



Making hospital food better

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Food for Life Hospital Leaders



Food for life: what do we do?



'Food for Life works with public and private sector leaders to make good food the easy choice for everyone, whoever and wherever they are. We take a whole systems approach to food, changing both the food environment and food culture within which people make their choices'

Food for Life Hospital Leaders:

supporting NHS Trusts to become health-promoting settings, improving the food experience of patients, staff and visitors and benefiting the wider community



Food for Life Catering Mark:

Almost **10 million meals** served in hospitals every year with the Catering Mark



Good food holds the key to healthier people, a healthier economy and a healthier environment.

WHAT DOES 'GOOD FOOD' MEAN?

- ✓ **A healthy and sustainable diet:** LESS high fat/salt/sugar processed food and less but better quality meat, MORE fruit and vegetables, whole grains and sustainable fish.
- ✓ **Quality food you can trust:** more fresh, local, seasonal, sustainable food, with low climate impact and high welfare standards.
- ✓ **Eating together:** more opportunities for social contact through food, building families and communities and tackling loneliness.



Why is sustainable (& health promoting) hospital food important?



Leadership and responsibility

Leading by example

Scale and reach

1.3 million staff, 1.3K hospitals, 150k beds & visitors & outpatients, £500m spend (just patient food), 300m patient meals

(changing) role of health and social care

From treating ill health to promoting health

The cost of doing nothing

The environmental cost

£5.8 billion = the cost to the NHS of diet and overweight/obesity related disease

Malnutrition = increased length of stay, increased costs, poorer clinical outcomes

Food for Life Hospital Leaders Framework



- ✓ **Enhancing care for all**
- ✓ **Supporting rehabilitation**
- ✓ **Improving health**



Board level responsibility for a health promoting (and sustainable) hospital



**LEADERSHIP
FOR A HEALTH
PROMOTING
hospital**



Food and Catering

We are committed to....

- Monitoring and reducing the environmental impacts of the food we serve to our patients and staff

We have....

- Achieved the Silver Food for Life Catering Mark for our patient meals
- Achieved a Silver Fairtrade Award in our staff restaurant in the 2015 Fairtrade Business Awards
- Won the national NHS Sustainability Day Award for Sustainable Food in 2015

We will....

- Working with the Soil Association to develop a Food and Drink Strategy
- Establish the baseline data for food consumption
- Set objectives / targets in line with our Environmental Policy
- Aim for bronze Food for Life Award for our staff meals
- Maintain our Silver Food for Life Award for patient meals
- Maintain our Silver Fairtrade Award in our staff restaurant

Metrics 2015

	Local	%	20.6
	Organic	%	2.3
	Seasonal	%	7.6
	Fairtrade	%	3.5

CASE STUDY: Food for Life Silver Award

We have achieved The Soil Association's Silver Food for Life Catering Mark through the sourcing and provision of locally grown, organic and seasonal food to our patients;

- Sourced food from within 50 miles of Bristol
- Our milk comes from a herd of 350 Holstein Friesians grazing on 500 acres of pasturelands at the family run Gundenham Dairy Farm in Wellington, Somerset
- Our ice cream comes from Marshfield Farm near Bath.
- All our meat is local and farm assured
- All our beef mince for patients is organic
- All our Wiltshire ham is farm assured
- All our cheese is sourced from a local producer in Somerset.
- All our eggs are free range.
- All our fish and fish dishes are sustainably sourced and MSC

Plan - Sustainable Development Management Plan

Sustainable development and carbon management are corporate responsibilities.

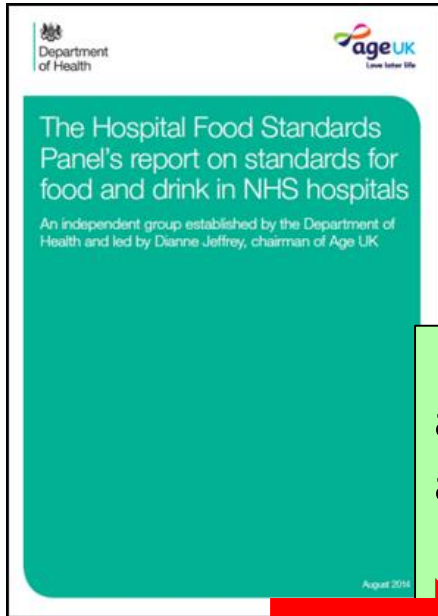
Having a board approved Sustainable Development Management Plan (SDMP) is one of the cornerstones of the Sustainable Development Strategy and it is also an indicator in the Public Health Outcomes Framework.

An SDMP should be based on the right mix of social, economic and environmental factors that are fundamental to creating a sustainable health service.

