Local food products in health care facilities: Elderly sensory acceptance of a local food menu

Sofie Lagast¹, Sara De Pelsmaeker², Joachim Schouteten², Xavier Gellynck³
¹Ghent University, Department of Agricultural Economics, Coupure Links 653, Gent, Belgium
Sofie.Lagast@UGent.be, tel: +32 9 264 5945, fax: +32 9 264 6246, www.sensolab.be

Objectives

- Tradition and familiarity to meals, often found in local food products, increase elderly sensory acceptance of meals. Yet, these local food products are not often served in health care facilities.
- AIM
  - Introduce local products on the menu of health care facilities
  - Enhance cooperation between health care facilities and local producers
  - Increase elderly sensory acceptance of meals
  - Increase taste experiences among elderly

Materials & methods

- PRODUCTS: Menu with local food products from East-Flanders (Belgium) developed during 2 workshops:
  - Theoretical workshop
  - Practical workshop

Menu was tested in 23 health care facilities in East-Flanders.

CONSUMER TEST

- Sensory evaluation
  - Overall liking of each dish
  - Overall acceptance of the menu
  - Comparative liking with regularly served food in health care facility
- Malnutrition
  - Council for Nutritional Appetite Questionnaire (CNAQ)
  - Socio-demographics
    - Gender
    - Age
    - Need of care: KATZ-score or DOS-score

NUTRITIONAL AND PRICE EVALUATION

- Nutritional evaluation
  - kcal compared to daily requirement of 75+
- Price evaluation
  - Price compared to food cost

WORKSHOP “TASTE EXPERIENCE”

- Facts about local products – Quiz
- Tasting of local products

RESPONDENTS

- 336 respondents (84.25 years)
- 254 ♀ (85 ± 7.0 years)
- 82 ♂ (82.5 ± 6.5 years)
- 46.3% of total respondents have a risk of malnutrition

Links 653, Gent, Belgium

Results

- MENU WORKSHOP
  - Theoretical workshop
  - Practical workshop

Recipe, ingredients, suppliers local products, price

CONSUMER TEST

Sensory evaluation

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<tr>
<th>Region</th>
<th>Like very much (%)</th>
<th>Like somewhat (%)</th>
<th>Neither like nor dislike (%)</th>
<th>Dislike somewhat (%)</th>
<th>Dislike very much (%)</th>
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Overall liking

- 80.0% = high overall liking
- 20.0% = no or low overall liking

NUTRITIONAL AND PRICE EVALUATION

- High variation in amount of kcal between region due to:
  - Portion size
  - Ingredients (fat and sugar)

Price evaluation

- 85% higher than mean food cost
- No significant difference between regions or KATZ-score

Malnutrition

- Local food products increase sensory acceptance and emotional involvement
- Low risk group has a more critical opinion about food

CONCLUSIONS

This study introduced local food products on menu’s of health care facilities. The menu was evaluated by 336 respondents (84.25 years).

Sensory evaluation

- High acceptance of the local food menu

Malnutrition

- High risk of malnutrition
  - Possible implications:
    - Introduction of nutritional balanced and tasty snack for elderly
    - Introduction of local food products
    - Enhancing knowledge about changing nutritional requirements with increasing age

Nutritional and price evaluation

- High variation in nutritional value
- Higher price, but no higher effort
- Price is one of the biggest thresholds to implement local food products