

nourish'd

WHAT'S INSIDE MATTERS.



Nourish'd Support At Home

Annual Dietitian Assessment

Prepared October 16 2025

*By Katie Ryan – Accredited
Practising Dietitian*



Executive Summary

Purpose of Assessment

This dietitian assessment was conducted in line with the Aged Care Rules 2025 (Section 148-20) under the Support at Home Program. Its purpose is to ensure Nourish'd meals, snacks, and drinks are:

- Nutritious and appetising
- Appropriate for the nutrition needs of older Australians, including those with special dietary requirements
- Aligned with evidence-based guidelines, including the Australian Dietary Guidelines (2013), National Meal Guidelines (2016), and Nutrient Reference Values (2006; updated 2017) for older Australians

Key Findings

- The Nourish'd menu meets the nutritional and sensory needs of older adults, offering high-protein, balanced meals that support healthy ageing.
- Meals are appetising, well-presented, and flavourful, with suitable textures for older adults.
- The menu provides strong variety, featuring international cuisines (Italian, Indian, Thai, French, Chinese) and familiar classics (Cottage Pie, Beef Stroganoff).
- Multiple dietary options are available, including gluten-free, dairy-free, diabetic friendly, and low-calorie meals.
- The Quality Assurance Framework supports ongoing monitoring, consumer feedback, and continuous improvement.



Executive Summary

Conclusion

The Nourish'd menu is suitable for older Australians receiving Support at Home meals. It meets nutritional and sensory standards, provides good variety, and aligns with evidence-based guidelines.

Key Recommendations for Improvement

To further enhance nutrition, variety, and inclusivity, it is recommended that Nourish'd:

1. Expand snack and mid-meal options to include calcium-rich and fruit-based choices.
2. Introduce quarterly themed or special-occasion meals.
3. Explore First Nations-inspired dishes.
4. Increase soups and salads for lighter meal variety.
5. Review potential sodium reduction opportunities.
6. Assess the need for texture-modified meals.
7. Follow-up customer satisfaction survey in six months to evaluate progress



Purpose

The purpose of this assessment is to evaluate the nutritional quality, suitability, and sensory appeal of the Nourish'd menu as it relates to older Australians receiving meals through funded aged care services under the Support at Home Program.

In accordance with Section 148-20 of the Aged Care Rules 2025, meal providers delivering services under government-funded aged care programs must ensure that all meals, snacks, and drinks supplied to older people are both nutritious and appetising, with appropriate consideration for individual needs and preferences.

As part of this requirement, providers must engage a qualified dietitian to conduct an annual assessment of their meal offerings to ensure they:

- a) Are appetising and acceptable to older consumers
- b) Are appropriate for the nutrition needs of older people, including those with specialised dietary requirements (e.g. coeliac disease, diabetes, texture modification, or increased protein/energy needs)
- c) Reflect evidence-based dietary guidelines and best practice



Purpose

This assessment fulfils that requirement by reviewing the Nourish'd menu against:

- National Meal Guidelines (2016)
- The Australian Dietary Guidelines (NHMRC, 2013)
- The Nutrient Reference Values for Australia and New Zealand (NHMRC, 2006; updated 2017)
- Relevant Aged Care Quality Standards, particularly Standard 4 & 6
- Current evidence and practice recommendations for the nutritional care of older Australians

In addition to regulatory compliance, this assessment aims to support continuous quality improvement by identifying strengths and opportunities across the Nourish'd menu and processes. The findings will inform Nourish'd's ongoing commitment to providing meals that promote health, independence, and enjoyment for older Australians accessing aged care supports.



