

The magazine cover features a dark grey central panel with food-related images around it. At the top, there are three nests of fusilli pasta on a wooden surface. To the left, a wedge of blue cheese sits on a piece of parchment paper. At the bottom left, several red cherry tomatoes are visible. At the bottom right, there are farfalle (butterfly) pasta pieces. The title 'food standards sense' is written in a large, light grey, sans-serif font across the middle of the dark panel. Below the title, the date 'APRIL 2015' is printed in a smaller, green, sans-serif font. On the right side of the cover, there are three black rectangular boxes, each containing a title in a different color (pink, green, and orange) and a subtitle in white. The background of the entire cover is a wooden surface.

# food standards sense

APRIL 2015

## BDA NUTRITION & HYDRATION DIGEST

Improving Outcomes through Food and Beverage Services

## HOSPITAL FOOD STANDARDS

High quality nutritional care

## GOVERNMENT BUYING STANDARDS

Healthier, more sustainable catering principles



# Hospital Food Standards Compliance – England

Tillery Valley is committed to supporting our clients in the provision of high quality nutritional care. The Hospital Food Standards Panel (HFSP) report on standards for food and drink in NHS hospitals (August 2014) identified a number of standards which, when applied, will focus on the continuous improvement of the food procurement and catering services that are provided to patients, staff and visitors.

The HFSP clearly differentiates between the food and drink needs of hospital patients and those of staff and visitors. The report was clear and stated;

“**what mattered most was that patients, staff and visitors had access to food and drink that was delicious, wholesome and acceptable to them.**”

The report went on to say, “it is not enough for hospitals to deliver food that meets the letter of the standards, if its flavour and presentation are poor. To truly meet the expectations of the panel, it must taste good as well” A legacy of the HFSP is the ongoing improvement of all aspects of patients’ overall food and drink experience, to help and encourage them to eat and enjoy their food, thereby benefitting from the nutrition and well-being it provides.

All NHS Trusts have a responsibility to develop and implement a robust Food and Drink Strategy that is customised to their ambitions for their own patient, staff and visitor population whilst being underpinned by sound buying standards. It is expected that full compliance with the standards will be achieved through a period of transition and is a plan for service improvement, as even the best food and drink services have ‘wiggle room’ for development. A Trust Food and Drink Strategy should be Board-led and involve the input and buy-in of the whole multi-disciplinary team – e.g. a mix of nursing, clinical staff and therapists, ward staff, facilities, portering, catering, dietitians etc.

The Standards are about the whole food and drink chain from source to consumption. Whilst there can be a tendency to focus on the starting point – food and drink provenance and safety – taking a view of the holistic service is essential, including the actual presentation to patients: the Last 9 Yards.

For the purpose of this document, of the five standards identified within the report, the ones that are most applicable to the food services that Tillery Valley supplies are:















# Government Buying Standards (GBS)


These standards apply to all hospital catering; however the nutrition aspects (section B) are most applicable to staff and visitor catering, together with the Healthier and More Sustainable Catering Principles (Public Health England).


Patient catering must be balanced with the requirements of the BDA Digest, where the standards for nutritionally vulnerable patients are outlined.

Your hospital population relies on you, the catering team, to buy, prepare and serve food on their behalf. You and your suppliers are required to make sustainability a key feature of your total food and drink service. The GBS consists of both mandatory and best practice standards.




As your supply chain partner, Tillery Valley Foods (TVF) can demonstrate compliance on your behalf. The mandatory standards are detailed opposite and over the next page.

A. PRODUCTION, PROCESSING AND DISTRIBUTION		
1. Production Standards	All TVF products meet UK legislative standards for food production.	
2. Traceability of fresh, chilled and frozen products	In accordance with UK legislation, TVF has systems in place to ensure traceability of fresh, chilled and frozen products.	
3. Authenticity	TVF has systems in place to check the authenticity of products and the integrity of its supply chain.	
4. Origin of meat and dairy	Information on the origin of meat and dairy products is available.	
Animal Welfare		
5. Animal Welfare	All food supplied by TVF has been produced in a manner that is compliant with all UK legislative standards for animal welfare.	
6. Eggs	All egg products supplied by TVF are produced using British 'Lion Quality' eggs sourced only from UK farms that do not use any conventional cages.	
Environment		
7. Higher environmental production standards	At least 10% of the total monetary value of TVF's raw materials are procured to higher environmental production standards, including: Integrated Production, Integrated Farm Management or Organic standards.	
8. Palm Oil	All palm oil used in TVF products is sustainably produced.	
9. Fish	All fish supplied by TVF are demonstrably sustainable with all wild caught fish meeting the FAO Code of Conduct for Responsible Fisheries.  TVF is certified to the Marine Stewardship Chain of Custody Standard and all fish are included within the Marine Conservation Society (MCS) 'Fish to Eat' List. No endangered species of fish as listed on the MCS 'Fish to Avoid' list are used by TVF.	
Variety and Seasonality		
10. Seasonal produce frozen products	Local menus should be reviewed and designed to reflect UK growing season with in-season produce being highlighted on menus.	




