

Farm-to-Table: Medicine for Body, Mind & Soul

At the heart of our community, every bite is a step toward a healthier, happier, and more connected life.



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The Power of Fresh Nutrition



Nutrient Density

Fresh, locally sourced produce retains more vitamins, minerals, and antioxidants than processed foods, directly supporting immune function and tissue repair.



Food as Medicine

Whole foods help manage heart disease, diabetes, arthritis, and hypertension, reducing medication dependence and improving quality of life.

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Cognitive Health & Memory Support

Brain-Boosting Foods

- Leafy greens rich in folate and vitamin K
- Berries packed with antioxidants
- Whole grains for steady glucose
- Healthy fats supporting neural function

These ingredients in scratch cooking have been shown to improve brain function and slow cognitive decline, helping residents stay mentally engaged.



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Digestive Wellness & Inflammation Control

Better Digestive Health

Fresh foods are naturally high in fiber and free from preservatives, supporting healthy digestion, regularity, and gut microbiome balance—all linked to better immunity and mental health.

Reduced Inflammation

Fresh herbs, spices, omega-3 rich fish, and vegetables help manage joint pain, stiffness, and inflammation-related issues common in older adults.

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Farm to Table Trivia!

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1. Fresh, locally sourced produce can retain up to how much more nutritional value compared to long-transported foods?

A) 5%

C) 50%+

B) 30%

D) 15%

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2. Which chronic condition is most commonly improved by a fresh, whole-food, scratch-made diet?

A) Nearsightedness

C) Ear Infection

B) Heart Disease

D) Varicose Veins

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3. Which foods are scientifically linked to protecting memory and slowing cognitive decline in older adults?

A) Leafy Greens & Berries

C) Sugary Cereals

B) Processed Lunch Meat

D) White Bread

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4. Scratch-made meals support healthier digestion in seniors mainly because they are naturally:

A) Saltier

C) Higher in Fiber & free of preservatives

B) Served Earlier

D) Cooked Faster

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5. Why does made-from-scratch food help boost appetite and healthy weight maintenance?

A) It's more colorful

C) It's always organic

B) It comes in smaller portions

D) It tastes noticeably better and fresher

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6. Anti-inflammatory ingredients like herbs, spices, and omega-3 rich fish most directly help reduce:

A) Gray Hair

C) Sleepwalking

B) Joint pain & stiffness

D) Allergies to sunlight

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7. Farm-to-table dining most powerfully benefits resident mental health because it:

A) Eliminates dessert entirely

C) Creates community & combats loneliness

B) Shortens dining time

D) Lowers kitchen cost

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8. What unique capability does scratch cooking offer for seniors with dietary needs?

A) Unlimited bacon

C) Every meal becomes a buffet

B) 100% perfect customization for allergy/texture/medical diets

D) Three meals at once

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9. The antioxidants in fresh, local foods help support longevity by reducing:

A) Oxidative stress & cell damage

C) Sleep cycles

B) Height

D) Sun sensitivity

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10. What emotional outcome often occurs when residents interact with local farmers or garden programs

A) They start demanding chickens on campus

C) They avoid the dining room

B) They nap more

D) Increased joy, purpose & mental engagement

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Congratulations Winners!

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Enhanced Taste Drives Better Nutrition

Made-from-scratch meals often taste better, encouraging residents to eat well and maintain a healthy weight, which is critical for strength, energy, and healing.

When food tastes exceptional, appetite naturally improves, leading to better nutritional intake and overall wellness outcomes.



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Building Community Through Food



Social Connection

Farm-to-table dining creates a sense of care and community, turning meals into enjoyable events and opportunities for social interaction.



Emotional Wellbeing

Shared meals combat loneliness and depression, fostering meaningful relationships and emotional support among residents.

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Personalized Care Through Scratch Cooking



Custom Preparation

Precise control over ingredients and cooking methods



Medical Diets

Accommodating allergies and dietary restrictions safely



Texture Modifications

Ensuring safety and satisfaction without sacrificing flavor

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Supporting Longevity & Healthy Aging



Cellular Protection

Antioxidants, phytonutrients, and balanced macronutrients in farm-to-table meals help reduce oxidative stress and promote cellular repair.

Longevity Benefits

These nutritional powerhouses support longer, healthier lives by addressing aging at the cellular level.

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Creating Purpose & Local Connection

01

Farm Partnerships

Connecting with local growers for freshest ingredients

02

Gardening Programs

Residents engage in growing their own herbs and vegetables

03

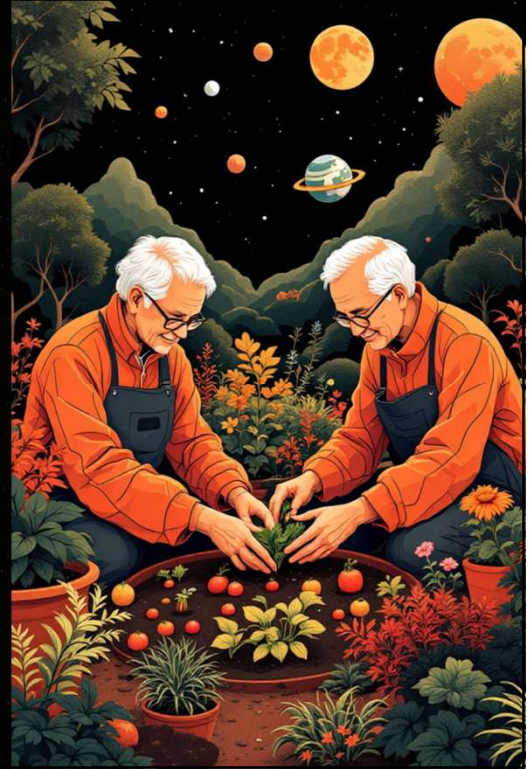
Cooking Demonstrations

Interactive sessions creating joy and mental stimulation

04

Community Visits

Farm tours strengthening local connections and purpose



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Every Bite Matters

Farm-to-table dining transforms senior living from simple sustenance to comprehensive wellness, nurturing body, mind, and community connections for healthier, happier aging.

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Evidence-Based Benefits

Proven pathways to better health

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Holistic Approach

Medicine for body, mind & soul

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