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NACC member launches new Community Meals Service

A FIRST FOR HARROGATE AS THE FOOD ANGELS COME TO TOWN

Harrogate's community will now be receiving fresh, hot meals delivered to their homes for the first time thanks to a newly launched service - **Harrogate Food Angels**.

The initiative is set to make an immediate positive impact on those who rely on pre-prepared meals to be delivered to their home. Harrogate Food Angels have already received written support from the Duchess of Cornwall and TV chefs Hairy Bikers. They delivered their first hot meal to the Mayor of Harrogate who is also supporting the initiative.

Sue Ullmann, Gill Thrush and Janet Hayhurst from Harrogate Neighbours, the not for profit housing association who has been providing care for elderly people in the area for over 40 years, founded the Harrogate Food Angels. With demand rapidly growing for meals on wheels, the three co-founders decided it was time to offer an option to the frozen, pre-packed meals their clients were receiving from other service providers.

Sue Ullmann Chief Executive of Harrogate Neighbours explains: "Meals on wheels is a lifeline to those who wish to live at home and enables many to remain independent. With quality produce and on site preparation. It is essential that the elderly eat healthy and, particularly at this time of year, hot meals. Whilst all our meals are nutritionally balanced, we understand that some of our clients may have special dietary requirements and we will do our best to accommodate these. The staff at Harrogate Food Angels takes food for the elderly very seriously and have been trained in the importance of nutrition and that it is paramount that clients receive meals that meet The NACC nutritional standards and benefit from its nutritional value."

The pioneering menu has been compiled by the Catering Manager and the Chef at Greenfield Court .Harrogate Food Angels will be rolled out across the town to those who require the meals

Karen Oliver NACC Chair said:

“With many older people wanting to “Age in Place” – remain at home. Community Meals plays a key part.

Diet and nutrition are big factors in the health of the frail elderly. Nutrition patterns change with age and can become compromised as appetites become smaller. A decrease in physical activity may cause weight variation , which may disguise loss of muscle mass - resulting in increased frailty. Obtaining food, preparing it and eating it can all be challenging to those who are frail or disabled. If older people have trouble getting nutritious food, they may rely on inappropriate choices as a substitute and the new meal service will greatly assist in keeping the senior people of Harrogate in fine fettle.”

Ends

For more information please contact: Karen Oliver, **Chair NACC** on: 0870 748 0180
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Notes to editors:

The National Association of Care Catering (NACC) is a progressive organisation representing professionals providing catering to the care industry. They are recognised by Local Authorities, independent providers, the charitable sector and Government departments as a prime source of information and opinion on all aspects of catering within the care sector and whose primary aim is to improve standards.

The NACC works with a number of partners to:

- To promote and enrich the standard of catering within the care sector, whether that catering be provided by Social Care Departments or other Caring Agencies
- To provide a forum for debate among individuals, companies and organisations of all kinds involved in catering for the care sector
- To facilitate the exchange of information, experience and expertise
- To promote the development of professional standards among those involved in catering for the care sector
- To commission research into matters relating to catering for the care sector
- To publish guidelines, policy papers and authoritative statements on all aspects of catering for the care sector