



**REDEFINING DINING
IN RETIREMENT:
FEDICS CATERING SOLUTIONS
AT THE FOREFRONT OF
HEALTHY AGEING AND
COMMUNITY LIVING**



livinglifestyle
CHOICES THAT FIT YOUR NEEDS



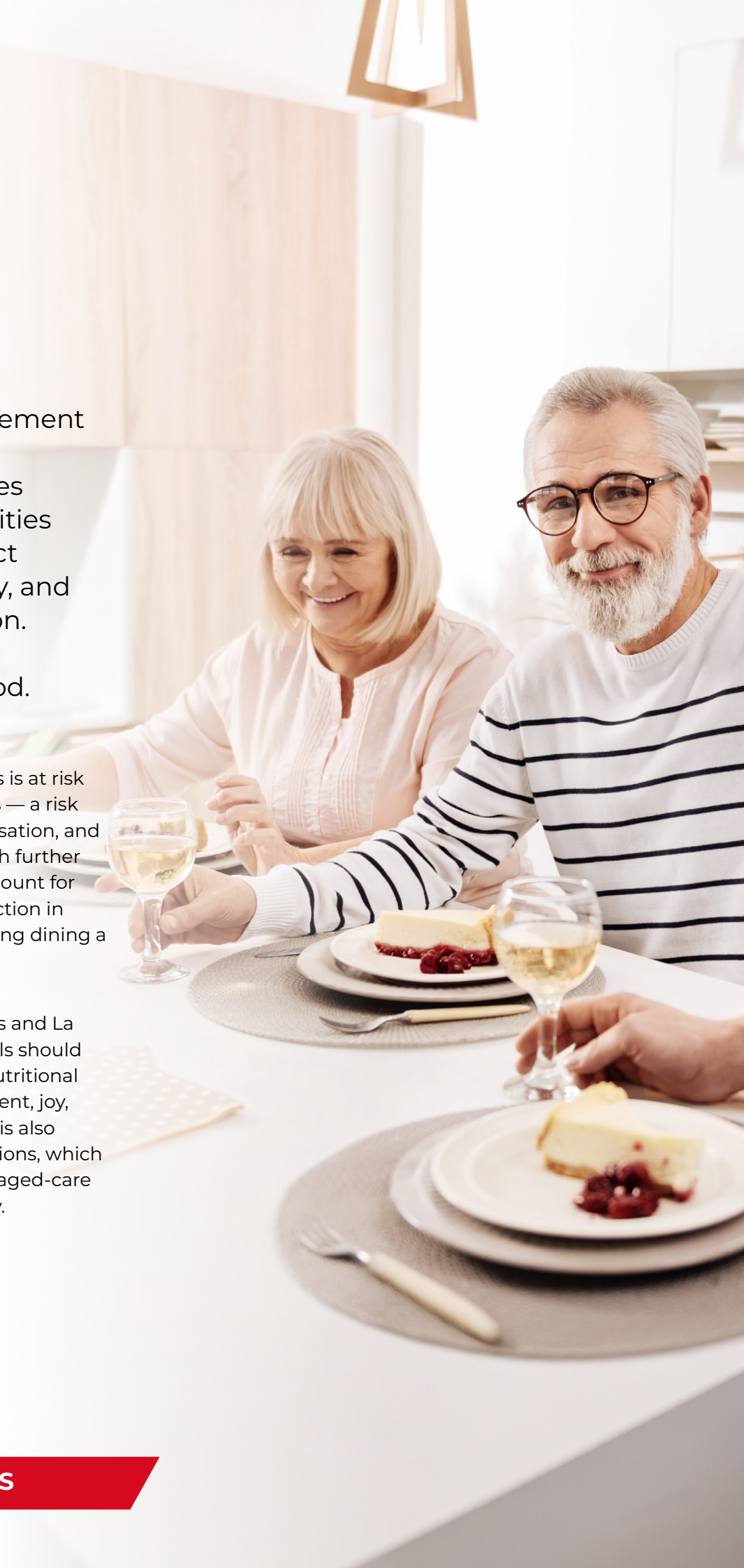
a **TSEBO** solution

Why Dining Matters in Retirement Living

Across the globe, retirement living is evolving from traditional care facilities into lifestyle communities where residents expect independence, dignity, and meaningful connection. At the centre of this transformation lies food.

According to the World Health Organisation, 1 in 2 older adults is at risk of malnutrition in care settings — a risk factor linked to frailty, hospitalisation, and reduced quality of life. Research further shows that meal times can account for up to 60% of daily social interaction in retirement communities, making dining a cornerstone of wellbeing.

