

## Vegan and Free From food tasting Hengist Field Care Home



### You Asked We Did!

Our residents here at Hengist Field Care Home recently asked us for some more food tasting activities and in particular requested to try some vegan and 'Free From' options.

Whatever vegan and Free From foods we had, our Kitchen Team matched with non-vegan foods to see how they compared taste-wise.

We had apple pies, crisps, cheese, yoghurt, bread, jam tarts on offer, to name a few!

Everyone said that there wasn't a lot of difference in the taste between the vegan/Free From and non-vegan food, which they were surprised by.





We all really enjoyed the afternoon...



...sampling all the goodies on offer and testing our palates!