

Introduction

Meals to Smile About is a compilation of soft food recipes contributed by staff and friends of National Dental Centre Singapore (NDCS) to support patients recovering from dental treatment and who may have chewing and eating difficulties. The proceeds of the Cookbook go to NDCS Tooth Fairy Fund to help needy patients and support oral health research and education efforts.

Problem

Based on patient feedback, the recovery process after dental treatment is often uncomfortable and painful, with limited meal options to choose from. To support these patients in their recovery journey, NDCS launched its first recipe book, *Meals to Smile About* – a compilation of 30 nutritious soft food recipes, curated for those recovering from dental treatment and who may have chewing and eating difficulties.

Methodology

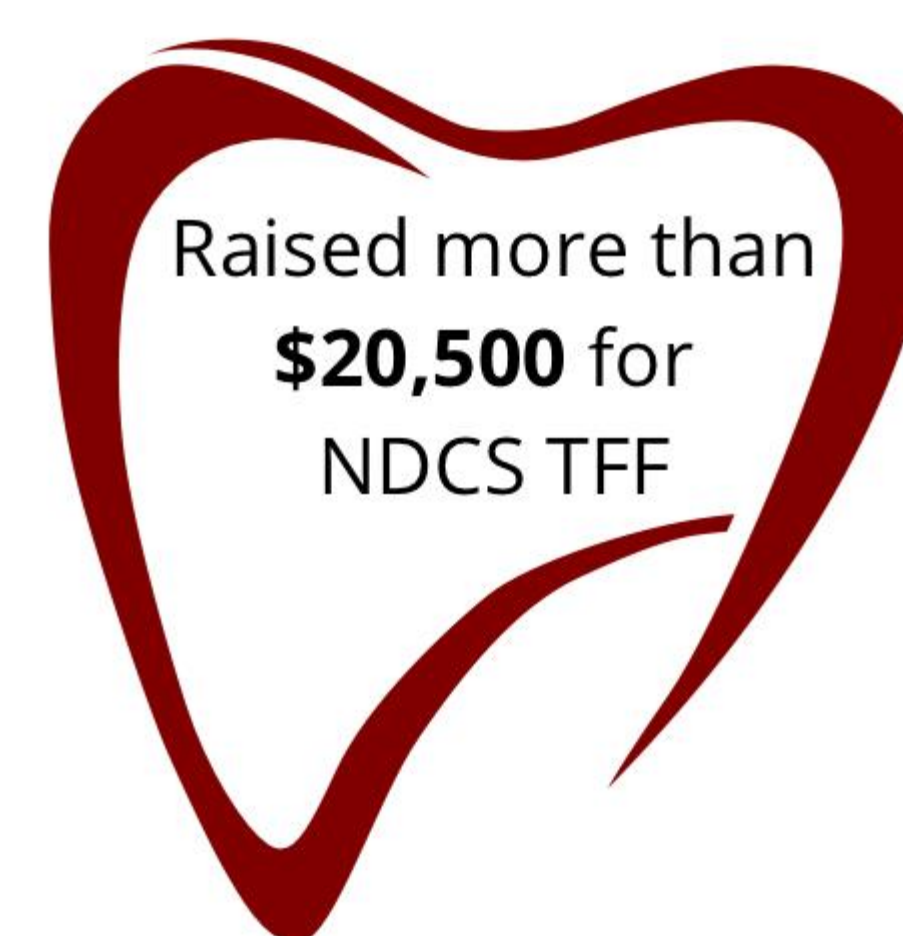
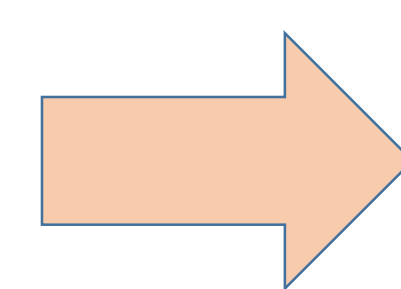
Invited 30 patients, staff, chefs and friends of NDCS to contribute the recipes.

The Cookbook was developed in consultation with Dr Loh Yet Hua, Senior Principal Dietitian, Singapore General Hospital, to ensure that the recipes meet dietary recommendations and texture modification. NDCS dentists also included best practices for patients on braces, dentures or those who have had tooth extractions, on how to look after their oral health.

The Cookbook was launched during NDCS Patient Experience Week on 14 July 2021.

Extended Mileage

Beyond its primary intent as a resource for patients, we extended the mileage of the Cookbook by positioning it as a fundraiser for NDCS Tooth Fairy Fund (TFF). All proceeds from the book will go to TFF to help needy patients and support oral health research and education efforts. *Meals to Smile About* is available in the following formats and the respective number of copies were presented to donors.



Chef Malcolm Lee
Chef and Founder, Candlenut



Dr Ken Tan
Senior Consultant,
Dept of Restorative Dentistry, NDCS



Lianhe Wanbao, 18 July 2021

Results

We received positive feedback on *the* Cookbook – from recipe contributors who appreciate the opportunity to contribute in this meaningful way to patients who appreciate this practical resource to eat better. A survey was carried out to assess the usefulness of the Cookbook. All respondents found it easy to use the Cookbook and indicated the recipes were useful for healthy, everyday meals.

Following the successful roll out of the Cookbook, we have garnered the support of an anonymous donor to further develop the Cookbook in Chinese and Malay versions. The former was launched on 1 June 2022 and the latter is targeted to be launched in August 2022.

Conclusion

Meals to Smile About has achieved its purpose by bringing positive impact and experience to patients. It has improved the quality of their recovery and overall wellbeing, where patients are able to enjoy wholesome, hearty meals with their loved ones. As a fundraiser for NDCS TFF, we have also been able to support needy patients who require complex dental treatments, as well as research and education in oral health.