

PoWrrrr Shakes

Brooklyn Gardens Nursing Home and Rehabilitation Center houses a wide array of comorbidities. The goal of the facility is to provide comprehensive rehabilitative care that will help ones abilities and independence, ultimately getting you on your way to recovery as quickly as possible. Unfortunately, some residents have dysphagia or other conditions that impact appetite and reduce PO intake. Many of these residents will rely on oral nutritional supplementation to optimize PO intake and promote weight gain/ maintenance. Stemming from the COVID 2019- Pandemic, there have been drastic shortages in supplements, also driving the cost of them skyrocket; many facilities are opting for similar alternatives or limiting the options to maintain availability. At Brooklyn Gardens NHRC, we believe in working smarter and a Caribbean saying “Make Do” meaning be resourceful with what you have. For residents that do not tolerate or prefer to take oral nutritional supplementation we decided to use the Liquid Protein Supplementation SF LPS 30 ml (100 kcals, 15g protein) and make homemade milk shakes using 4 oz Vanilla Ice cream (240 kcals, 4g protein) and 8 oz Whole Milk (150 kcals, 8 g protein) and called it Powrrr Shakes.

Powrrr Shakes are standard milkshakes made to mimic the flavor of Oral Nutritional Supplements: Ensure, Glucerna and Nepro. Powrrr Shakes provide (~490 kcals, ~27g protein) similar nutrient content to offered oral nutritional supplements, offer more protein, is fresh and homemade, customizable granting a sense of autonomy, and more cost-effective than alternatives. The Powrrr Shake consist of 3 ingredients: Vanilla ice cream, like Vanilla Bean which contains around 240 calories, 16g of total fat, 22g of total carbohydrates, and 4g of

protein. It also includes 21g of total sugars, including 17g of added sugars. The serving size for this recipe is one 4 oz scoop, Milk which is a nutrient-rich beverage, providing essential vitamins, minerals, and protein. A 1-cup serving of whole milk (3.25% milkfat) contains approximately 150 calories, 8 grams of protein, 12 grams of carbohydrates, and 8 grams of fat (good source of calcium, vitamin D, and B12, and also contains K, Mg, and P), Sugar Free SF LPS 30 ML (100 kcals, 15g pro) which comes in 3 different flavors (Peach- Mango, Cherry, and Honey Vanilla) which are mixed with key ingredients Honey, Nutmeg, and or Cinnamon to give them their nostalgic taste. Powrrr Shakes signature flavors consist of Cherry- O, (Cherry LPS) Mango “Appeciation” (Peach-mango LPS with a Tbsp of Honey,) and “Pooh Bear” – (Honey Vanilla LPS with a dash of Nutmeg and Cinnamon.

- **490 Kcals, 8 oz in total.**
- **Ensure : 350 kcal, 13 g pro**
- **Nepro: 420 kcal, 19g pro**
- **Boost GC: 190 kcal, 16g pro**



Nutrition Facts	
1 serving per container	
Serving size	1 g (0)
Amount per serving	
Calories	422
% Daily Value*	
Total Fat 24.0g	31%
Saturated Fat 8.0g	40%
Trans Fat 0.0g	0%
Cholesterol 80.0mg	27%
Sodium 100.0mg	4%
Total Carbohydrate 50.0g	18%
Dietary Fiber 1.0g	4%
Total Sugars 0.0g	0%
Added Sugars 21.0g	42%
Protein 26.0g	52%
Vitamin D 0.0mcg	0%
Calcium 0.0mg	0%
Iron 0.0mg	0%
Potassium 0.0mg	0%
Vitamin A 28.0mcg	0%
Vitamin E 0.6mg	4%
Vitamin K 0.4mcg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
INGREDIENTS: Liquid Protein, Vanilla Ice-cream, Milk, Nutmeg, Cinnamon, Honey	
CONTAINS: Milk, Nuts	