Overview of Nourish'd Menu

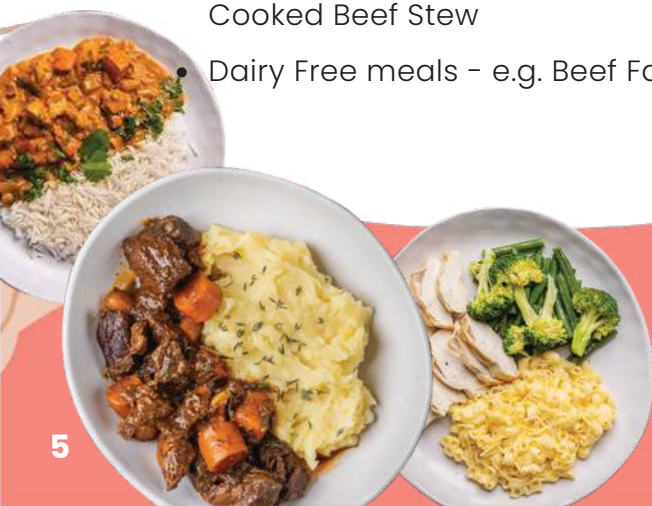
Nourish'd Meal Co. is an Australian-owned ready-made meal delivery service that provides fresh, nutritionally balanced meals designed to make healthy eating simple, accessible, and enjoyable.

The menu features a rotating selection of more than 60 main meals, as well as sides, snacks, and breakfast options. Meals are delivered fresh and can be stored refrigerated for up to seven days or frozen if required. Each meal is chef-prepared in a commercial kitchen under strict food safety standards, with consistent portion control and quality assurance.

Menu Variety and Meal Categories

The Nourish'd menu offers a broad range of cuisines and flavours to suit diverse taste preferences, including:

- Classic comfort meals – e.g. Shepherd's Pie, Cottage Pie, Beef Stroganoff
- International dishes – e.g. Korean Sesame Chicken, Paella with Brown Rice, Teriyaki Chicken
- Low-calorie options – e.g. Slow Cooked Beef Stew, Naked Chicken Parmi, Beef Fajita
- High-protein meals – e.g. Chicken Pesto Penne, Satay Chicken with Basmati Rice, Home Cooked Mac N Cheese with Chicken & Greens
- Diabetes Friendly meals – e.g. Portuguese Chicken, Korean Sesame Chicken, Slow Cooked Beef Stew
- Dairy Free meals – e.g. Beef Fajita, Teriyaki Chicken, Paella with Brown Rice



Overview of Nourish'd Menu



Meals are portioned into three standard serve sizes: Regular, Large, and Extra Large, allowing flexibility based on individual energy and protein requirements.

Nutritional Profile

Each meal is designed to deliver balanced macronutrients and adequate micronutrients consistent with the Australian Dietary Guidelines for Older Adults.

Meals are generally:

- High in protein to support muscle preservation and wound healing
- Moderate in fat, with a focus on healthy fats such as olive oil, nuts, and seeds
- Rich in vegetables and whole foods to promote fibre intake and digestive health
- Moderate in sodium and contain no added sugar
- Free from artificial preservatives, colours, flavours, and additives

Meals are crafted from RSPCA-Approved chicken, grass-fed beef, and locally sourced produce where possible. This focus on quality ingredients ensures high nutritional integrity and supports both palatability and digestibility for older adults.



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Overview of Nourish'd Menu

Dietary and Special Needs Suitability

Nourish'd caters to a wide range of dietary needs and health conditions common among older Australians, including:

- Gluten-free diets (Coeliac Australia endorsed)
- Low-calorie and portion-controlled options for weight management
- Higher-protein options for those at risk of undernutrition or muscle loss
- Gentle seasoning and balanced spice levels, suitable for older taste preferences
- Soft-textured meals appropriate for individuals with mild chewing or swallowing difficulties (not formally IDDSI-coded but suitable at soft levels)

Packaging and Accessibility

Meals are provided in microwave-safe, tamper-evident trays with clear labelling that are compliant with Food Standards Australia New Zealand (FSANZ).

Packaging is lightweight, easy to open, and suitable for older adults with limited dexterity. Reheating requires minimal effort (typically two minutes in the microwave), making the meals highly convenient for individuals with mobility limitations or reduced energy levels.



