

Food for Life Hospital Leaders: Promoting health and sustainability, and improving the food experience of patients, staff, visitors and the wider community

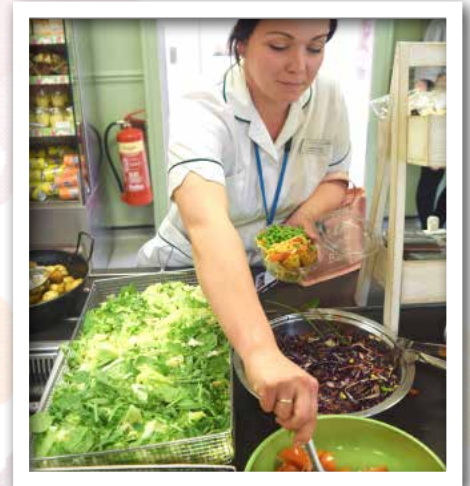


We support and empower NHS leaders with an expert tailored approach that draws on our experience of working with over 40 hospitals and trusts across England. We can work in partnership with you to:

Support staff health & wellbeing

We support trusts to improve staff health and wellbeing by taking the time to understand their challenges; helping them to engage with their staff and partners; and evaluating the impact of recommended changes. Through opportunities such as the **CQUIN support package**, trusts can make changes to ensure that staff have access to healthy food options at all times, building an environment that empowers staff to make positive choices that support their wellbeing.

We also encourage trusts to consider the wider benefits of social prescribing, community gardens and volunteering and the positive impact such initiatives can have on staff health and wellbeing.



Provide ethical, sustainable & fresh food

As well as independently verifying standards, many hospital caterers find that a Food for Life Catering Mark proves to be cost effective alongside the added benefits of providing fresh, sustainable food and being supportive of local businesses.

Food for Life Catering Mark meals are currently served in over 40 hospitals to patients, staff and visitors. Between them they serve over 40,000 meals a day - that's 13.5 million freshly prepared, nutritionally balanced meals a year.



"If the NHS is to properly promote health as well as deal with ill-health, then it must look to the food it provides."

Hospital Food Standards
Panel Report, 2014

www.foodforlife.org.uk

77% of Nottingham University Hospitals NHS Trust's raw ingredient spend is now sourced locally. The trust has found that:
"Switching to local suppliers has been cost neutral and allowed the Trust to invest £2m per year in local sustainable businesses".

Promote leadership & a good food culture

A multi-disciplinary, strategic approach is key to ensuring that hospitals are 'health promoting settings' that benefit the whole community. By consulting on healthy vending and running workshops and seminars on themes and challenges that are important to trusts, such as **making the most of your food and drink strategy**, how to **engage ward-level staff around food** and **reducing food waste**, we support trusts to ensure that the hospital food experience consistently supports the health and wellbeing of all. A number of trusts we have worked with have implemented innovative food schemes for patients and staff, ranging from ward level communal dining to food growing on site, all of which drive towards a whole hospital good food culture.

Share learning & good practice

Our workshops and seminars bring multi-disciplinary staff groups together from numerous hospitals and trusts. This provides an invaluable platform for knowledge exchange and idea sharing. Feedback from a Head of Patient Experience following our **making the most of volunteers workshop** was how useful it had been to be able to "swap ideas and hear how others are dealing with similar issues". One of the key aims of the workshop, which was attended by multi-disciplinary teams from six NHS Trusts, was to share good practice and challenges. Food for Life has links with local authorities, care settings and clinical commissioning groups which places us in an ideal position to create unrivalled networking opportunities, mentoring and peer support for trusts within the **Food for Life Hospital Leaders Circle**.

Influence hospital food policy

Our network of partners and stakeholders within the academic world, third sector and government means we are uniquely placed to support and influence improvements to hospital food. Food for Life Strategy and Policy Director, Joanna Lewis, sat on the **Department of Health's Hospital Food Standards Panel**, a taskforce set up by the government whose report recommended that NHS hospitals develop and maintain a food and drink strategy. Through events run in partnership with **Clarence House** and the **Royal Society of Public Health** we continue to raise awareness by bringing the right people together to talk about the challenges and opportunities around improving hospital food.

We understand that each hospital and trust is unique, so we can tailor our support to your specific needs enabling you to become a truly health promoting setting for the whole community.



"Thanks to Food for Life for being great partners in our drive to make good food our strongest medicine"

Glen Burley

Chief Executive of South Warwickshire NHS Foundation Trust.

Find out more:

- ✓ **Contact:** Dr Susannah McWilliam - Programme Manager, Food for Life Hospital Leaders
- ✓ **Email:** smcwilliam@soilassociation.org
- ✓ **Call:** 0117 314 5180 / 07810 117 652
- ✓ **Visit:** www.foodforlife.org.uk/hospitals