

Clichy, 6 June 2008

Faciles à Manger – **An “Easy-to-Eat” concept designed to help seniors** **rediscover the pleasure of eating properly**

Avenance Santé-Résidences – the catering specialist in the Elixior Group’s Healthcare & Seniors sector – offers a tailored concept called Faciles à Manger specially aimed at dependent elderly people living in retirement homes. The aim of the initiative – to which a new snack offering called Les Gouters Plaisirs has recently been added – is to help dependent retirement home residents rediscover the pleasure of eating while ensuring that they stay in good health.

Taking into account the nutritional needs of the elderly

Dependent elderly people often don’t eat well and sometimes no longer take any pleasure in eating at all as a result of gradual changes in taste and appetite. This, combined with difficulties in chewing, swallowing and the actual act of eating unaided intensifies the risk of malnutrition – a key concern for medical staff as it can lead to deficiencies and a rapid deterioration in the person’s overall state of health.

Avenance Santé-Résidences helps seniors to rediscover the enjoyment of a good meal by proposing tailored menus that are both nutritionally balanced and easy to eat.

Faciles à Manger – rediscovering the pleasure of eating well

Drawing on its experience of catering for over 300 specialist retirement homes and its recognised expertise in the area of nutrition, Avenance Santé Résidences offers “Easy-to-Eat” menus specifically tailored to the needs of the elderly.



Faciles à Manger – which is now in place in 35 retirement homes – helps the managers of such homes to meet the challenge of having to cater for an increasing number of dependent residents by stimulating these residents’ appetite and encouraging them to take pleasure in eating.

The *Faciles à Manger* concept provides solutions tailored to the various types of problems related to dependency:

- **“Compositions-Saveurs”**: food with special textures for people who have problems chewing or swallowing. This solution offers four levels of texture: minced, mixed, and semi-liquid or liquid for people with severe difficulties in swallowing. Thirty meal formats have been designed with a view to both stimulating appetite and effectively meeting nutritional requirements. These formats enable retirement home chefs to prepare special minced, pureed or mousse versions of the day’s general menu enabling residents with eating difficulties to eat the same food as the others and rediscover a wide range of flavours.
- **“Nutri-Saveurs”**: specially nutritionally-enriched menus to help avoid malnutrition by providing 20% additional protein and calcium on top of the recommended daily nutritional requirements. The principle is based on breaking down daily food intake into smaller quantities by providing four meals and two snacks a day in order to sharpen people’s appetite and facilitate digestion.
- **“Bouchées-Saveurs” and pre-cut meals**: food particularly suited to confused or disoriented people, such as Alzheimer's patients, who are no longer able to use cutlery. These meals are specially prepared to be eaten with fingers or are pre-cut in the kitchen just before being served.

These solutions have already been mastered by 42 Avenance Santé-Résidences chefs and have proved extremely successful among residents.

Services for dependent seniors – attractive yet practical cutlery and crockery designed to whet the appetite, make eating easier and encourage people to do things by themselves. Specific items such as plates with raised edges and coloured cutlery are used to help with coordination problems and shaking hands with a view to combating malnutrition. The preparation and presentation methods used highlight the quality of the residence's hospitality services and help its employees in their everyday work.

“Le Goûter Plaisir” – tucking into a tea-time snack



Tea time is an important part of Avenance Santé-Résidences’ overall offering as it not only gives residents an opportunity to socialise but also provides 15% of their daily energy requirements. *Le Goûter Plaisir* is a concept designed by Avenance Santé-Résidences that offers a range of different snack formats to retirement home residents and their visitors, including “Goûters Compositions-Saveurs” for highly-dependent residents, “Goûters de l’Eté” in particularly hot weather and “Goûters RécréAZEN” for residents to share with their grandchildren.

About Avenance Santé-Résidences

Avenance Santé-Résidences, the catering specialist in the Elior Group's Healthcare & Seniors sector, provides catering solutions for patients in healthcare institutions, disabled people, and seniors in both retirement homes and their own homes. It offers a range of different catering formats adapted to its guests' daily lives and healthcare requirements including the "Patient's itinerary" (*Itinéraire du patient*), the "Growing Old Gracefully Restaurant" (*Restaurant du bien vieillir*) and the "Easy-to-Eat" concept (*Faciles à manger*). In 2006-2007, Avenance Santé-Résidences served some 34 million meals in 600 establishments.

About Elior

Founded in 1991, Elior ranks third in the European contracted foodservice and related services market, holding leading positions in Contract Catering & Facilities Management, and Concession Catering & Travel Retail. Each day, Elior's 63,000 employees serve 2.8 million guests at some 13,500 restaurants and outlets in 15 countries. Elior is active in the Business & Industry, Education, and Healthcare & Seniors sectors, as well as travel (airports, railway stations and motorways), and leisure & culture (museums and exhibition centres). As a socially responsible enterprise, Elior signed up to the United Nations Global Compact in 2004. The Group therefore takes special care to provide nutritionally balanced meals to guests, limit the environmental impact of its operations and purchases, and support employee integration and training. For further information please visit the Elior website at www.elior.com. **Media relations manager:** Carla.sauvet@elior.com

Press contact

Wellcom

Charlotte du Souich - cds@wellcom.fr and Soline de Bentzmann - sbe@wellcom.fr

Tel.: +33 (0)1.46.34.60.60