

THE CARE KITCHEN RESET

THE FUTURE OF CARE CATERING

Care kitchens are being asked to deliver more than ever before. Strengthening foundations will come in the form of a shift – from ingredient procurement to ingredient strategy. **And, it's vital to commercial success.**



LOOKING AHEAD

Pressure and costs are rising - and expectations are not falling.



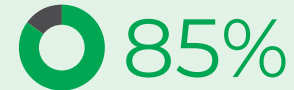
74% of operators are concerned about meeting resident nutrition and hydration needs over the next five years.



Yet, **9 out of 10** residents and families say food is a deciding factor when choosing a care home.



THE RESIDENT REALITY



Over 85% say mealtimes are the most important part of the day



Over 75% struggle to finish meals due to taste or presentation

Nutrition alone isn't enough.
Taste, dignity and quality matter.

THE OPERATOR CHALLENGE



63% struggle to balance operational pressures with nutritionally balanced menus



Over 70% say rising costs make maintaining quality harder



9 out of 10 refuse to compromise on food and drink standards

Operational pressures include:

High-volume preparation at pace (31%)

Inconsistent dairy performance (30.5%)

Fortifying without increasing portion size (28.5%)

Managing complex special diets (28.5%)



Millac Gold Double

Enjoy our delicious, vitamin D enriched Millac Gold Double - perfect for cooking, whipping and pouring

WHAT'S WORKING

Dairy remains central to fortified nutrition, and operators' top solutions to support residents include:



50%

Ready-to-drink dairy beverages/shakes



43.5%

Milk powder



36.5%

Cream

BUILDING STRONGER FOUNDATIONS

Embedding resilient solutions such as Millac Gold Double and Lakeland Dairies Skimmed Milk Powder helps:

- ✓ Reduce complexity
- ✓ Improve consistency
- ✓ Embed fortification without increasing portion size
- ✓ Protect margins

Lakeland Dairies' Skimmed Milk Powder is naturally high in protein and calcium for extra calories



FUTURE-READY CARE KITCHENS WON'T CUT CORNERS - THEY'LL STRENGTHEN THEIR FOUNDATIONS.

Discover how Lakeland Dairies can help you reduce complexity, protect margins and deliver on nutrition with nutritious products, fully traceable from our Irish family farms to businesses around the world.

Find out more on how to turn the next five years into an opportunity, not a risk.
www.lakelanddairies.com



The surveys conducted 20.02.2026 - 24.02.2026 cover a sample of 200 care home catering decision makers, and 500 care home residents/family members of care home residents.