

Pack 1

The information in this pack has been designed for people at greater risk of malnutrition. This includes people being discharged from hospital, on community dietetic waiting lists and those who are showing signs of reduced appetite, unplanned weight loss or who are underweight.

It includes:

- A paperweight armband
- Eat, Drink, Live Well booklet
- Food First Recipes booklet

For anyone in your team distributing this pack, we recommend they watch our 4 minute online presentation about signs and symptoms of malnutrition, how to stay well hydrated and how to stay well during COVID-19.

<https://youtu.be/jhSQQ8vNswM>

For more information about the programme and how we can help, please visit www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration