

# HYDRATION THROUGHOUT THE DAY

There are lots of opportunities for residents to hydrate over the course of a day.

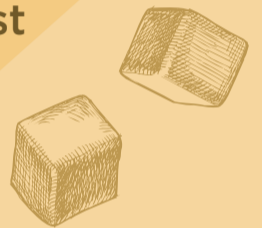
## NIGHT TIME

Ensure your residents have a glass of water by their bedside at night.



## EARLY MORNING

Drinking a glass of water 30 minutes before breakfast can aid digestion.



## DINNER

Vegetables such as tomatoes, radishes and spinach each contain over 90% water and make tasty additions to most meals.



## BREAKFAST

Enjoy milk in cereal and tea – it's more hydrating than water!



## MID-AFTERNOON

Serve snacks such as ice creams and milkshakes made with natural sugars to boost hydration.



## LUNCHTIME

Food can contribute to around 20% of fluid intake, so serve dishes high in water content such as delicious Knorr Professional Soups.

## MID-MORNING

Share a cuppa or a glass of water with your residents, along with a healthy snack such as watermelon or strawberries that are naturally packed with water.



Resident wellbeing in action

