Sunrise Senior Living Celebrates Excellence in Dining with Fourth Annual Taste of Sunrise Event

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Public Invited to Sample Nutritious and Delicious Home-cooked Meals

MCLEAN, Va.--(BUSINESS WIRE)--Sunrise Senior Living is pleased to announce that this year’s Taste of Sunrise celebration will be held during the week of March 9 – 15 throughout its nearly 300 communities across the U.S., Canada and the United Kingdom. Prospective residents and their families are invited to join Sunrise communities and enjoy home-cooked meals, tour dining rooms and meet Sunrise’s culinary professionals—all to get a taste of Sunrise’s everyday commitment to excellence in dining.

“We've created a unique menu that provides residents with flavorful, nutritious foods especially created to meet the dietary needs of each individual senior,” said Tim Whelan, vice president of Dining Services for Sunrise. “Taste of Sunrise is the perfect way to celebrate our commitment to championing a healthful, enriching dining experience for all seniors. Sunrise believes that delicious meals and inviting dining rooms are the perfect way to promote friendships and meaningful social interactions among residents, and to make them feel even more at home.”

Taste of Sunrise events during the week of March 9 – 15 will feature Sunrise community culinary professionals and highlight residents’ favorites and regional fare through a variety of offerings, including community brunches, holiday-themed meals, cooking demonstrations, informational sessions and more.

Sunrise prepares each meal from scratch with the freshest local and seasonal ingredients, such as California Eggs Benedict [4], a healthy twist on the original recipe created by the Sunrise of Carmichael (CA) Dining Services team. Communities offer a mouth-watering selection of classic favorites, regional dishes, resident-suggested selections and new flavors from around the world.

“We are proud to provide our residents with food that is not only healthy and delicious, but also brings them happiness and comfort as well as supports local economies,” said Caitlin Rogers, national director of Dining and Nutrition Services. “We hope that more families than ever before will join us at Taste of Sunrise to celebrate good food, family and friends in our communities.”

Event attendees will receive a complimentary copy of the fourth annual Sunrise Recipes from the Heart cookbook. To find a Taste of Sunrise event at a community near you, visit SunriseSeniorLiving.com/Taste [5]. To learn more about cooking for seniors, download the Taste of Sunrise infographic: The 5 Key Ingredients For Senior Dining and Nutrition [6], or A Look at the Sunrise Signature Dining Menu [7], and visit Sunrise’s Food Blog, Senior Eats® [8].

About Sunrise Senior Living

Sunrise Senior Living, a McLean, Va.-based company, employs approximately 29,000 people. As of January 1, 2014, Sunrise operated 290 communities in the United States, Canada and the United Kingdom, with a unit capacity of approximately 26,400 units. Sunrise offers a full range of personalized senior living services, including independent living, assisted living, care for individuals with Alzheimer's disease and other forms of memory loss, as well as nursing and rehabilitative services. Sunrise's senior living services are delivered by staff trained to encourage the independence, preserve the dignity, enable freedom of choice and protect the privacy of residents. To learn more about Sunrise, please visit SunriseSeniorLiving.com [9].

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