Nutritional Assessment

Nutrition critique of the Menu

Menu	A	B	C
The menu provides the opportunity to achieve >90g of protein or 1.2g of protein per kg of body weight per day*	Yes	Yes	Yes
Main meals provide the opportunity to consume 25–30g protein in one sitting	Yes	Yes	Yes
Main meals provide the opportunity to consume 2600kJ for Males, and 2300kJ for Females in one sitting	Yes	Yes	Yes
Main meals provide the opportunity to consume 200mg calcium in one sitting	For selected meals	For selected meals	For selected meals
Main meals provide the opportunity to consume 10g Fibre for Males, and 5g Fibre for Females in one sitting	Yes	Yes	Yes
The menu provides the opportunity to consume a variety of grains, fruits, vegetables, meat/alternatives and dairy/alternatives each day	Veg: Yes Fruit: No Meat/Alt: Yes Grains: Yes Dairy: No	Veg: Yes Fruit: No Meat/Alt: Yes Grains: Yes Dairy: No	Veg: Yes Fruit: No Meat/Alt: Yes Grains: Yes Dairy: No

Adapted from the Menu & Meal time Quality Assessment for Residential Aged Care, and National Meal Guidelines (2016)

Nutritional Assessment

Nutrition critique of the Menu

Menu	Achieved?	Comments	Recommended Actions
Menu is changed/updated at least twice yearly to reflect seasonal variations in fruits and vegetables.	Yes	New menu every quarter / season	Nil
Menu cycle is a minimum of 3 weeks.	Yes	Rotating 3 week menu with 21 main meals. 5 most popular meals available every week	Nil
Options are available to select different serve sizes for main meals (e.g. small, regular and large) to accommodate individual preferences and appetites.	Yes	3 meal sizes available – Regular, Large, and Extra Large	Nil
Special occasions and theme days with food are organised on a regular basis.	Yes	Christmas meal special every year.	Could increase to 1 every quarter.
Cultural, religious and generational food preferences (including for First Nations peoples) are catered for within the menu.	Yes	Diverse cultural and generational preferences with a range of Italian, Indian, Thai, French, and Chinese dishes, as well as familiar classics like Beef Stroganoff and Cottage Pie.	Offer a range of first nation meals

Adapted from the Menu & Meal time Quality Assessment for Residential Aged Care, and National Meal Guidelines (2016)

Nutritional Assessment

Nutrition critique of the Menu

Menu	Achieved?	Comments	Recommended Actions
Each hot main meal choice provides a source of protein (e.g. red meat, poultry, fish/ seafood, eggs, dairy, or a meat alternative) to provide at least 20g protein/serve*.	Yes	Majority of the menu has a source of protein and is above 20g protein/serve	Nil
Soup is homemade and incorporates a source of protein (red meat, poultry, fish/ seafood, eggs, dairy or a meat alternative). Where possible, it provides at least 10g protein/serve.	Yes	1 x soup available with >14g protein	Explore if there is a need to increase soup options
Salads (as a main meal) include red meat, poultry, fish/seafood, cheese, eggs or a meat alternative (e.g. legumes, tofu, textured vegetable protein (TVP)) and provide at least 15g protein/serve.	No	1-2 x salads on offer during summer months	Explore if there is a need to increase salad options
Older people requiring vegetarian and vegan meals and snacks are catered for with a vegetarian and vegan menu choice available at every eating occasion.	No	Minimal vegetarian + vegan meals available due to no demand	Nil
Desserts provide at least 5g protein/serve*	Yes	Range of dessert options available with >5g protein/serve	Nil

Adapted from the Menu & Meal time Quality Assessment for Residential Aged Care, and National Meal Guidelines (2016)