 TVF is fully compliant on your behalf

 This requires review and action at a local unit level



B. NUTRITION		
11. Reducing Salt	All TVF vegetables, rice, pasta and potatoes are cooked without salt.	
	Salt is not available on tables.	u
	At least 50% of meat products, soups, meal centres (ready meals) and sandwiches within the TVF portfolio meet Responsibility Deal 2017 salt targets.	
	Customers are required to review their menus to ensure the 50% of product in the above categories is achieved with their local offers.	u
12. Increasing fruit and vegetable consumption	50% of the volume of desserts available is based on fruit – fresh, canned in juice, dried or frozen.	u
	A portion of fruit is cheaper than a portion of hot /cold dessert.	u
	Meal deals include starchy carbohydrate, vegetables and 1 portion of fruit.	u
13. Reducing Saturated Fat	Local procurement volumes and menus to be assessed. 50% of hard yellow cheese served locally should have maximum fat content of 25g/100g.	u
	75% of TVF meals contain less than 6g of saturated fat per portion. While TVF cannot govern local menu choices, support can be provided for menu planning to ensure appropriate meal accompaniments are included. Full product information provided by TVF in Real Time Technical to allow informed menu planning decisions to be made.	
14. Cereals	At least 50% of breakfast cereals (by volume) are higher in fibre (>6g/100g) and do not exceed 22.5g/100g total sugars.	u
15. Fish	Local menu planning required to ensure fish is offered at the appropriate frequency.	u

The GBS nutrition standards are most applicable to staff and visitor catering. The nutrition standards for patients should comply with the requirements of The BDA Nutrition and Hydration Digest (see table above).

C. RESOURCE EFFICIENCY		
16. Water	Tap water visible, freely available and promoted. Bottled water is not included in the hospitality menu.	u
17. Reducing Landfill	Recycling facilities to be available to staff and customers for cans, bottles, cardboard and plastics.	u
	In 2014 TVF achieved a 32% reduction in waste disposed to landfill.	
18. Food Waste	TVF is certified to the BS EN ISO14001:2004 environmental management standard with a program of continuous improvement through environmental performance indicators for food waste, landfill and hazardous waste. The waste recycling rate is consistently above 88% with food waste directed to anaerobic digestion.	
19. Energy management	TVF has an energy management policy with annual improvement objectives as part of its ISO14001 certification.	
20. Catering equipment	GBS for catering equipment must be met. Requirements relating to kitchen taps within client locations.	u
21. Paper Products	GBS for paper products to be addressed locally, if applicable.	u
D. SOCIO-ECONOMIC		
22. Ethical Trading	At least 50% of tea and coffee to be fairly traded.	u
23. Inclusion of SME's	Opportunities to be provided at local level for SME's to tender for food-related contracts.	u
24. Equality and diversity	TVF has a policy of ensuring equality and diversity and is compliant with all requirements of the UK Equality Act 2010. TVF operates under a sustainable and ethical procurement policy and our supply chain partners are committed to the same terms and ethical principles of fairness, openness and transparency.	

 TVF is fully compliant on your behalf      **u** This requires review and action at a local unit level



# BDA Nutrition & Hydration Digest

## Improving Outcomes through Food and Beverage Services

**STANDARD:**

Day Parts Approach to set levels of calories and protein intakes for trust population across the day as defined by trust food and drink strategy.

**NOTES:**

Product Development nutritional standards set by TVF registered dietitians to ensure all dishes and meals will be a good fit in any of your menus. These include:

- Minimum of 15g protein per meal (including vegetarian)
- ▶ Entrée contribution 11-12g protein
- ▶ Starch and vegetable together 3g protein
- ▶ Plus a nourishing soup and hot dessert 23g protein total for nutritionally vulnerable

Complete nutrition and allergen info on easy to use RTT (Real Time Technical) spreadsheet provided to all clients with summary information included in dish brochures to enable easy MDT menu planning.

- Menus underpinned by Eatwell plate.

**STANDARD:**

Diet coding for the span of patients covering nutritionally well to nutritionally vulnerable.

