



## Does IDDSI Take More Time?

### Barrier Buster of the Month

Have you ever thought? If we implement IDDSI, is it going to mean more time for everyone?

Consider the comments below from different areas of practice:

CULINARY PERSPECTIVE	CLINICAL PERSPECTIVE
<p>“When you are getting used to preparing the different IDDSI levels, it does take a bit more time, but eventually, it gets easier and faster. You learn what to look for in terms of texture and particle size. Also, some items like meats and vegetables may require a longer cooking time to be fork-tender. In the end, though, the extra effort is worth it because the texture-modified food served to our clients is both great quality and safe.”</p> <p><b>Jeremy Pestell, Healthcare Development Chef at Aramark Canada in Mississauga, ON.</b></p>	<p>“IDDSI makes clinical practice so much faster and more efficient. Assessment can focus on the bigger picture rather than testing a variety of individual menu items because IDDSI emphasizes the similarities in characteristics of foods and drinks. Also, communication with our Care Teams and other care facilities is quicker since everyone knows exactly what is meant when using the standardized IDDSI terminology.”</p> <p><b>Ellen Andrews, SLP, Bruyère Continuing Care Facility in Ottawa, ON.</b></p>
INDUSTRY PERSPECTIVE	MEAL SERVICE PERSPECTIVE
<p>“We don’t spend any time discussing and debating “how thick is thick?” anymore. IDDSI’s standardization and testing methods save so much time for us and our customers.”</p> <p><b>John Holahan, Simply Thick LLC in St. Louis, MO.</b></p>	<p>“Creating texture-modified menus has become easier and faster with the IDDSI framework. Meal service is more streamlined as well because of the standardization of the diets. This means more time to focus on pleasurable dining!</p> <p><b>Deborah Martinussen, RD, Aramark Canada in Mississauga, ON.</b></p>

The International Dysphagia Diet Standardization Initiative (IDDSI) and the Canada IDDSI Reference Group are delighted to announce that we are hosting our first annual Canadian IDDSI Festival on Thursday, October 26, 2023, at Humber College in Toronto, ON. This event is an ideal opportunity to network, discuss best practices and learn about innovations to support IDDSI implementation in Canada. The event is open to everyone who supports and implements the IDDSI framework. Reserve your tickets before September 15, 2023, to take advantage of the early bird rates: [Get Canada Tickets here](#)



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