Nutritional Assessment

Nutrition critique of the Menu

Menu	Achieved?	Comments	Recommended Actions
The menu includes a variety of fluids to support fluid intake (e.g. hot and cold options, with a range of flavours).	Yes	Range of cold drink options available. Unable to provide hot drinks due to transport	Nil
Milk alternatives on offer are enriched with calcium ($\geq 100\text{mg}$ calcium/100ml).	No	No milk based drinks available	Explore suitable milk based drinks such as smoothies
There is a variety and choice of main meals, mid-meals, snacks and drinks for older people on Therapeutic Diets.	Yes	Menu is 100% Gluten Free. Large variety of meals suitable for diabetes, high protein, low calorie, and dairy free. Limited range of low sodium meals	Explore possibility of reducing sodium in meals
There is a variety and choice of main meals, mid-meals, snacks and drinks for older people with food allergies and food intolerances.	Yes	Large variety of meals suitable for consumers with allergies and/or intolerances to soy, fish, sesame, milk, gluten, egg. Menu is 100% preservative and additive free.	Nil
There is variety and choice of main meals, mid-meals, snacks and drinks for older people on a Texture Modified Diet.	No	Variety of soft textured meals available, however not formally IDDSI tested or labelled.	Explore need for texture modified meals.

Adapted from the Menu & Meal time Quality Assessment for Residential Aged Care, and National Meal Guidelines (2016)

Recommendations to improve the menu

While the Nourish’d menu provides nutritionally balanced main meals that align well with the energy and protein needs of older Australians, there is an opportunity to further enhance overall nutrient adequacy, menu variety, and cultural inclusivity through the following actions:

- 1. Expand the snack, mid-meal, and drinks range to include calcium-rich and dairy-based options such as yoghurt cups, milk-based smoothies, or custards, as well as snacks or desserts featuring fresh or stewed fruit (e.g. fruit compotes, fruit pots, blended fruit smoothies).
- 2. Introduce quarterly special-occasion or themed meals to enhance menu enjoyment and social connection.
- 3. Offer or explore First Nations–inspired meals to support cultural inclusivity and diversity.
- 4. Explore the inclusion of additional soups and salads to broaden lighter meal options.
- 5. Explore opportunities to reduce sodium in selected meals while maintaining flavour balance.
- 6. Assess the need for texture-modified meals to support individuals with chewing or swallowing difficulties.

Implementing these recommendations will further align the Nourish’d menu with the Australian Dietary Guidelines for Older Australians, National Meal Guidelines and the Aged Care Rules 2025 (Section 148-20), supporting both nutritional adequacy and meal enjoyment for older adults.

Adapted from the Menu & Meal time Quality Assessment for Residential Aged Care, and National Meal Guidelines (2016)

Test Meal 1: Cottage Pie

Description on menu: This scrumptious Cottage Pie has savoury comfort in every mouthful! This beloved every-day favourite features a hearty beef mince and veg filling with a creamy mashed potato topping. The epitome of cosiness on a plate waiting to be devoured

Visual Appeal: Appealing

Taste: Excellent

Aroma: Pleasant

Texture: Soft & Bite Sized

Nutrition Feedback: A balanced, high protein and moderate carbohydrate meal suitable for older adults. Sodium content is relatively high and could be reviewed for reduction. Overall, an allergy friendly option (excluding milk) that provides good nutritional value.

Meal Images

Website Image



Delivered Meal Image



Ingredients:

Mashed Potato (Potato, Butter Salted (Pasteurised Cream (**Milk**), Salt), Thickened Cream (Pasteurised Cream (**Milk**), Gelatine), Salt, White Pepper), Beef Mince Mix (Crushed Tomato (Tomatoes, Salt), Beef (11%), Pork, Zucchini, Carrot, Onion, Coconut Oil, Tomato Paste, Salt, Garlic, Gluten Free Cornflour, Black Pepper, Herbs, Oregano

Contains Milk

Nutrition Table:

