

Dining Experience and Healthy Weight Standards

No	Standard	Examples	Our Evidence	RAG Rating
1	A choice of fresh and healthy meals are available at every meal time that meet individual nutritional/ dietary / cultural and religious needs	Meals are made from fresh ingredients Clear nutritional values/ calories for meals A variety of options are available Menu's and meal plans Policies around non hospital food such as takeaways/ patient shop items Pre-packaged foods are monitored in line with guidance from GDSF and PHE		<input type="text"/>
2	Service users are able to make themselves hot and cold drinks and access healthy snacks at all times	An area where drinks and snacks can be made is open at all times Healthy options available for snacks Patient shop items include healthy choices The amount of sugary drinks, sweets and pre-packaged foods are audited in line with guidance from GBSF and PHE		<input type="text"/>
3	Service users are able to influence and monitor the quality of food	Service users can self cater Suggestion or comment box Meetings with the catering team An easy to understand food ordering system Questionnaires and Feedback forms Peer review, audits Record of food waste or meals disliked reported		<input type="text"/>
4	Service users can gain skills and knowledge about cooking and nutrition	Budgeting skills sessions Body awareness information and activity markers Service users can self cater Individual risk assessment Training sessions Shop and cook assessments Recovery College sessions		<input type="text"/>
5	Staff and service users regularly eat meals together	Dining expectations made clear - policy Menu's available to view Relational security checks Poster of mutual expectations of dining		<input type="text"/>
6	Service uses are able to regularly communicate with meal providers	Agenda item at community meeting Feedback sheets available (or similar) Minutes and action plans Completed feedback sheets Written accounts of response shared with group		<input type="text"/>
7	Service users can raise issues about and/or compliment the dining experience in different ways	Policy/ Protocol in place Feedback sheets Catering meeting minutes Complaints/Compliment process Suggestions boxes available Presentations at Y&H meetings - Sharing ideas		<input type="text"/>
8	Service users can order food the same day they are going to eat it	Clear food ordering system Dining policy Systems and processes		<input type="text"/>
9	There are opportunities to cook for others	Shared meals Cooking for friends and family Cooking for events Self-catering opportunities		<input type="text"/>

RAG Rating	
5 Green	Fabulous!
4 Green Amber	↕
3 Amber	Functional!
2 Amber Red	↕
1 Red	Action!

10	Education is provided to service users on the importance of having a healthy lifestyle and being active	Healthy living advice available Nutritionist courses or support Recovery College courses Access to a range of physical activity Improved uptake on physical activity and healthy food options on monitoring measures Policies around non hospital food such as takeaways/ patient shop items Information provided to visitors about choices of food and drink they bring in and provide on visits	
11	There is a healthy living group and a physical health monitoring group open to service users, carers, clinical and non-clinical staff	Minutes of meetings Baseline identified for Whole Dining Experience including: expenditure per head, arrangements for/at meal times, access to non-hospital food including patient shop, takeaways and use of patient leave, provision of sugar-sweetened beverages, sweets, pre-packed meals/snacks and unhealthy food choices	
12	There is a healthy living group and a physical health monitoring group open to service users, carers, clinical and non-clinical staff	Identified leads for this area 1:1 and groups available Increase in physical health and activity uptake BMI, physical and activity indicators are measured for all patients using the Simple Physical Activity Questionnaire is used (SPAQ a 5-item clinical tool designed to assess physical activity) Patient wellbeing scores are measured using existing tool such as HONOS	
Average Score for the area			

RAG Rating	
5 Green	Fabulous!
4 Green Amber	↓
3 Amber	Functional!
2 Amber Red	↓
1 Red	Action!

Dining Experience and Healthy Weight Action Plan

No.	Standard	Our Actions	RAG Rating
1	A choice of fresh and healthy meals are available at every meal time that meet individual nutritional/ dietary / cultural and religious needs		
2	Service users are able to make themselves hot and cold drinks and access healthy snacks at all times		
3	Service users are able to influence and monitor the quality of food		
4	Service users can gain skills and knowledge about cooking and nutrition		
5	Staff and service users regularly eat meals together		
6	Service users are able to regularly communicate with meal providers		
7	Service users can raise issues about and/or compliment the dining experience in different ways		
8	Service users can order food the same day they are going to eat it		
9	There are opportunities to cook for others		
10	Education is provided to service users on the importance of having a healthy lifestyle and being active		
11	There is a healthy living group and a physical health monitoring group open to service users, carers, clinical and non-clinical staff		
12	There is a healthy living group and a physical health monitoring group open to service users, carers, clinical and non-clinical staff		