



## Setting the Table

Mealtimes are an important part of our daily lives. A positive dining experience is an essential element of Activity Provision. A chance to sit down and enjoy a good dining experience which can help to enhance social interaction, build a sense of community, and increase nutritional intake.

The experience is so much more than what you eat. the environment you are eating in and the immediate space e.g., the table must be inviting and comfortable.

Many individuals would have set a table at home for mealtimes each day or special occasions.

Why not encourage the individuals you support to remain independent and assist with the setting of the table for meal times.

### You will need:

- Cutlery
- Table cloths
- Napkins
- Cups
- Place mats (optional)
- Table centre pieces (optional)
- Small serving trolley for ease (optional)
- Salt and pepper (optional)

### What you do:

- Prepare everything you need to set the table before you invite individuals to assist you.
- Place the items on a small serving trolley to push around as you go or have the items in one location laid out for easy access.
- Focus on a step by step process, start with the laying of the table cloths, then the placemats to easy identify where the cutlery and cups should be placed.
- Finish with the napkins, salt and pepper and table centre pieces if using.
- Once you have set the tables thank the individual for helping and making light work of the task!

If you would like to discuss the information included in this resource, please call the NAPA Supportline; our free and confidential activity support service.