Amount per serving	Average Qty. Per Serving 294g (Regular)	Average Qty. Per Serving 420g (Large)	Average Qty. Per Serving 546g (Extra Large)	Average Qty. Per 100g
Energy (kj)	1850	2660	3460	673
Calories (g)	442	635	828	161
Fat, total (g)	20	29	37	7
Fat, saturated (g)	11	15	20	4
Carbohydrate (g)	35	50	65	13
Sugar (g)	7	10	12	2
Fibre (g)	5	8	10	2
Protein (g)	28	40	52	10
Gluten (-)	Not Detected	Not Detected	Not Detected	Not Detected
Sodium (mg)	1190	1720	2230	434

Adapted from the Menu & Meal time Quality Assessment for Residential Aged Care, and National Meal Guidelines (2016)

Test Meal 2: Chicken Pesto Penne

Description on menu: Tender chicken breast tossed through gluten free penne and coated in a vibrant green pesto made from broccoli, basil, spinach, and rocket. Finished with creamy parmesan and a touch of olive oil, this fresh and flavourful pasta is pure feel-good comfort.

Visual Appeal: Appealing

Taste: Good

Aroma: Pleasant

Texture: Regular

Nutrition Feedback: A high protein, moderate energy meal suitable for maintaining energy intake and muscle mass in older adults. Sodium levels are appropriate, and the meal provides a good balance of macronutrients with quality lean protein and healthy fats.

Meal Images

Website Image



Delivered Meal Image



Ingredients:

Chicken breast, gluten free penne (maize starch, **soy** flour, potato starch, rice starch), pesto (broccoli, olive oil, **cashew** nuts, basil, spinach, rocket, parmesan cheese (**milk**), salt)

Contains: Soy, cashew, milk.

Nutrition Table:

Amount per serving	Average Qty. Per Serving 259g (Regular)	Average Qty. Per Serving 370g (Large)	Average Qty. Per Serving 481g (Extra Large)	Average Qty. Per 100g
Energy (kj)	2180	3060	3890	837
Calories (g)	520	730	931	200
Fat, total (g)	21	30	39	8
Fat, saturated (g)	12	17	22	5
Carbohydrate (g)	51	71	88	19
Sugar (g)	2	3	4	1
Fibre (g)	3	4	5	1
Protein (g)	31	44	57	12
Gluten (-)	Not Detected	Not Detected	Not Detected	Not Detected
Sodium (mg)	311	439	567	119

Adapted from the Menu & Meal time Quality Assessment for Residential Aged Care, and National Meal Guidelines (2016)

Test Meal 3: Satay Chicken with Basmati Rice

Description on menu: Transport your taste buds to the streets of Bangkok with this succulent Satay Chicken. Succulent chicken breast cooked to perfection and served with a thick, creamy peanut sauce on top of a bed of delicious basmati rice that puts your Thai takeaway nights to shame. An explosion of flavours (the perfect amount of spice) you won't soon forget, this Satay Chicken brings the vibrant tastes of Thailand right to your kitchen table.

Visual Appeal: Appealing

Taste: Excellent

Aroma: Pleasant

Texture: Easy to chew

Nutrition Feedback: A high protein, moderate energy meal that supports muscle maintenance and balanced nutrition. Provides a good balance of lean protein and carbohydrates, with mild flavours appropriate for older adults.

Meal Images

Website Image



Delivered Meal Image



Ingredients: Satay Chicken (Chicken (36%), Capsicum, Coconut Cream, Onion, Lemon Juice, Olive Oil, **Peanuts, Soy** Sauce, Garlic, Salt, Curry Powder (Rice Cereal, Turmeric, Coriander, Fenugreek, Cumin, Salt, Chilli, Pepper), Black Pepper, Chilli Powder), Basmati Rice (Water, Basmati (13%)).

