



Food and Drink

Strategy 2019-2021

Our food and drink strategy aims to support and promote improvements in nutrition and hydration by addressing:

- Our patients' nutrition and hydration needs;
- Healthy eating choices for all the Trust's communities; and
- Sustainable procurement for our food, retail and catering services.

Our food and drink strategy:

Supports the Trust's vision to be a 'first class provider of sustainable healthcare services, delivering the best possible care to our patients and staff and being a great place to work for our people'.

Is underpinned by recommendations from national guidance - and the ambitions set out in our Quality, Clinical Services and People Strategies.

Will be delivered and monitored by our strategic and operational nutrition and hydration groups - to ensure its ambitions are achieved.

As a hospital we are required to meet the Hospital Foods Standards Panel's Report five food and drink standards, which are included in the NHS contract. This requires meeting a range of criteria:

For our patients

- 10 key characteristic of good nutritional care
- Nutrition and Hydration Digest
- Malnutrition Screening Tool (MUST) recommendations

For our staff and visitors

Healthier and More Sustainable Catering

For our patients, staff and visitors

Government Buying Standards for Food and Catering Services

Our ambitions

Ambition 1 - Nutritional care for our patients

To meet the ten key characteristics we will:

1. Screen all patients to identify nutritional risk and ensure actions are progressed and monitored.
2. Together with each patient, create a nutrition and hydration care plan enabling them to have choice and control over their own nutritional care and fluid needs and meet their individual requirements.
3. Provide specific guidance on food and beverage services and other nutrition & hydration care in their service delivery and accountability arrangements.
4. Involve people using care services in the planning and monitoring arrangements for food service and drinks provision.
5. Provide all food and drink with assistance (if required) in an environment conducive to patients being able to eat and drink (Protected Mealtimes).
6. Provide all staff and volunteers, role specific training, to ensure they have the knowledge, skills and competencies required to meet the nutrition and fluid requirements of patients.
7. Provide nutrition and hydration facilities and services that are flexible and patient centred, 24 hours a day, every day.
8. Develop patient centred, performance managed nutrition and hydration policies in line with local governance, national standards and regulatory frameworks.
9. Provide food, drinks and other forms of nutrition and hydration care safely.
10. Adopt a multi-disciplinary approach to nutrition and hydration care, valuing the contribution of and working in partnership with patients, carers and volunteers

We will make sure that we:

Improve the experience of mealtimes for all our patients

Reduce the patient harms that can be associated with eating and drinking



Ambition 2 - Improving health outcomes for our patients, visitors and staff through the food and drinks services and the support and information we provide

This will include promotion of 'heathy eating' and 'eating for health' for individuals requiring nutrition support or who have therapeutic dietary requirements.

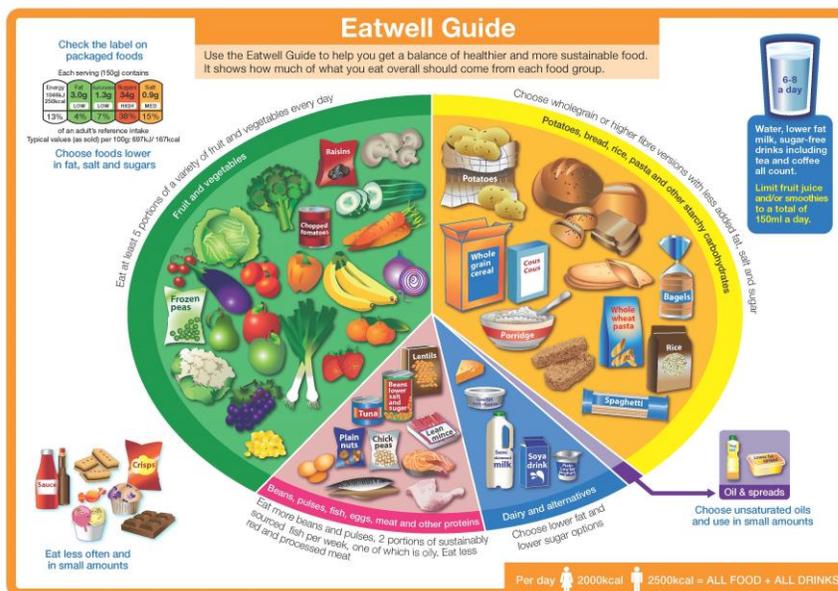
We will meet:

The healthy food for NHS staff, visitors and patients CQUIN standard and NHS England's reduction in the sales of sugar sweetened beverages (SSBs) on NHS premises

Ambition 3 - Providing sustainable food and drink for our patients, staff and visitors that support the government buying standards, social and environmental aims, while delivering value for money.

To help us achieve this ambition we will:

Ensure that local, fresh healthy produce is available and sourced from local suppliers and that we have waste streams in place that reduce the amount of food sent to landfill



The Eatwell Guide

The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week. The Guide is an important element in the ambitions of our Food and Drink Strategy.