

## Supplies needed for Dangerous Mealtime Practices for 30 Participants

- 30 clothing protectors
- Smooth Peanut Butter – 16-18 oz
- 2 large jars of Applesauce
- 60 individual pudding cups (mixture of vanilla and chocolate but more chocolate than vanilla)
- 40 Saltine Crackers
- 150 Souffle or medicine cups
- 150 Plastic Spoons
- Apple Juice - 16 oz
- 1 small can of sliced peaches in heavy syrup
- 60 - 8 oz disposable cups (thin plastic work fine but not styrofoam)
- Water pitchers with ice for each table – at least 5-6
- 30 Blindfolds (bandanas work well and can be washed and reused)
- Thickener product – 1 can (can be used for all the trainings as we only need a little)
- 250 paper napkins
- Indelible marker (such as a Sharpie marker) to write names on cups
- 30 pens
- 2 Tall clear glasses (for thickener demonstration)
- Metal Fork (for thickener demonstration)
- Small serving of Jello®
- Small microwavable bowl
- Dining Scarf (*see reverse for pattern*)

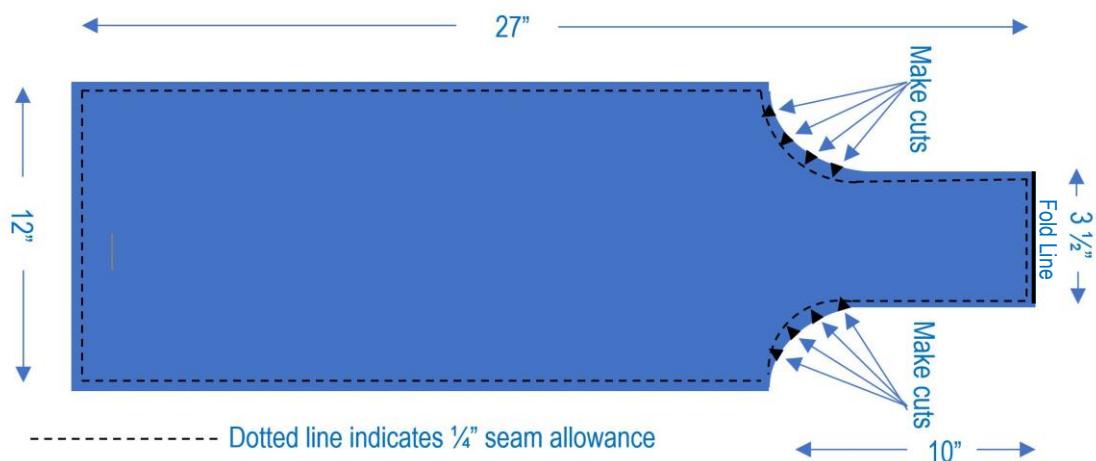


Example of a  
Dining Scarf

## Dining Scarf Directions and Pattern

A dining scarf is a form of clothing protector that is more dignified than an adult bib or disposable paper cover. Scarves can be purchased from Amazon.com or other vendors for around \$25, but can also be made from any washable fabric following this pattern.<sup>i</sup>

1. Choose fabric. You will need 1 ½ yards of 60" wide fabric.
2. Draw out the pattern below on wax paper or other paper large enough to accommodate the dimensions.
3. Fold fabric in half so that the pattern fits over the entire pattern with the fold at the top (3½" end). Be sure to lay the pattern on the fabric so that you can cut out two patterns (to the side instead of the middle).
4. Cut 2 patterns of the scarf. Each pattern is one side (front and back panels). When you open the pattern, you will have one long scarf-shaped piece of fabric.
5. Turn the two pieces of fabric so that the pattern sides are facing each other. The parts of the fabric you want to be on the outside should be facing each other on the inside for the sewing part of this project. Pin the fabric together.
6. Sew along the outside edges leaving ¼" seam allowance. Sew all the way around except for about 4 inches. This leaves a hole so that you can turn the fabric right side out.
7. Clip the curves of the fabric where indicated on the pattern (four clips on each side).
8. Turn the scarf right side out.
9. Iron the scarf.
10. Tuck the seam in on the last 4 inches and sew it closed. Continue sewing a seam around the entire scarf. This will prevent bunching.



<sup>i</sup> This pattern was developed by the Alzheimer's Resource Center.