

Pack 2

This pack contains general information which is relevant for all older people.

It includes:

- Hydration tips and weight loss signs
- Staple cupboard recipes
- Nutrition and Hydration during Covid-19
- Shopping for a friend or relative

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