



Malnutrition Week ANZ is an annual campaign that spotlights the shocking rates of malnutrition in Australia and New Zealand. It affects more than 1 in 3 hospital patients and nearly half of residents in aged care. **By taking part in Malnutrition Week ANZ, you can improve the quality of life of the people you're caring for.**

The theme of 2021's Malnutrition Week ANZ campaign is: **Malnutrition is everybody's business.** Food service staff, doctors, nurses, dietitians, families and even patients themselves all have a part to play.

Yes, YOU can help beat malnutrition.

Food service staff play a vital role in identifying and managing malnutrition through simple actions like:

- ✓ Alerting clinical staff if you notice someone regularly leaving meals uneaten
- ✓ Not removing a meal tray without checking the patient or resident has finished
- ✓ Helping patients or residents make menu choices
- ✓ Encouraging patients or residents to enjoy regular meals and snacks
- ✓ Encouraging nourishing fluids, such as milkshakes or oral nutritional supplements
- ✓ Checking with clinical staff if special diets are required

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