



Greetings from the Communication & Advocacy Committee! Welcome to our current E-BITE. Please enjoy and continue to share your news with us at usa.communications@iddsi.net

United States IDDSI Reference Group Newsletter for July 2023



Wishing a productive DISABILITY PRIDE MONTH to you and your team.

A LTC IDDSI Success Story! **Contribution by Katie Bakkum, RDN, LD** Nutrition & Culinary Services Director, Presbyterian Homes & Services – Flagstone in Eden Prairie, MN

Q: What was a major challenge you overcame to successfully transition all your staff members to “eat, speak & think” IDDSI?

A: “I would say probably our biggest barrier when we converted to IDDSI was just making sure everyone in my relatively large department had the training they needed. I have over 60 employees and many that only work once or twice a week so it took a long time making sure everyone knew what was going on. Also, every menu is unique as to how you serve the various diets so even if you master one menu, the next day you are starting all over. Even then, we have two main cooks (one for AM and one for PM) and they were both doing things differently. Getting everyone to do things consistently was a bit of a challenge.”

Q: How did you maximize support & resources for your team?

A: “We had a lot of support from our corporate office leading up to our transition including regular meetings, and in-person training, and many resource binders and

handouts we could use as references moving forward. The week we actually transitioned we had corporate dietitians out at the site working with us and the staff to make sure things were being done correctly and providing education when needed. Probably the most useful tool though that we have is diet extensions the dietitians made for each individual menu item. I have a printed copy of all the diet extensions hanging in our serving kitchens right next to the serving line so it's easy to see exactly what is and isn't allowed on each diet."

Q: How are you handling bread products?

A: "Bread products have been a challenge – it's not something we did much with before IDDSI and some of our cooks are resistant to change. Unfortunately we tend to use mashed potatoes or another similar starch as a substitute for bread most of the time. We do have some puree bread mix but we haven't had much time to play around with it and come up with any recipes. It is something we continue to work on."

A HUGE THANKS to Katie and her team at Presbyterian Homes.

MOST THOUGHTFUL TAKEAWAYS:

- When in doubt, sub it out! A starch for a starch can help the puree bread challenge.
- It takes support & planning, training & ongoing discussion to get IDDSI on the menu, and to keep it fresh!

Communications & Advocacy would be thrilled to share more success stories.

Send questions/contributions to:
usa.communications@iddsi.net

Best of luck on your IDDSI endeavors!