

Thursday, 03 March 2022

[Health and Social Wellbeing Improvement](#)



**For staff and visitors  
across catering facilities  
including retail outlets  
and vending.**

Revised 2022



The Association  
of UK Dietitians

The British Dietetic Association (BDA) and Hospital Caterers  
Association (HCA) fully endorse the implementation of these  
Nutritional Standards in Health and Social Care.

Updated Nutritional Standards have been announced today, designed to make the food on offer for staff and visitors in hospital cafés and restaurants, vending and retail outlets healthier.

The Public Health Agency (PHA), Food Standards Agency (FSA), **safefood** and Health and Social Care (HSC) colleagues have jointly developed and reviewed these Nutritional Standards, so that healthier food choices are available for staff and visitors in Health and Social Care settings.

These Nutritional Standards were first introduced in 2017 and there has been ongoing work and support to implement them over the past five years. The Standards have been updated by an expert panel, taking into account the latest evidence and guidance. This has led to, for example, increasing fruit and vegetables and wholegrains while decreasing the amount of saturated fat, salt and processed meats. In addition to specific guidance for each food group, these now also address the topics of vending and the food environment.

The vending guidelines include recommendations for snacks and confectionery items and ensure all beverages on offer are sugar-free. The food environment standards include recommendations for fresh tap water to be freely available; no salt or sugar to be displayed at tables; and for all confectionery to be removed from the till area.

## Details

Format

A4 PDF, 22 pages

Target group

Health professionals

## Downloads

Attachment	Size
<a href="#">Nutritional Standards Health Social Care 2022-2025.pdf</a>	2.78 MB
<a href="#">Nutritional Standards in Health and Social Care Accessible.pdf</a>	16.06 MB

## Tags

- [nutrition](#)

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