

## Our Vision for Food

The Trust has developed the following vision regarding food and drink. All Trust services relating to food and drink, the supporting education and promotional activities are measured against this.

### Leadership for a Health Promoting Setting

Senior managers in the Trust will support the implementation of a food and drink strategy. This will describe our 'whole hospital approach' to food and drink and how we will meet local and national targets.



Figure 1: We presented our work at the Trust AGM

They will ensure we comply with mandatory standards and develop an action plan to make continuous improvement towards the goals of our food & drink strategy.

We will work with partners including patients, carers, staff members and visitors to ensure that the food experience in our hospitals consistently supports the health and wellbeing of all and that this is marketed positively.



Figure 2: A display at a Trust public meeting

### Catering for Health & Sustainability

Promote the economic, social and environmental wellbeing of the local area through the food we buy.

Ensure that all staff who are employed to purchase, prepare, cook and serve food are competent, appropriately trained and committed to provide balanced, nutritionally sound, safe, health promoting menu choices.



Figure 3: Staff attending Cooking for Care training

We will ensure that our Catering Service Contractor complies with the Government Buying Standards for Food and Catering. Where meals are cooked on-site, these must achieve the “Food for Life Catering Mark Served Here” at Bronze Standard or higher. The Catering Service Contractor must also meet the standards set by the Warwickshire Heartbeat Award.

### Food retail and vending

Our Catering Service Contractor will provide, support and promote high quality, healthy and safe food for patients, staff and visitors throughout all food outlets, including vending and provision of healthy food 24/7.



Figure 4: Promoting Healthy Choices in the Restaurant at Warwick Hospital

### Patient Food Experience

Ensure there is an enjoyable eating environment on our wards, and ensure patients enjoy their meals without unnecessary interruption. Our Patient Mealtime Experience Policy explains how we will do this.

Ensure all patients are supported to choose appropriate meals, snacks and drinks and be given the necessary support and assistance to eat and drink to meet their varied needs.



Figure 5: Patients dining together



Figure 6: Ward Food Service

Ensure menus are available that promote healthy options and enable patients to make appropriate choices easily while taking account of cultural and therapeutic dietary requirements.

Support rehabilitation of nutritionally 'at risk' patients and their carers while in hospital and when returning into the community, through discharge support that includes food education and cooking skills training.

### **Staff health and Wellbeing**

Support and promote health and wellbeing in the workplace by ensuring that members of staff have round-the-clock access to high quality, healthy and safe food within the hospitals.

Provide information for staff who do not work in hospitals to enable them to make health promoting choices when purchasing food or bringing it in from home.

Provide opportunities for staff to improve their cooking skills and to encourage them to get involved in food growing initiatives on Trust sites.



Figure 7: Give it a Grow Course at Ryton

## Community and Partnerships

We will work with local partners who support these principles. This will include the Patients Forum, local authorities, schools and colleges, community groups and residential and nursing homes. The Trust will invite these partners to work with the Trust to achieve the targets agreed.

We will develop a database of local community organisations and groups available to help vulnerable patients. We will encourage members of the local community to participate in food related activities with the Trust such as gardening, dining companions, helping with volunteer run coffee shops and activities run by partners such as community cafes and food banks.



Figure 8: Volunteers run the out patients coffee bar at Stratford hospital

We will support local food producers.



Figure 9: The chaplains share vegetables they have grown at Harvest Share