

Good Food & Drinks = Best Care



St Helena
Government
Safeguarding Directorate

SAINTS
TOGETHER



MAKING SMART
FOOD AND
DRINK SWAPS

To support the wellbeing of residents we want to make sure that they get a variety of tasty food and drinks, and the right amount.

Food and drinks with less sugar, salt and fat, and not being overweight can greatly help to keep Your Loved Ones feeling well and having a good quality of life. It means people also have fewer symptoms and problems from health issues such as diabetes and high blood pressure.

Family and friends are requested please to use the Leaflet to choose the things that are good to bring.

SOME EXAMPLES FROM THE LEAFLET OF HEALTHIER THINGS TO BRING:

