

nhi

homes

Nursing Homes Week
2025



A Taste of Home

18 - 24 August 2025

“Where every dish tells
a story”





Welcome

Welcome to this year's celebration of **Nursing Homes Week**, a time to shine a light on the people, stories, and everyday moments that make nursing homes such valued parts of our communities.

This year, we invite every home to take part in a nationwide celebration of connection, memory, and shared experience through food.

About the Theme: A Taste of Home

Food is more than just nourishment, it's one of the most powerful ways we carry and share memory. Whether it's the smell of fresh bread, the taste of a childhood dessert, or a recipe passed down through generations, food connects us to our past and to one another.

"A Taste of Home" honours the meals and traditions that have shaped residents' lives. It celebrates the people who cooked them, the moments they marked, and the joy they continue to bring.

This isn't about fancy ingredients or perfect presentation. It's about what lives in the stories, the comfort of soup on a winter evening, the biscuit tin on a Sunday visit, the birthday cake made every year without fail.

Every dish tells a story. This week is our chance to listen.



"Where every dish tells a story"

Why This Theme?

“Food as memory. Food as connection. Food as home.”

We all carry food memories, the comforting aroma of stew, the ritual of a Sunday roast, or the sweet reward of a homemade cake.

For residents in nursing homes, these memories are rich in meaning and deeply personal.

“**A Taste of Home**” was chosen because food is a powerful, universal way to engage residents of all backgrounds and abilities. It opens the door to storytelling, creativity, and joy, and offers an accessible way to involve families, staff, and the wider community.

This theme is:

- **Inclusive** of all abilities and care needs
- **Sensory-rich**, using taste, smell, sight and sound to spark memory
- **Intergenerational**, connecting residents with younger family members
- **Emotionally meaningful**, rooted in personal identity
- **Visually engaging**, offering moments to share on social media and within communities

Goals of the Week

Celebrate residents’ stories and identities

Through recipes and food memories that honour lives well lived.



Foster meaningful connections

Encourage interaction between residents, staff, families, and communities.



Create joyful shared experiences

Through tasting events, creative expression, and personal storytelling.



Capture moments worth sharing

On social media, within your home, and across the country.



Contribute to a national celebration

By taking part in a campaign that unites homes across Ireland in recognition, pride, and creativity.



How Homes Can Take Part

"Bring this year's theme to life in your home with simple, meaningful activities."

There are many ways your home can bring **A Taste of Home to life**. Whether you host a tasting event, collect residents' recipes, or share a story on social media, every contribution helps build a shared national celebration.

Gather Stories & Recipes

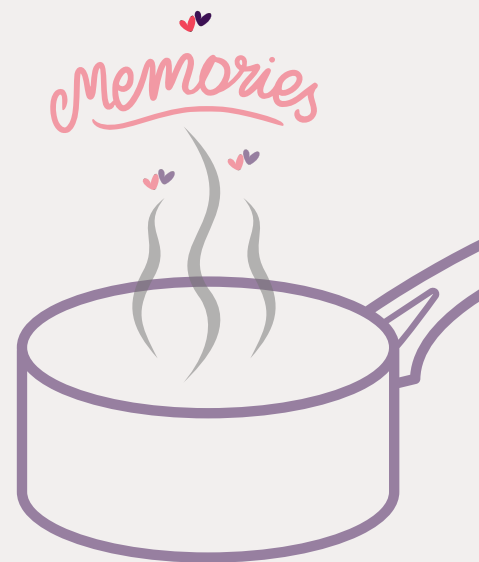
"Memory through meals"

Invite residents and families to share recipes that hold special meaning.

Use prompts like:

- *What dish reminds you of home?*
- *Who taught you to make it?*
- *What memory or occasion is it linked to?*

Staff can help capture these stories through writing, voice recording, or video.



Create "Taste & Tell" Moments

"From kitchen to conversation"

Bring residents' stories to the table with food.

- Host a tasting event with small portions of resident-inspired dishes
- Share a short story alongside each dish, read aloud, displayed, or printed on cards
- Invite families, staff, or local chefs to take part



Submit a Recipe or Story to NHI

"Contribute to a shared celebration"

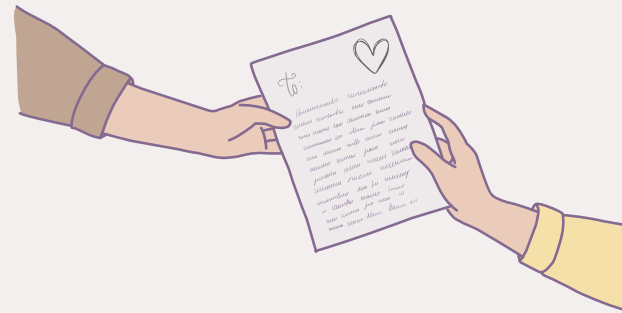
Submit a favourite recipe, food memory, or both to Nursing Homes Ireland.

Each entry may include:

- Recipe (or dish name if ingredients are unknown)
- Short paragraph about its memory
- Resident's first name (optional) and age
- A photo (recipe card, resident, or dish)

Email: communications@nhi.ie

Online: nhi.ie/events/nursing-homes-week

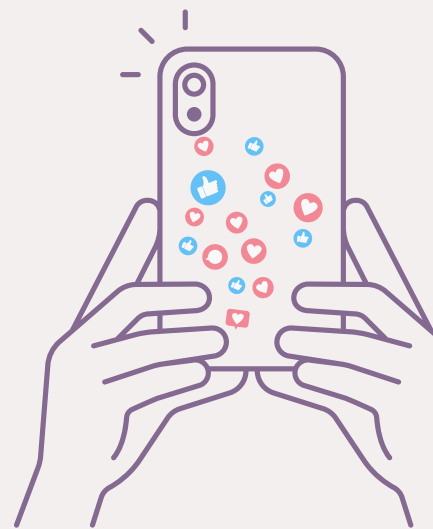


Celebrate on Social Media

"Share the story with your community"

Use **#ATasteOfHome** and **#NursingHomesWeek2025** to post:

- Resident quotes, photos of dishes or handwritten recipes
- Staff picks and family cook-along snapshots
- Short videos of residents talking about food memories

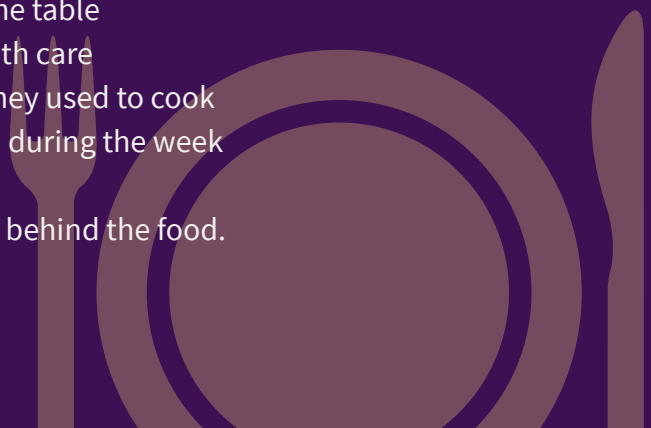


Tip: Don't overthink it - keep it simple

The goal is to create moments of connection, memory, and joy, and those often come from the simplest things.

- A favourite dish at lunch with a story on the table
- A single quote or recipe card displayed with care
- A short chat with a resident about what they used to cook
- One meaningful social media post shared during the week

Start small. Keep it joyful. Celebrate the heart behind the food.



Themed Days of the Week

"Something to savour, every day of the week."

Each day of **Nursing Homes Week 2025** is a chance to spark memories, celebrate favourites, and share stories around food, but how you do that is entirely up to you.

We've suggested some themes to get you started, think of them as flavourful inspiration, not a fixed menu. Mix, match, adapt, or invent your own. Whether it's Bread & Butter Monday or your very own Pancake Parade, we want to see how your home brings **"A Taste of Home to life"**, your way.

