

NHSH Staff Food First Guidance

‘Food First’ is the preferred approach for any patient who need extra energy and nutrients for recovery and healing. Adjusting the normal everyday hospital diet is preferable to offering nutritional supplements.

This document provides guidance on food, available in the hospital setting, which will add energy and other nutrients to the daily diet of your patients without increasing bulk and volume when they are likely to have reduced appetite

Depending on the likes and dislikes of your patient ‘Food First’ ideas are as follows:

- If the patient likes whole milk use it on cereal, in tea, coffee and hot drinks etc rather than semi-skimmed or skimmed
- If you can, make milky drinks with whole milk e.g. Horlicks and Hot Chocolate
- Add extra spread or butter, to potatoes or vegetables
- Offer alternatives to tea, coffee and water; suggest your patient has some of their own fizzy juice or offer fruit juice or milk if available
- Offer small amounts regularly through the day, this often results in the patient eating more than when that are just offered three large meals.
- Ask your patient and their visitors if there are any small, tasty snack foods that could be bought in for them
- Encourage the High Energy choice from the menu (though a small helping may be better tolerated)
- Remember, this is a Therapeutic Diet, due to small appetite/weight loss/increased requirements/ low unhealthy BMI, therefore low fat or low sugar versions of foods are generally not appropriate at this time.

You can find more information about ‘Food First’ at

<https://www.bapen.org.uk/nutrition-support/nutrition-by-mouth/food-first-project-leaflets>

for BDA(British Dietetic Association) guidance: Food Facts Sheet – “Malnutrition” visit:

<https://www.bda.uk.com/foodfacts/malnutrition>)

A note on discharge Planning: apetito frozen meals

NHS Highland (this excludes patients in Lochaber*) has a contract with apetito frozen meal service to provide meals for patients and service users at a reduced contact rate. If during discharge planning you identify that the patient is unable to access and/or prepare meals to meet their nutritional needs then the MDT team can discuss with the patient or service user whether offering this service would help support their discharge and ongoing care.





In order to access this service a referral form needs to be completed and sent to the email detailed on the form. The form can be filled in by any member of the MDT team once a need is identified during discharge planning or within the patients Personal Outcome Plan (POP)

If the MDT team's assessment shows that a person's discharge is delayed because they are unable to access suitable nutritional meals on discharge, then anyone over 65 year of age is eligible to receive up to 4 weeks supply of free meals if they live North of Lochaber (Highland Council Area). You can note this on the referral form and the patient/service user will be sent vouchers to cover the cost.

Meal Selection

A wide range of meals are available: Traditional, Low Fat, Low Salt, Vegetarian, Low Sugars Reduced Sugars, Energy Dense, Mini Meals Extra, Texture Modified

The patient/service user has the option to choose their meals from the menu selector and complete an order? Or a mixer pack can be selected on the assessment form and the patient will receive a selection of different dishes specific to the diet.

<p>Referral form</p>  <p>Referral Form Highland Dec 18.xls</p>	<p>Where are the forms?</p>  <p>Order Form NHS Highland 2018.xls</p>
<p>Meal selection</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="662 1579 742 1646">  <p>Mini Meals Extra.pdf</p> </div> <div data-bbox="869 1579 949 1646">  <p>Menu Selector 2018 -19.pdf</p> </div> </div>	

* Patients and service users in Lochaber can assess frozen meals form Wiltshire Farm Foods. Although there is no contract in place to provide at a reduced cost service, the service can still be discussed with the patient/service user. The contact details are as follows:

Tel: 01631 566979. Website:

<https://www.wiltshirefarmfoods.com/?gclid=EAIaIQobChMIIn4LT9LyX3wIVhOJ3Ch0agwhPEAAYASAAEgLKLPD BwE>