

Nutrition and Hydration Week mocktails and chocolate at Hengist Field Care Home



As part of our Nutrition and Hydration Week celebration here at Hengist Field Care Home, we hosted a fun 'Mocktails and cocktails' afternoon.

We served **Mojitos** and a **strawberry, kiwi and lime punch**. Both of them went down a treat – *what a fantastic way to keep hydrated!*

On Friday 15 March we organised a **delicious chocolate fountain trolley**. As always, it was very popular (*who doesn't like a bit of chocolate?!*) and everyone loved it.

We had a **lovely selection of fruit on offer** – pineapple and peach pieces, grapes, strawberries, blueberries and bananas (part of our five a day!) plus some cheeky **marshmallows and biscuits**, all ready to be skewered and coated in some lovely melted chocolate. *Mmmm - yummy!!*