It is important for organisations to have an SDMP to help meet carbon reduction commitments and make essential efficiency savings.

We have produced a practical guide, below, to help you develop your plans.

Sustainable food in Hospitals: policy drivers



all NHS hospitals must develop and maintain a food and drink strategy, to include:

the nutrition and hydration needs of patients

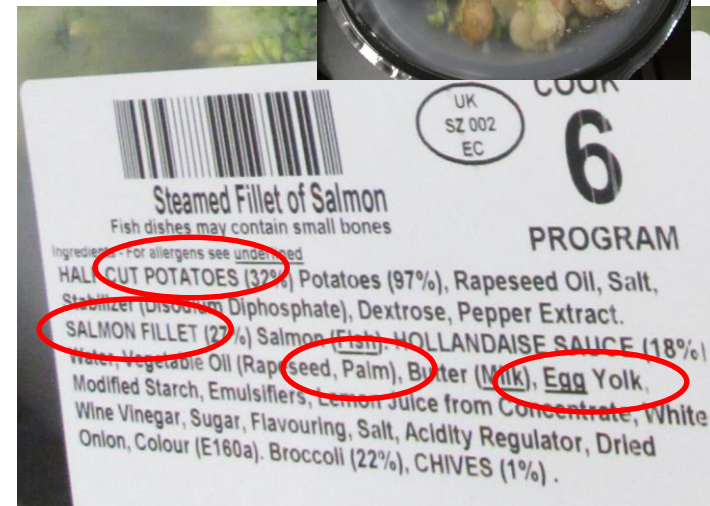
healthier eating for the whole hospital community, especially staff

sustainable procurement of food and catering services

Catering quality



- Meeting nutrition and sustainability standards
- investing in skilled staff



<p>FREE FROM CONTROVERSIAL ADDITIVES</p> <p>Catering Mark meals are free from undesirable additives, sweeteners, colouring and artificial trans fats.</p> 	<p> SEASONAL</p> <p>Menus are designed to make the best use of seasonal ingredients.</p>	<p> 75%</p> <p>of meals are freshly prepared.</p>
<p>£3 RETURN ON EVERY £1 SPENT</p> <p>The Catering Mark means buying local wherever possible, which can deliver a return on social investment of over £3 for every £1 spent in the form of local food production jobs.</p>	<p> SUSTAINABLE</p> <p>We never use fish on the Marine Conservation Society 'fish to avoid' list.</p>	<p>FARM ASSURED</p> 
<p>EVERY EGG IS A FREE RANGE EGG</p> <p>All eggs on the Catering Mark menus come from hens which live in free range systems, meaning they have access to the outdoors, where they can exhibit natural behaviour.</p> 		

Catering Mark in a nutshell....



Three levels of award:



Rewarding food that is:

Freshly prepared

Free from trans fats

Ethically sourced

Sustainable

Enabling healthier food choices

With extra marks for:

Using organic ingredients

Championing local producers

Sourcing from other accredited schemes

Catering Mark in hospital settings



- Over 40,000 Catering Mark meals served daily
- 41 Catering Marks in total for patient, staff and visitor food
- Spending **£538k p/a on organic food**
£100k p/a on MSC-approved fish
£169k p/a Free Range produce



Procurement for social value



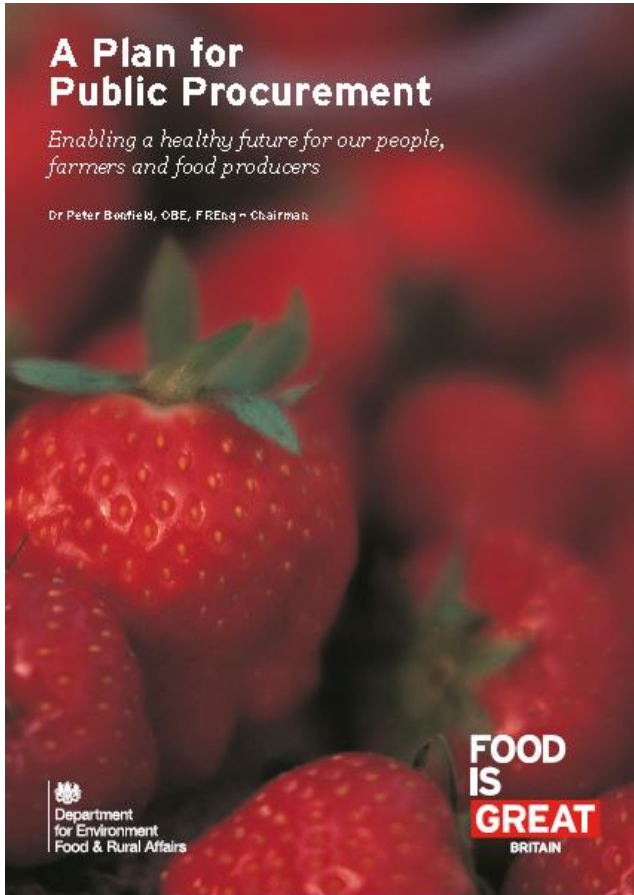
The **Public Services (Social Value) Act** requires public authorities – including local authorities and the NHS - to have regard to economic, social and environmental well-being in connection with public services contracts.

