

Using Rainbow Diet Trackers at Sonya Lodge Residential Care Home



At Sonya Lodge Residential Care Home, our residents have been enjoying a colourful and engaging new activity to support their health and well-being. Working alongside our Chefs, they have been learning more about the ingredients in their meals and tracking them on their Rainbow Diet charts.

After each mealtime, our residents have taken great delight in chatting together about the foods they have eaten and ticking off the colours they recognise. This has not only been a fun and interactive way to explore nutrition but has also sparked lots of lovely reminiscing and conversations around food, family traditions, and favourite recipes.

It has been wonderful to see so many smiles as our residents connect over this cheerful activity, and we look forward to continuing to enjoy our colourful food journey together.