

# A partnership approach to developing minimum nutritional standards for catering in Health and Social Care

for staff and visitors in Northern Ireland.

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# Minimum nutritional standards for catering in health and social care

For staff and visitors across all catering and retail outlets and vending

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The British Dietetic Association (BDA) and Hospital Caterer's Association (HCA) fully endorse the implementation of these new Minimum Nutritional standards for catering in health and social care.

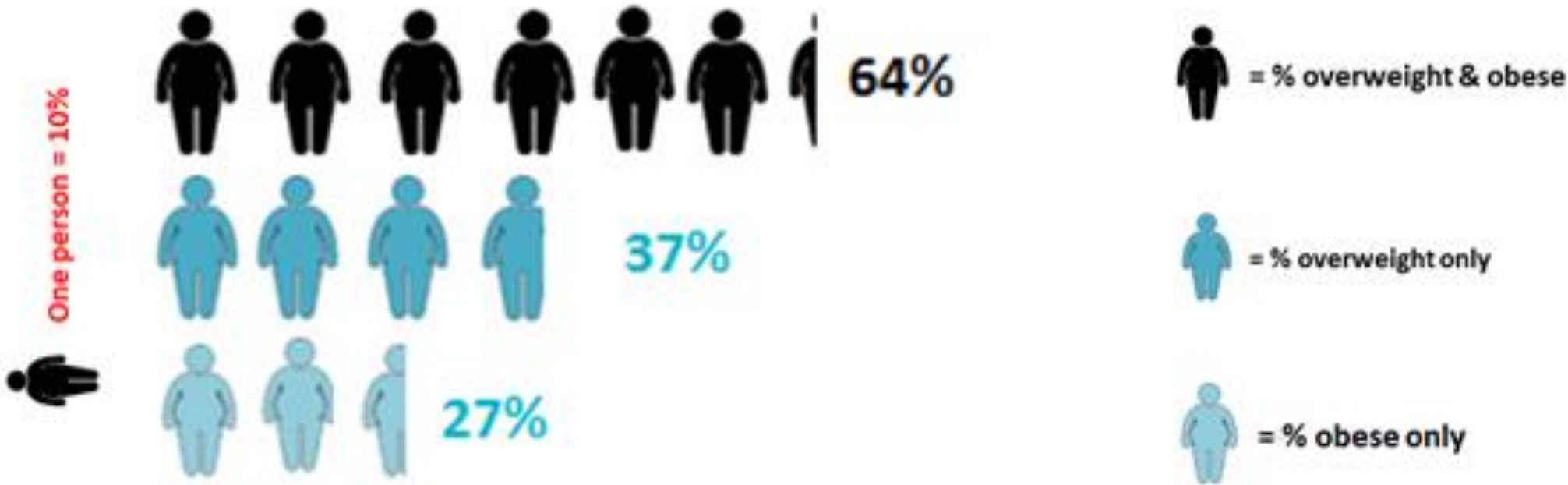


Food is the best form of medicine

*Your Health and Wellbeing*

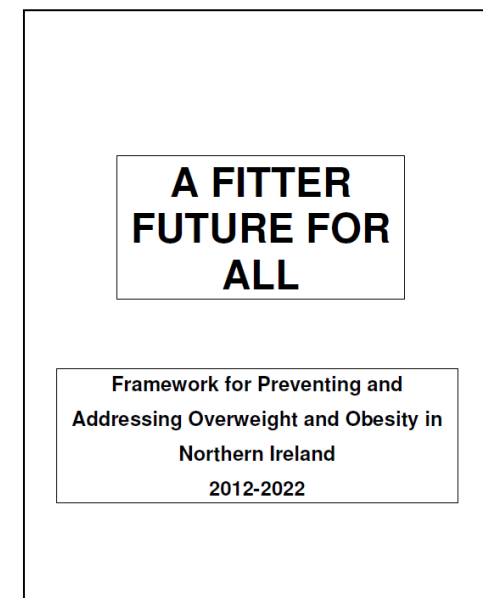
# Introduction - obesity rates

2017/18



# Strategic context

## A Fitter Future for All



*‘Minimum Nutritional Standards developed for all public sector procurement of food and drink’*

By 2022

# Partnership



Food  
Standards  
Agency  
food.gov.uk



*Improving Your Health and Wellbeing*

# Review of other standards

## England –

- Government Buying Standards for Food and Catering Services
- Healthier and More Sustainable Catering: a toolkit for serving food to adults

