



# Developing a Food and Drink Strategy

## A facilitated workshop and support package for NHS Trusts

**The Soil Association's Food for Life team has created a new offer for NHS Trusts to support the development of a Food and Drink Strategy. Through the NHS Standard Contract for 2015/16 all NHS Trusts must develop and maintain a Food and Drink Strategy, in line with the recommendations of the Department of Health's Hospital Food Standards Panel report.**

The Food for Life team has been working closely with leading NHS Trusts (Bart's Health NHS Trust, South Warwickshire NHS Foundation Trust and Calderdale and Huddersfield NHS Foundation Trust) to develop a multi-disciplinary approach and framework of criteria to underpin the development of a Food and Drink Strategy. The Soil Association was represented on the **Hospital Food Standards Panel** and all its expert reference groups, and the work with SWFT was profiled in a case study in the panel's report. This work builds on the success of the evidence-based Food for Life Partnership model, which was developed with support from the Big Lottery Fund, and is widely commissioned by public health teams and CCGs to deliver a **'whole setting approach'** to changing food systems and behaviours. The Soil Association's Food for Life Catering Mark, which has been widely taken up by NHS Trusts, is cited as a benchmark in **CQUIN 294 on Improving Hospital Food** and incorporates the mandatory Government Buying Standards on nutrition.

### What does support package include?

The workshop and support package are aimed at key senior staff engaged in the key areas identified in the Hospital Food Standards Panel report. The workshop is facilitated by the Soil Association and the delivery team includes a facilitator and expert presenter from the Food for Life team. The package includes:

- ✓ **Pre-workshop meeting** at a hospital site to ensure the workshop material is tailored to Trust needs and participants, and to build impressions of the visitor food and drink experience.
- ✓ **Pre-workshop review** of the Trust's food-related data including existing food and drink policy, the Trust's latest annual report and nationally reported catering data. The review will include written feedback and top level analysis against the requirements of the Food and Drink Strategy.
- ✓ **Half-day workshop** with a lively mix of presentations, facilitated discussions and group exercises.
- ✓ **Post-workshop report** on the key issues raised in the workshop.
- ✓ **Post-event meeting or conference call** to discuss the report and identify next steps.



## What are the outcomes?

By the end of the support package **the Trust** will have:

- A pre-workshop review of selected Trust food-related data including written feedback and top level analysis against the requirements of the Food and Drink Strategy.
- A group of key Trust stakeholders fully briefed on the policy context, on best practice examples and who have engaged in developing themes for inclusion in a Food and Drink Strategy.
- A post workshop report on the key action points and areas of agreement from the workshop, with a gap analysis of further inputs needed.
- An agreed set of internal Trust 'next steps', refined via a post-workshop meeting/call.

By the end of the workshop **participants** will have:

- A clear understanding of the policy context and rationale for developing a Food and Drink Strategy.
- An insight into the 'food journey' of patients, staff and visitors within the Trust.
- An introduction to the Food for Life Hospital Leaders framework that can support the Trust in the development of a Food and Drink Strategy.
- An overview of current practice and areas for development through a Food and Drink Strategy.
- An agreed set of next steps and an understanding of their role and potential contribution.

## How does it work, and what does it cost?

The Food and Drink Strategy package costs £4,500 +VAT, not including travel and overnight expenses. It can also be delivered as part of a longer programme of support tailored to a Trust's needs through our Food for Life Hospital Leaders Circle. If Circle membership is taken, the Food and Drink Strategy package fee is refundable. We can deliver the workshop to up to 25 participants.

## Who can I contact for more information?

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