

Food for Life Hospital Leaders:

Transforming the food experience for patients, staff, visitors and the wider community

Food for Life Hospital Leaders are committed to becoming health-promoting settings. Good food is integral to excellent patient care and a positive patient experience; it supports recovery and promotes good health in the long term. By providing appetising, nutritious and sustainable meals to patients, staff and visitors, and by making the hospital a consistently health-promoting setting, NHS Trusts can lead by example – showing everyone that good food is the cornerstone of good health.

In developing the Food for Life Hospital Leaders Circle, our expert team, funded by the Big Lottery Wellbeing Fund, has worked with three NHS Trusts to co-develop a framework for health-promoting and sustainable hospital food, and to support the initiatives shared here.

South Warwickshire NHS Foundation Trust:

A multi-disciplinary approach to driving change

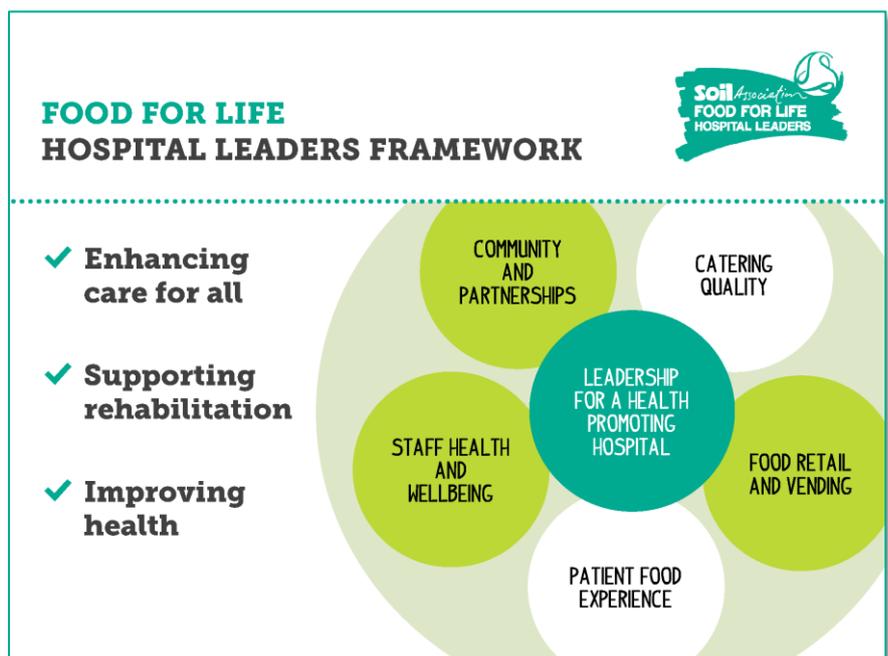
At South Warwickshire NHS Trust, for Chief Executive Glen Burley, improving hospital food is a board level priority. Working with Food for Life, SWFT formed a strong multi-disciplinary steering group to lead the change, headed by Claire Hinds, Associate Director Support Services. Key staff from catering, dietetics, nursing, sustainability and HR are in the group, along with a patient representative, governor and local public health lead.

Drawing on the Food for Life Hospital Leaders framework, the team produced a strong set of principles underpinning the Trust’s commitment to improving food culture across the setting. These principles now form the core of the Trust’s food and drink strategy and will provide a blueprint for SWFT as they move forward.

Focusing on key themes, the Trust has made many positive changes including: introducing communal dining on selected wards; improving staff and visitor catering, including achieving a Bronze Food for Life

Catering Mark; introducing a new daily fruit and veg stall on site; developing a food discharge pack for ‘at risk’ patients; and developing a garden for patients, staff and visitors. Future plans include scoping opportunities to make vending an integrated part of food service, ensuring staff have access to healthy food choices 24 hours a day.

Claire Hinds, Associate Director Support Services, highlights the benefits: *“The Food for Life expert team has helped the Trust engage key staff and develop new approaches around food that we are really proud of. Food for Life is a great forum for sharing and learning from other Health Care Trusts committed to health promotion through food.”*



Calderdale and Huddersfield NHS Foundation Trust: Clinical Commissioning Group support for food improvements



Improving patient and staff experience of food is a top priority for Calderdale and Huddersfield NHS Foundation Trust and Calderdale Clinical Commissioning Group. Working with Food for Life and through targeted CQUIN goals for food improvement, the Trust has worked with its dietitians, caterers and nursing staff driving up patient experience, enhancing patient choice, and improving food for staff and visitors.

Working closely with ISS (caterers in Calderdale Royal Hospital), the new Food for Life Catering Mark certification in the staff and visitor restaurant ensures that food is prepared using fresh ingredients which are free from undesirable additives and trans fats, are better for animal welfare, and comply with national nutrition standards.

In looking beyond the Trust to support vulnerable older people in

the community and reduce hospital admissions, a 'Care to Cook?' training programme has been developed by Focus on Food, Food for Life National Partners. Targeted at domiciliary care workers, this training will build skills around producing nutritious food and supporting hydration when in clients' homes.

"Working with the Food for Life framework highlighted the importance of food beyond the Trust. The 'Care to Cook?' training for domiciliary care workers will provide support for those most in need in the community: the vulnerable elderly. Providing nutritious food for the elderly in their homes not only supports health and wellbeing, but should reduce hospital admissions over time" said Lesley Hill, Director of Planning, Performance, Estates and Facilities, Calderdale and Huddersfield NHS Foundation Trust.

Barts Health NHS Trust: Building the evidence base around vending

For Trevor Payne, Director of Estates and Facilities at Barts Health NHS Trust, *"the Food for Life Partnership pilot offers a framework and a mandate to get things done"*. In early steering group meetings, the Trust identified vending as a key area in need of aligning with public health messages. As a result, Barts is conducting a 12-week trial at the Royal London Hospital on vending.

The trial uses what's known as an 'across-the-board' system, in which products are ranked according to a range of positive and negative nutritional values. Consumers can see how products rank via a red, amber or green sticker. Higher ranking products have been more prominently positioned, and lower ranking options have been replaced.

Barts is working to make healthy food choice the norm, especially in 24 hour clinical care areas. Results will be publicly available at the end of the trial.

Join the Food for Life Hospital Leaders Circle for expert support and best practice sharing with other leading trusts.

To find out more, visit www.foodforlife.org.uk/hospitals or email Dr Susannah McWilliam, Programme Manager, Food for Life Hospital Leaders, smcwilliam@soilassociation.org.