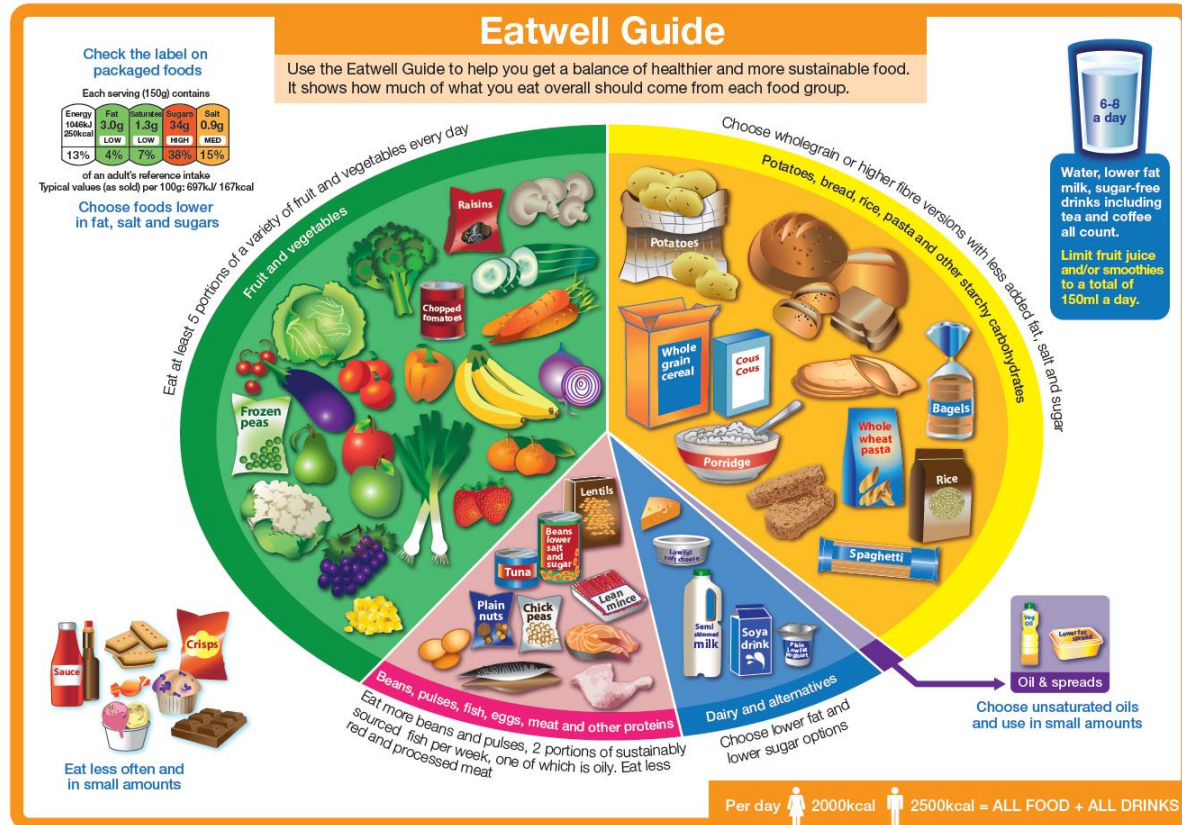
## Scotland –

- Scottish Government and NHS Health Scotland's Healthy Living award

## Wales –

- Supporting Healthy Food and Drink Choices for Staff and Visitors in Hospital
- Corporate Health Standard: a quality Framework and Award for Health and Wellbeing in the Workplace

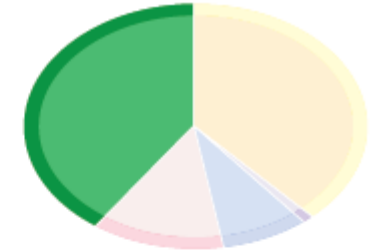
# Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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## Fruit and vegetables



### Minimum standards

- At least five different types of fruit and vegetables must be available every day.
- A minimum of two vegetables must be served at each main meal service.\*
- Any canned vegetable products must meet UK wide salt targets for industry. [https://www.food.gov.uk/northern-ireland/nutrition/salt-ri/salt\\_targets](https://www.food.gov.uk/northern-ireland/nutrition/salt-ri/salt_targets)
- At least 50 per cent of desserts produced or procured must contain a portion of fruit, which can be fresh, canned in fruit juice, dried or frozen.\*
- A portion of fruit must be cheaper than a portion of hot or cold dessert.\*
- Pies, casseroles, stews and other composite dishes such as Bolognese sauce or curry must include a total of at least one portion of vegetables or fruit (this could be from a number of different fruits or vegetables).\*
- When offering fruit or vegetable juice or smoothie use the smallest available pack size. This is because only one 150 ml serving of fruit or vegetable juice or smoothie per day can be counted as a portion of 5-A-Day.
- Salad dressings must be offered 'on the side' for at least one salad option at each service.

### What foods are included

- Fresh, frozen, tinned, juiced and dried fruit.
- Fresh, frozen, tinned and juiced vegetables.
- Unsweetened 100 per cent fruit and vegetable juices (limited to one 150 ml serving per day, which counts towards the recommended 5-A-Day).
- Beans and pulses are also included but only count as a maximum of one portion per day.

### Tips on choosing

- Choose tinned fruit in juice rather than in syrup.
- Choose tinned vegetables and pulses in water, with no added salt or sugar.
- When buying vegetables choose those with no added sauces, salt or fat.
- When procuring fruit and vegetables buy a range of different types and colours to provide a variety of nutrients.
- Buy desserts that contain at least 80 g of fruit per portion.
- When buying composite dishes purchase those that provide at least 80 g fruit or vegetables per serving.
- Promote the use of fresh and seasonal fruit and vegetables.
- When buying fruits and vegetables grown abroad consider fair trade options.

# Progress to date

- ✓ Baseline audit
- ✓ Assessment of availability
- ✓ Menu review and calorie information
- ✓ Fruit loyalty scheme
- ✓ Engagement with staff + training





# Progress to date (cont.)

- ✓ Innovation Lab (DoF) – behaviour change research
- ✓ Current pilot in 3 local councils (funded by FSA)

# Challenges

- product availability
- procurement and
- perceived risks to profitability



# Plans for the future

- Continue with implementation within HSC
- Learning from the Councils pilot
- Potential expansion across the wider public sector

# Contact details

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