Contains: Peanut, Soy

Nutrition Table:

Amount per serving	Average Qty. Per Serving 273g (Regular)	Average Qty. Per Serving 390g (Large)	Average Qty. Per Serving 507g (Extra Large)	Average Qty. Per 100g
Energy (kj)	2140	3060	3970	761
Calories (g)	511	730	950	182
Fat, total (g)	25	35	46	9
Fat, saturated (g)	8	12	15	3
Carbohydrate (g)	36	51	66	113
Sugar (g)	4	6	8	2
Fibre (g)	2	3	4	1
Protein (g)	37	53	68	13
Gluten (-)	Not Detected	Not Detected	Not Detected	Not Detected
Sodium (mg)	631	906	1180	225

Adapted from the Menu & Meal time Quality Assessment for Residential Aged Care, and National Meal Guidelines (2016)

Customer Satisfaction Survey

Results from Homecare Consumers

(Based on feedback from 5 Home Care customers — indicative only)

Meal Variety

Most respondents felt satisfied with the range of meals available, though a few suggested adding more protein variety and green vegetables.

Taste

Feedback was generally positive, with most customers describing the taste as good, okay, or excellent.

Smell / Aroma

Nearly all customers described the aroma as pleasant when heating their meals.

Texture

Most customers felt the texture was good overall, though some noted minor room for improvement.

Temperature on Delivery

Customers generally reported their meals arrived at the right temperature.

Additional Comments

- Requests for more variety in protein sources
- More variety of green vegetables
- Less spicy meals



Quality Assurance Framework

Nourish'd maintains a comprehensive Quality Management and Assurance Framework that ensures all meals, snacks, and drinks delivered to older Australians through funded aged care services are nutritious, appetising, and continuously improved.

This framework forms part of Nourish'd's broader organisational Quality Management Policy and aligns with the Aged Care Rules 2025 (Section 148-20) and the Aged Care Quality Standards.

Framework Principles

The framework is built on the following principles, adapted from Nourish'd's organisation-wide Quality System:

- **Person-centred approach:** Supporting independence, choice, and control for older adults, with meals tailored to their nutritional needs, health conditions, and preferences.
- **Evidence-based practice:** Ensuring meals align with evidenced based guidelines and nutritional needs of older Australian adults.
- **Accountability and safety:** Applying consistent food safety, allergen management, and production standards underpinned by FSANZ compliance and HACCP principles.
- **Continuous improvement:** Using consumer feedback and dietitian recommendations to refine meal quality, menu variety, and nutritional adequacy.



Quality Assurance Framework



Continuous Improvement Processes

The Quality Assurance Framework is not static — it evolves in response to consumer feedback, dietitian review findings, and changing nutritional standards.

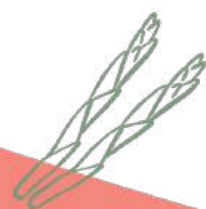
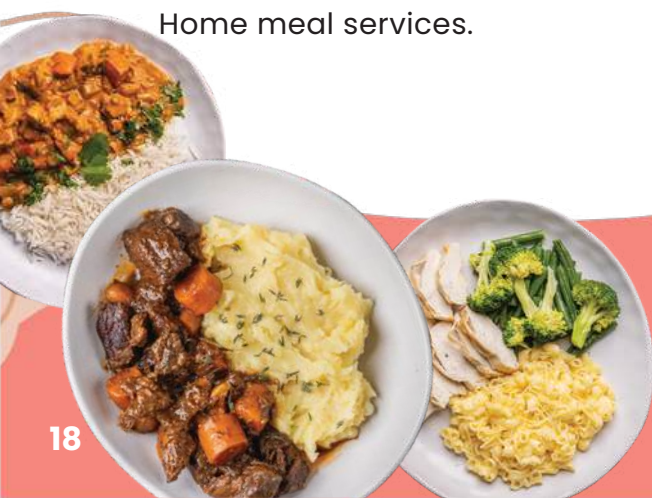
Key mechanisms include:

- **Annual Dietitian Assessment:** Independent review of all meals, snacks, and drinks for nutritional adequacy, sensory quality, and alignment with evidence-based guidelines.
- **Feedback Systems:** Ongoing collection and review of satisfaction data from older consumers regarding taste, portion size, texture, and variety.
- **Quality Review Meetings:** Regular internal meetings to evaluate performance, review dietitian recommendations, and monitor improvement actions.
- **Recipe and Ingredient Monitoring:** Annual revalidation of nutrient profiles, portion sizes, and ingredient sourcing for all meals.
- **Staff Training:** Ongoing professional development for staff in nutrition principles, portion control, allergen management, and safe food handling.

