building kitchen team capability in delivering nutritious, flavourful meals
- Supporting compliance with the new Food & Nutrition Standard from November 2025
- A reduction in Quality Indicators:
  - unplanned weight loss
  - falls
  - pressure injuries
- A reduction in use of supplements
- Improved responses to the Resident Experience Survey question: “Do you like the food here?”
- Improved Star Ratings on My Aged Care









# The work!

Commences with a 5-day intensive:

## What's required:

- **A kitchen & pantry audit, & photos**  
Allocated a separate resource to collate
- **Copies of recipes & nutritional information**  
As it turns out, we were lacking these!
- **Food Satisfaction Questionnaires**  
Prepared by Flinders University, for residents, staff and carers
- **A menu appraisal**  
3 weeks of standard and texture modified menus sent through for appraisal by an Accredited Practising Dietitian
- **Completion of Online Training Modules**  
16 modules for catering staff; 9 for RNs, carers and L&L. Really beneficial to drive completion before the Foundation Chef Trainer arrives on site.



# Difficulties & Challenges

## Residents & Staff:

- **Lots of focus on events and celebration**

Weight gain an issue with residents prescribed psychotropics

- **Keeping standards raised**

Every day, every meal

- **The Dining Experience**

Set up; crockery; music; serving (= additional training); choice of menus

- **The Catering Team**

Lots of praise; be consistent; set expectations; managers have to drive it

- **Do the homework**

Writing up recipes! Organise varied events, coordinating with L&L teams; a 'whole site' approach; involve ALL staff i.e. a themed event once a month as a minimum.

- **The 'Tasting Team'**

As well as Resident Food Focus groups, separate unplanned menu tastings



# The future spread

## Maggie Beer Foundation Support:

- **The Chefs keep connection for a year**  
Very supportive – f/b from other homes about some staff resistance
- **They want you to succeed**  
They may help; you have to have the passion and motivation to drive
- **The resident experience is the key**  
Keep talking, communicating, getting f/b
- **Work closely with dietitians and physios, and all the team**  
Make it clear that its not just the catering team doing this
- **The Dining Experience**  
RNs, Carers and L&L used to clinical, care or activity focus; need to train up to a café/restaurant-style service
- **The Environment**  
Some quick wins with seating, table set-ups, TVs switched off etc



Maggie Beer Foundation  
= lots of fun





## Aged care food & nutrition stories

Creating  
an  
appetite  
for life

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