

Social Connections with Food

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August 5, 2025

Objectives:

- 1. Understand how dining with others promotes social connections, fosters friendships and a sense of belonging.
- 2. Discuss how dining in a group setting can positively impact emotional well-being.
- 3. List simple dining environment, food related activities and mealtime strategies that can encourage residents to eat in the dining rooms, improve overall food acceptance and enhance nutritional outcomes.







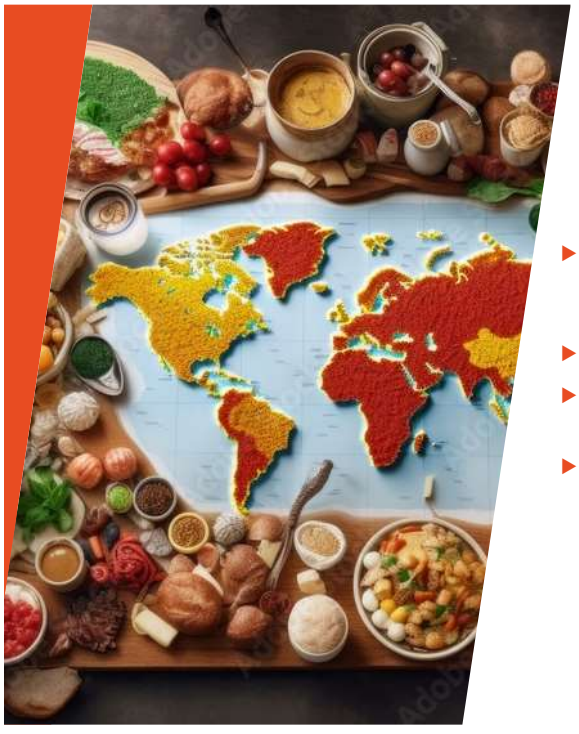
Social Interactions in Group Dining

- Promotes relationship building which fosters belonging and a sense of community
- Opportunities to share stories, support one another and have FUN!
- A fulfilling social life can enhance overall mood and emotional well-being

Cognitive Stimulation

Reminiscing and sharing stories exercises the brain

Enhances cognitive stimulation through memory recall



Explore New Cultures and Traditions

- Share cultural cuisine and traditions is contributing to life-long learning
- Celebrates our unique heritage
- Promotes acceptance and inclusivity
- Creates respect and appreciation for diversity



Promotes Health and Nutrition

- Improved meal intakes in a group setting
- Encourages others to try new foods and healthier options
- Decreases risk of dehydration

Benefits of Communal Dining

- Improved nutrition, decreased dehydration
- Enhanced social interaction
- Cognitive stimulation
- Emotional well-being improves

Creating the Atmosphere

- Create a welcoming environment
- Appropriate music
- Pre-set tables
  - Tablecloths or placemats
  - Centerpieces
  - Salt and pepper shakers
  - Sugar/sugar sub caddies
  - Cloth napkins- fancy folds are a great addition
  - Dinnerware and glassware







Creating the Atmosphere

Customer Service

- Greet the residents with a smile
- Review the menu, offer choices
- Consider offering beverages, soup or salad of the day, and bread before the main plate is served
- Check the tray ticket prior to serving the main meal to ensure the correct diet and preferences are being served

Service Recovery



Enhancing the Plate

- Clean, neatly plate the food
- Garnishes
- Ensure plate appeal
- Variety of color






Enhancing the Plate








Handheld foods can promote independence and dignity.







Maximize calories at every opportunity when appropriate.



Mealtime Strategies

- Evaluate your mechanically altered diets.
- Pureed foods are often unappealing.

Cooking Up a Memory

- Offer the opportunity for residents and their family/guests to “Cook up a Memory”
- Residents and guests select recipe they wish to make in a kitchen/prep area
- Provide ingredients and cooking equipment
- Assist in assembling ingredients
- Cook or bake per recipe
- Serve residents and guests when finished!



Cooking Up a Memory

Menu ideas include:

- Favorite family recipes
- Birthday celebration
- Holiday favorites
- Bring on dessert!





More FUN Food Related Activities

- Happy Hour food preparation
- Baking cookies
- Popcorn with Movies
- Ice Cream Socials
- Summer Cookouts
- Theme events





Food and FUN!



Celebrations and Food Trucks!

How Does Your Community Offer Social Connections through Food?

QUESTIONS?