Monitoring and Review

This framework is reviewed annually alongside the Dietitian Assessment.

Findings, consumer feedback, and implemented improvements are documented and form part of Nourish'd's continuous quality improvement cycle, ensuring meals remain safe, nutritious, and enjoyable for older Australians receiving Support at Home meal services.



Summary of Findings & Recommendations

Summary of Findings

The Nourish'd menu demonstrates strong alignment with the nutritional and sensory needs of older Australians. Meals are well-balanced, high in protein, and moderate in energy, supporting muscle maintenance and overall health. The sensory assessment confirms that meals are visually appealing, aromatic, flavourful, and texturally appropriate for older adults.

The menu provides substantial variety across cuisines and dietary categories, catering to individual preferences and cultural diversity, with options suitable for common dietary needs such as gluten-free, dairy-free, diabetic friendly and low-calorie requirements.

Nourish'd's existing Quality Assurance Framework and continuous improvement processes ensure that feedback, dietitian review outcomes, and menu updates are regularly actioned. Regular review and customer feedback will guide ongoing improvements to maintain quality and satisfaction.



Summary of Findings & Recommendations

Recommendations

The Nourish'd menu provides nutritionally balanced main meals that align well with the energy and protein needs of older Australians, however there is an opportunity to further enhance overall nutrient adequacy, menu variety, and cultural inclusivity through the following actions:

1. Expand the snack, mid-meal, and drinks range to include calcium-rich and dairy-based options such as yoghurt cups, milk-based smoothies, or custards, as well as snacks or desserts featuring fresh or stewed fruit (e.g. fruit compotes, fruit pots, or blended fruit smoothies).
2. Introduce quarterly special-occasion or themed meals to enhance menu enjoyment.
3. Offer or explore First Nations-inspired meals to support cultural inclusivity and diversity.
4. Explore the inclusion of additional soups and salads to broaden lighter meal options.
5. Explore opportunities to reduce sodium in selected meals while maintaining flavour balance.



Summary of Findings & Recommendations

6. Assess the need for texture-modified meals to support individuals with chewing or swallowing difficulties.
- 7.. Conduct a follow-up customer satisfaction survey in six months with a larger sample size to evaluate progress, monitor sensory improvements, and inform future menu development.

Implementing these recommendations will further align the Nourish'd menu with the Australian Dietary Guidelines for Older Australians, National Meal Guidelines, and the Aged Care Rules 2025 (Section 148-20), supporting both nutritional adequacy and meal enjoyment for older adults.



Dietitian Declaration

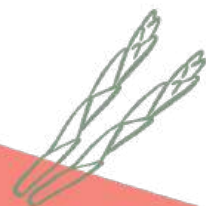
I, Katie Ryan, Accredited Practising Dietitian (APD), have reviewed Nourish'd Meal Co's menu and accompanying product information. Based on this assessment, the meals, snacks, and drinks provided are considered nutritionally appropriate and appetising for older Australians receiving funded aged care services, in alignment with evidence-based guidelines and the Aged Care Rules 2025 Section 148-20.



Katie Ryan
Accredited Practising Dietitian
APD049539

October 16, 2025

Contact
E: katie@nourishd.com.au





Do you have any questions?

We are available to you.

Feel free to contact our friendly team on:



07 3132 3957



info@nourishd.com.au

We're available to you

Monday and Tuesday: **9am to 4pm**

Wednesday: **9am to 5pm**

Friday: **Closed**



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