The authority must consider

- (a) how what is proposed to be procured might improve the economic, social and environmental well-being of the **relevant area**, and
- (b) how, in conducting the process of procurement, it might act with a view to securing that improvement.

**PUBLIC
SERVICES
(SOCIAL VALUE)
ACT 2012**

The plan for public procurement



Food Waste

Figure 8. Estimated [redacted] main meal waste results for 2014/15⁹

Hospital	Total in-patient main meals requested in 14/15 (no.)	Estimated total meal wasted (no.)
All [redacted] hospitals	811,209	78,574



Improving patient food experience



Ensuring multi-disciplinary support for patient-centred meal times



providing rehabilitative
cooking and growing skills



Making the healthier choice the norm

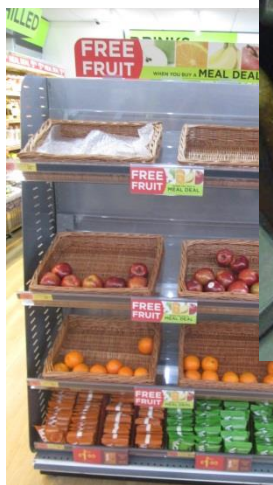
**FOOD RETAIL
AND VENDING**



Making the healthier choice the norm

FOOD RETAIL
AND VENDING

Medium chai latte & chocolate muffin
= 91.2g added sugar
= 3x recommended daily added sugar intake (NHS Choices)



WHSmith



Making the healthier choice the norm: all change... the new CQUIN!



1b. Healthy food for NHS staff, visitors and patients

Indicator	
Indicator name	Healthy food for NHS staff, visitors and patients
Indicator weighting (% of CQUIN scheme available)	33.3% of 0.75% (0.25%)
Description of indicator	<p>Part a</p> <p>Providers will be expected achieve a step-change in the health of the food offered on their premises in 2016/17, including:</p> <ul style="list-style-type: none"> a. The banning of price promotions on sugary drinks and foods high in fat, sugar and salt (HFSS)¹. The majority of HFSS fall within the five product categories: pre-sugared breakfast cereals, soft drinks, confectionery, savoury snacks and fast food outlets; b. The banning of advertisement on NHS premises of sugary drinks and foods high in fat, sugar and salt (HFSS); c. The banning of sugary drinks and foods high in fat, sugar and salt (HFSS) from checkouts; and d. Ensuring that healthy options are available at any point including for those staff working night shifts. <p>CQUIN funds will be paid on delivering the four outcomes above. In many cases providers will be able to achieve these objectives by renegotiating or adjusting existing contracts.</p> <p>Part b</p> <p>Providers will also be expected to submit national data collection returns by July based on existing contracts with food and drink suppliers. This will cover any contracts covering restaurants, cafés, shops, food trolleys and vending machines or any other outlet that serves food and drink.</p> <p>The data collected will include the following; the name of the franchise holder, food supplier, type of outlet, start and end dates of existing contracts, remaining length of time on existing contract, value of contract and any other relevant contract clauses. It should also include any available data on sales volumes of sugar sweetened beverages (SSBs).</p>

Improving staff health and wellbeing



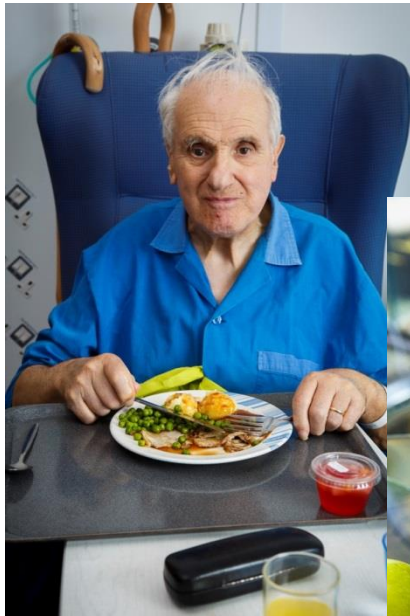
Involving and benefiting the wider community

COMMUNITY
AND
PARTNERSHIPS



Involving the community
and volunteers in supporting
food





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