**NOTES:**

TVF's Balanced Choice (BC) and Energy Dense (ED) codes aligned with Digest and TVF portfolio contains a good span of meals and dishes with plenty of choice in all categories.

- Site menus to reflect this span of choices aligned to patient population and Trust Food and Drink Strategy.

**STANDARD:**

Other major dietary requirements catered for.

**NOTES:**

Balanced Choice' code covers meals suitable for people managing diabetes, hyperlipidaemia, weight and blood pressure.

Gluten Free coded items are tested for less than 20ppm gluten.

CHO given along with sugar and added sugar to enable different styles of diabetes dietary management.

Nutrient data pertinent to renal patient management is fully provided in RTT in line with current advice from BDA Renal Nutrition Group.

TVF dietary codes condensed to support keeping these to a minimum on patient menus, so as to avoid any confusion from information overload.

**Key codes**

- ▶ Higher energy
- ▶ Healthier eating

**Helpful codes**

- ▶ Easily chewed
- ▶ Suitable for lacto-vegetarians

**STANDARD:**

Compliance with EU regulations


**NOTES:**


Nutrition and health claims, gluten free and allergens legislation.



# Other HFSP compliance requirements...

## 10 Key Characteristics; MUST-style validated tool.

 **HFPS Legacy work:** Texture modified (C, D and E and finger food codings) minimum of C and E.

 **Other points of note from The Digest:**

- ▶ Resourced dedicated catering dietitian liaison /training provision
- ▶ Patient between meal snacks x 2
- ▶ Multi –disciplinary team menu planning
- ▶ Qualitative menu checklist
- ▶ Maxima /minima menu capacity assessment
- ▶ Nutrition-related patient safety
- ▶ Waste policy and monthly systematic audit of waste (poor practice implies that patients are not receiving the nutritional support they need)
- ▶ Hydration good practice (also see HCA Good Practice Guide: Healthcare Food and Beverage Standards and Water UK hydration best practice toolkits)
- ▶ Sustainability considerations must equal nutritional 'best value for money'
- ▶ Food safety – catering management issues can be supported by expertise from the dietitians e.g. specific issues for immune-compromised patients; staff training





# Healthier and more sustainable catering

## - Nutrition Principles, Public Health England

### Here are a few highlights:

- ▶ Ensure food and beverage menus and offers are based on the 'eatwell plate' healthy eating model
- ▶ This approach helps to increase the amount of fibre, vitamins and minerals offered
- ▶ Across the day, work on the following contributions to daily food and nutrient intakes: breakfast 20%; lunch and evening meals 30% each. The remaining 20% taken as snacks.
- ▶ Work with your dietitians to ensure that staff and visitor and vending offers are a good fit with the nutrient-based standards for adults aged 19-74 years
- ▶ Employ appropriate menu planning software
- ▶ With your dietitians look to see if you need to make special efforts to provide for your local workforce who may have particular dietary and cultural requirements; you may want to establish nutrient- and food-based standards for your particular workforce population
- ▶ Trust dietitians may have the resources to analyse menus to ensure they meet your standards – or may be able to facilitate arranging that with a local freelance registered dietitian or nutritionist (there may be a cost)
- ▶ Staff and visitor catering may be a useful tool for attracting CQUIN funding, as you can detail an explicit example and provide clear evaluation
- ▶ Sustainable initiatives that support the local economy may be better realised through staff and visitor food and drink services
- ▶ Volunteer outlets also need to comply with your trust food and drink strategy aspirations
- ▶ Ensure EU allergen information and staff training are current and regularly updated / refreshed in all outlets
- ▶ TVF provide full nutrition and allergen information for all dish ranges to help you plan menus that fit with the 'eatwell plate' model and meet your specific nutritional targets, along with allergen legislation compliance





# Summary of food-based healthy eating guidance for Units

GUIDANCE	NOTES
Provide a plentiful variety of starchy food choices	Provide wholegrain /wholemeal choices and leave skins on where possible.
Provide access to 5 portions of fruit and vegetables over 24 hour period	Provide choices low or free of sugar and salt.
Offer meat, fish, eggs, beans, and other non-dairy sources of protein	Provide low fat and low saturated fat choices. Focus on providing plenty of lower salt choices. Include oily fish choices amongst fish dishes offered at least 1-2 days a week.
Include some milk and dairy products	Offer reduced fat versions.
Ensure fluids are readily available	Adults need 6-8 cups/glasses of water, or other fluid per day (1.2litres) with low sugar varieties available.