International leaders like Emeis and La Gratitude emphasise that meals should be experiences — balancing nutritional precision with social engagement, joy, and a sense of belonging. This is also echoed by Unilever Food Solutions, which highlights the need to refresh aged-care menus with flavour and variety.



The Fedics Approach: Nutrition, Dignity, and Connection

At Fedics Catering Solutions, we believe dining is not simply about nutrition but about creating moments that enrich lives. Central to this approach is the dignity and comfort that nourishing meals bring, alongside the freedom of choice, selection, and variety that allows residents to feel seen, respected, and at home. Our approach is built on three pillars: health, dignity, and community.

Drawing on decades of expertise, we deliver:



Daily Dining

with Heart: Three nourishing meals a day, enriched with choice and à la carte options that make dining homely yet special



Restaurant-Style Experiences:

Waiter service, diverse menus, and dining spaces that replicate the vibrancy of a trusted neighbourhood restaurant



Personalised Nutrition and Clinical Oversight:

Dietitians embedded in our teams ensure that meals are adapted to residents' health conditions and therapeutic needs



Special Needs Expertise:

Tailored support for residents living with dementia or physical impairments, designed to uphold dignity, safety, and enjoyment




Lifestyle Enhancements:

Comfort cafés, in-room tea and coffee service, staff meal programmes, fundraising catering, and convenience kiosks that extend care beyond the plate



NOURISHING SUCCESS



CASE STUDY 1: SAVF NELSPRUIT

The South African Women's Federation (SAVF) in Nelspruit partnered with Fedics to enhance dining experiences for their retirement homes.

The footage highlights how Fedics' approach brings warmth, dignity, and nourishment into retirement dining, from friendly service to personalised menus, creating a sense of belonging for residents and peace of mind for families.

NOURISHING SUCCESS

CASE STUDY 2: KEY RETIREMENT CLIENT IN THE WESTERN CAPE

At one of our largest retirement estate clients (comprising three estates and nearly 950 residents), Fedics was given just one month's notice to take over catering.

Within 12 hours:

- Three industrial kitchens were deep-cleaned and transformed with warm, nostalgic décor.
- Our branded dining concepts, **Moments & Craft** and Ambrosia Coffee Shop, were launched, intentionally designed to spark curiosity, conversation, and shared experiences through simple acts of making, creating, and gathering.
- Menus were co-created with residents and caregivers, ensuring comfort foods balanced with medical appropriateness.
- Home meal delivery and specialised adaptations (texture-modified foods, ambient-temperature meals, and flavour enhancements) were introduced.

Beyond nourishment, concepts such as Moments & Craft introduced gentle opportunities for creativity and shared activity, recognising that social studies increasingly show meaningful moments and hands-on engagement can ease anxiety, encourage connection, and strengthen friendships in later life.

Key Outcomes

- **970 healthy meals served daily** using locally sourced ingredients.
- **74 staff** onboarded and **upskilled**, boosting **local employment**.
- Dining spaces reimagined as **community hubs**.
- Health-conscious menus with **reduced sodium, sugar, and fat**.

ONE RESIDENT REFLECTED:

“ It was our 57th anniversary, and we wouldn't have eaten better if we had gone out. ”



NOURISHING SUCCESS

WHY THIS MATTERS FOR THE RETIREMENT SECTOR

Together, these case studies showcase Fedics' ability to adapt, mobilise quickly, and design dining experiences that meet the unique needs of retirement communities:

- Nutrition as Preventive Care – Supporting longevity and reducing the risks of diabetes, hypertension, and malnutrition.
- Community Integration – Turning dining rooms into spaces of connection, combating isolation and loneliness.
- Sustainability – Local sourcing, ESG-focused practices, and waste reduction that benefit both people and planet.
- Scalable Expertise – From lifestyle estates to frail care, Fedics adapts seamlessly.

CONCLUSION: A PARTNER IN HEALTHY AGEING

For today's retirement communities, food is more than fuel. It is a tool for medical care, a bridge to social connection, and a daily ritual that shapes quality of life.

At Fedics Catering Solutions, we go beyond serving meals. We design dining experiences that uphold dignity, support health, and foster vibrant communities. Whether in lifestyle estates or frail-care homes, we deliver a culture of care through nutrition, hospitality, and connection.



Dale Riches, Managing Director
Fedics and TSS

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