

# GOURMET BITES

Restoring the joys of dining to individuals with physical, neuromuscular and cognitive challenges



BEEF STROGANOFF CREPES

## WHAT IS GOURMET BITES?

With more than 30 years as leaders in the senior housing profession, we've seen a lot of programs, innovations and initiatives. When we say Gourmet Bites is revolutionizing the resident dining experience, we don't use those words lightly.



[WATERMARKCOMMUNITIES.COM](http://WATERMARKCOMMUNITIES.COM)





BEEF BRISKET AND VEGETABLES IN PASTRY WITH SQUASH BITES

## WHERE DID THE CONCEPT ORIGINATE?

At Watermark Retirement Communities, we have an insatiable curiosity, and we're always seeking ways to help individuals thrive. That's why we were among the first to pioneer this innovative process invented by Grind Dining. Inspired by the simple but ingenious concept, Watermark embraced the program to enhance the independence, dignity and accessibility of outstanding dining for all. To learn more or view a gallery of inspiring, mouthwatering menu items, including Breadcrumb-Crusted Tilapia Rounds, Beef Wellington Cupcakes, Pulled Pork Popovers and much more, visit [grinddining.com](http://grinddining.com).

## WHY DID WATERMARK CREATE GOURMET BITES?

In Watermark communities coast to coast, Gourmet Bites is changing lives, one meal at a time. Residents and families are reporting high rates of satisfaction not only for the delicious menu options, but for the purposeful, intentional process as well. Each Gourmet Bites meal service includes aromatic rooms, warm lavender-infused hand towels and citrus sorbet, all orchestrated to indicate that a delicious meal is about to begin. With Gourmet Bites, meals are a time to converse, connect and thrive, and that's what life at a Watermark community is all about.

"The magic of Gourmet Bites is that we can use our own, high-quality, freshly prepared menu items and transform them into incredibly delicious, nutritionally balanced, protein-packed meals. They are served as one-bite and two-bite hors d'oeuvres, intended to be eaten by hand. It's that simple and that brilliant."

– Rob Bobbitt, National Director of Dining, Watermark Retirement Communities



HAM AND CHEESE BREAKFAST EGGS



SHRIMP BITES WITH BAKED TORTILLA STRIPS

## GOOD AFTERNOON, WHAT SOUNDS GOOD TO EAT?

At Watermark, we believe this question should whet everyone's appetite for a joyful dining experience. It shouldn't be a reminder of difficulties eating, the need for assistance with every bite or favorite foods deemed off limits due to physical, neuromuscular or cognitive challenges.

Thanks to Watermark's signature program Gourmet Bites, individuals can enjoy favorite foods without assistance, without utensils and without distractions from the task at hand: enjoying a delicious, nutritious meal with family and friends.

*All photos provided by Grind Dining Inc.*