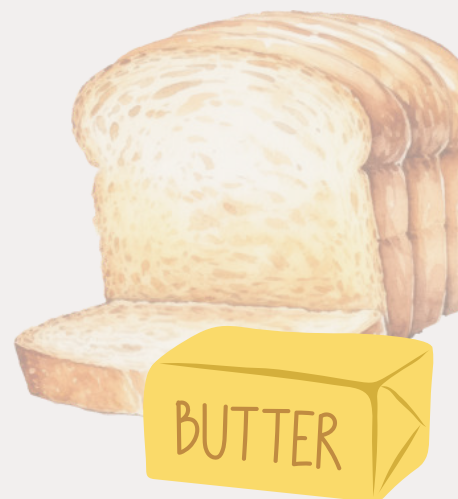
Monday 18 August - Bread & Butter Monday

Celebrate life's simple staples

Soups, stews, toast, sandwiches, the everyday favourites that brought comfort.

"What simple dish always made you feel at home?"

Idea: Create a display of "humble but beloved" meals.



Tuesday 19 August - Tasting Tuesday

Try a little of everything

Host a tasting table with small samples of resident-inspired dishes.

"What meal always brought everyone to the table?"

Idea: Share photos or short video clips from your tasting event.



Wednesday 20 August - Whisk-It Wednesday

Bake, share, and remember

Cakes, buns, biscuits - sweet treats tied to birthdays and special moments.

"Who was the baker in your house?"

***Idea:** Host a display of baked memories or invite staff and families to join a home bake-off.*



Thursday 21 August - Thursday's Table

Honour family meals and traditions

Sunday roasts, Christmas dinners, celebration dishes, meals that meant something.

"What dish brings back memories of a special occasion?"

***Idea:** Recreate a favourite resident recipe or host a memory lunch.*



Friday 22 August - Family Favourites Friday

Share intergenerational stories

Recipes passed down, meals cooked together, or dishes that connect families.

"What recipe have you passed on, or passed down?"

***Idea:** Invite families to send in a recipe or photo and display them in your home.*



Saturday 23 August - Secret Ingredient Saturday

Share resident wisdom from the kitchen

Celebrate the little twists and tips that made each recipe unique, a splash of vinegar, a pinch of cinnamon, a clever shortcut.

"What was your secret ingredient?"

Idea: Create a "kitchen wisdom" wall of quotes, tips, and cooking tricks from residents. Great for social media, too!

WHAT IS YOUR
**SECRET
INGREDIENT?**



Sunday 24 August - Sweet Sunday

End the week with something sweet

Cakes, apple pie, jellies and jars, finish on a high note with dessert stories and treats that brought joy.

"What sweet treat brings back a happy memory?"

Idea: Host a dessert tasting or high tea. Invite families, play music, and celebrate the memories shared throughout the week.



Tip: Make the themes work for you

These daily themes are just a starting point, feel free to adapt, rename, or create your own!

- Combine two ideas into one celebration
- Focus on a single favourite dish for the whole week
- Invite residents to name the day based on their favourite meal
- Keep it simple, a shared story over tea is just as powerful as a big event

There's no right way to take part, just moments to savour and share.



Resident Engagement Ideas

"Small actions, big connections."

There are so many ways residents can take part in **A Taste of Home**, whether through sharing a story, enjoying a tasting moment, or simply reflecting on the meals that made home feel special.

These ideas are flexible, inclusive, and easy to adapt to your setting:

Story Sharing

Encourage residents to talk about a favourite dish or food memory.

Staff or families can help record or write down these reflections.

"My father made the best soda bread, he used to warm the milk first, always."

Recipe & Photo Displays

Display recipe cards and family photos next to plates of favourite food.

Create a memory wall titled "A Taste of My Home" with quotes and images.

"That's me in the apron; I made apple tart every Sunday after Mass."

