

5 Top Tips for Project Milkshake

01. **Involve everyone**

Every staff member within your care home should be involved in the set up and ongoing implementation of project milkshake



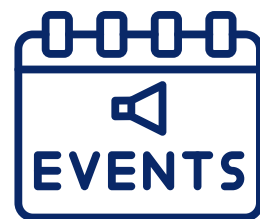
02. **Communication is key**

Staff should work together to support each other. This can be done in team meeting and handovers to update on MUST scores, MUST Step 5 progress, who has started and stopped the milkshakes and how much they are consuming



03. **Have a launch event**

Launching the milkshakes as an event in the home with residents, families and staff ensures everyone is aware of the project



04. **Regularly track milkshake use**

Remember that if residents have their MUST step 5 discontinued, they may still require a fortified diet and milkshakes. Monitor your residents weight, as milkshakes may need to be discontinued if they reach their target weight



05. **Focus on timings and different recipes**

Offer milkshakes after meals or snacks have been offered. Try different recipes with residents more than once, as preferences can change

