

## Maggie Beer Foundation Strategic Directions – Stage 3, 2021

**Purpose** To extend and enrich the lives of older Australians by promoting healthy and tasty food

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**Mission** To inspire older Australians and those that support them to prepare and enjoy healthy, tasty food

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**Vision** MBF will lead an alliance of chefs, cooks, scientists, dietitians, philanthropists, corporations and organisations who have the experience, expertise, passion, and heart to improve the Quality of Life of older Australians through the joy of healthy, tasty foods

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**Need/Problem** The Royal Commission into Aged Care Quality and Safety found that:

*“Diet, nutrition and hydration are critical to the health of older people. Food is also important to wellbeing, providing enjoyment through taste and smell. Too often we heard that residential aged care providers failed to meet the nutritional needs of people for whom they care and that they provided poor quality and unappetising food. A lack of assistance to eat and drink, leading to malnutrition and dehydration, was a common issue raised by witnesses and in submissions. Studies have revealed that as many as 68% of people receiving residential aged care are malnourished or at risk of malnutrition. The consequences of poor nutrition are significant and often irreversible for older people. Malnutrition is associated with many other health risks, including an increased incidence of falls and fractures, increased time for pressure injuries to heal, and increased risk of infection”.*

These problems are widespread and urgent.

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**Strategy** To leverage Maggie’s position in the community, the media, her association with the body of experts, politicians, and persons of influence to attract members to the alliance and funding

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**Why we need more funds** MBF is uniquely placed to address the problem associated with food and nutrition identified by the Royal Commission. We have proven our capabilities through the delivery of face-to-face training, through the initiation and delivery of the first National Congress on food, nutrition, and the dining experience, and we will be providing 11 online skills-based training modules for cooks and chefs in aged Care this year.

We urgently require more funding to increase the reach of our education programs and to commence programs that will improve food and nutrition for those receiving home care. We also require funding and the support of individuals and organisations to provide on the ground support; to create and publish guidelines for nutrition for older age groups; for practical food preparation techniques; for research into alleviating food related problems; for research into the change in taste and swallowing abilities; for the development of foods and dining experiences for the differing cultural groups and persons with specific needs.