Video or Audio Snippets

Capture short clips of residents talking about traditional meals or kitchen ritual, making jam, curing bacon, or baking currant scones.

"My job was to butter the currant scones. I always snuck one for myself."

Sensory Reminiscence

Use familiar smells, textures, and sounds, like spices, sizzling pans, or freshly baked bread, to spark memory, especially for residents with cognitive impairment.

"You'd smell the stew long before you got through the front door."

Taste & Tell Moments

Offer samples of resident-inspired dishes, a spoon of stew, a slice of gur cake, or a bit of barmbrack.

Read or display the memory linked to each.

"Mam's shepherd's pie had a secret, a splash of brown sauce in the mince!"

Intergenerational Sharing

Invite families or schools to cook a traditional dish (e.g. coddle, rice pudding) using a resident's recipe. Swap notes, letters, or photos.

"My granddaughter made my barmbrack last Halloween, said it tasted just like mine."

Next Steps

"How to bring "A Taste of Home" to life in your nursing home"

There's no one way to take part in Nursing Homes Week 2025, whether you host a tasting event, share a resident's story, or simply enjoy the memories food brings, your contribution matters.

Here's how to get started:

Promote the Theme

- Display the poster and announce the week's theme to staff, residents, and families.
- Add a note to your newsletter, share wide and far.



Start Gathering Recipes & Memories

- Ask residents, staff and families to share recipes and stories.
- Use our prompt cards to spark conversation.



Choose Your Activities

- Pick from our themed days or create your own.
- Plan a simple event, a tea morning, tasting table, or memory wall.



Register Your Participation

- Let us know you're taking part by registering online:
 - [Register here](#)

REGISTER NOW

Celebrate & Share

- Post stories, photos, or short videos to social media using **#ATasteOfHome** and **#NursingHomesWeek2025**
- Send a memory, recipe or image to:
 - **Email:** communications@nhi.ie
 - **Online:** nhi.ie/events/nursing-homes-week



Resources & Downloads

"Everything you need to take part"

To help bring Nursing Homes Week 2025 to life in your home, we've created a set of printable and digital materials.

A Taste of Home Poster - Download

Display in common areas to promote the week and get conversations started.

- [A4 \(Purple\) - Download](#)
- [A4 \(White\) - Download](#)
- [A3 \(Purple\) - Download](#)
- [A3 \(White\) - Download](#)

Printable Recipe and Quote Card Template - Download

Encourage residents, staff and families to write down a favourite recipe. Includes space for the name of the dish, why it is special and the ingredients.

Submission Form - Online

During Nursing Homes Week 2025, you'll have the opportunity to submit your residents' favourite recipes and memories through the NHI website.

The submission form will be available from 18th August 2025 at:
nhi.ie/events/nursing-homes-week

Each submission can include:

- Name of person
- Recipe name and ingredients (or just a memory of the dish)
- A short story, quote, or explanation of why it matters

Tip: Make it your own

The resources provided are here to support you, but there's no "one right way" to take part. Feel free to customise any of the templates to suit your home's personality and needs.

Add your logo, translate into Irish or other languages, print in large format, or adapt the content to reflect your residents' preferences. Some homes might use recipe cards to build a display wall, while others may turn quote cards into placemats or memory books.

Creativity and flexibility are encouraged, the goal is to make A Taste of Home feel meaningful for your residents and your community.

Thank You

"Together, we celebrate care, connection, and community."

To every nursing home, resident, staff member, and family taking part in Nursing Homes Week 2025, thank you.

Your enthusiasm, creativity, and care are what make this week so special. Whether you host a tasting event, share a resident's recipe, or simply reflect on the meals that brought comfort and joy, your participation helps shine a light on the richness of nursing home life.

This is a celebration of stories, of people, and of the memories that continue to shape our communities, one dish at a time.

We can't wait to see the celebrations come to life across the country.

Don't forget to share your moments using **#ATasteOfHome** and **#NursingHomesWeek2025**.



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