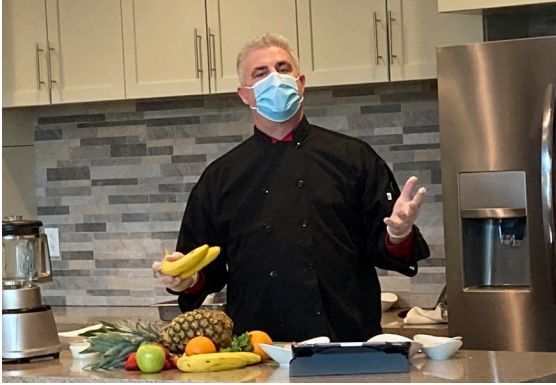




## business sponsor spotlight

By Marcy Cole, Director of Sales and Marketing, The Nottingham

# GROWING TRENDS: FOODIES AT SENIOR LIVING COMMUNITIES



Believe it or not, one of the questions I get asked most often about senior living communities is: How's the food? I can honestly answer: It's Phenomenal! Our gourmet menu is one of the best attributes of The Nottingham. The dining choices are as varied as they are delicious.

However, I am noticing a new trend in senior dining: Foodies! A foodie can be defined as person who has an avid interest in new food fads. You may think this only applies to younger people, but that is not the case! Older Americans are jumping on the foodie wagon, and we have adjusted our menus to meet the growing needs of our residents.



Smoothies, vegan menus and other healthy food trends are not only popular among millennials anymore. Healthy eating is becoming a hot topic for older adults too. Nationally, facilities like The Nottingham are adapting menus and providing a wider variety of options as baby boomers demonstrate a desire for a healthier and more sophisticated palette. However, many older adults note that they don't have the vigorous appetite that they once had - replacing three large meals a day with smaller portions and more frequent snacks. They don't enjoy the same foods as when they were younger, and they may even face restricted diets due to health concerns. This can present a challenge for older adults, especially when maintaining a healthy diet is so vital as we age. That is why we are constantly upgrading our menu, making sure we provide healthy and nutritious alternatives, but we are having some fun with our new food fads too.



Recently, our executive chef Jim Mahler unveiled a new menu item with a twist. He hosted a smoothie-making demonstration with our residents, and let them be the judge for the newest flavor. "Introducing the smoothie bar provides residents access to nutrient-dense foods that contribute to improved energy—especially those with a sweet tooth and prefer to nibble on candy or other sweets, to enjoy as a healthy alternative to sugary snacks," said Mahler. He presented three different Flavors ranging from the fruity to the green:

- Strawberry Banana Smoothie
- Carrot Pineapple Smoothie
- Apple Spinach Avocado with Yogurt Smoothie

Residents sampled all three and voted on their newest menu item. And the winner is..... Carrot Pineapple Smoothie! We'd like to share our simple and nutritious recipe with you:

### Ingredients

2 cups chopped pineapple

1 cup chopped carrot

1 cup ice

½ cup orange juice

1 banana

Mix in blender until smooth and enjoy!

So, are you ready to be a "Senior Foodie"? Contact Marcy today at (315) 459-7887 to experience luxury living and dining at The Nottingham.

