

Past, Present & Future

Food Standards and Food Review Recommendations

Philip Shelley - Chair of the NHS Hospital Food Review 2020

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Date 18th March 2021



Overview

NHS Past

Overview of Catering
within the NHS

NHS Present

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Exemplar Group
NHS Chef of the Year

NHS Future

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NHS Catering Past

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NHS Catering



SUGGESTED MENU FOR FULL DIET
WHICH CAN BE PROVIDED UNDER PRESENT CONDITIONS

6 a.m. or when called.	Cup of tea.
8 a.m. Breakfast.	Porridge or cereal. Breakfast dish. (See List A.) Bread and butter/margarine. Tea, coffee. Marmalade once or twice a week. Occasionally fresh fruit, hot rolls.
Midmorning.	Milk; meat or yeast extract; fruit drink cocoa.
12-12.30 Dinner.	Meat (occasionally fish). (See List B.) Potatoes. Cooked vegetables or salad. Sweets: pudding and milk pudding as alternative. (See List C.)
4 p.m. Tea.	Bread and butter/margarine. Jam, honey, syrup or paste or salad, cake, scones or buns. Tea.
7 p.m. Supper.	Cooked dish. (See List D.) Sweet. (See List C.) Bread and butter/margarine. Milk, cocoa, etc.



NHS Catering Present

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	White bean and rosemary	Cauliflower Cheese	Leek and Potato	Butternut squash and sage	Minted Garden pea	Goan Chunky Potato	French Onion
Jacket Potato Filling	Black bean and charred corn chilli	Beef and Vegetable Ragu and cheddar	Vegetable Bolognese Sauce	Pork and mushroom stroganoff	Spicy beans and sausage	Put Lentil Bolognese	Spiced Chickpea and Cauliflower Soup
Modern Classic	Macaroni cheese, with roasted pumpkin, kale pesto and toasted pumpkin seeds	Ale braised beef chilli served with cumin braised rice, sour cream and guacamole	Cumin roasted cauliflower with black lentil dahl, crispy onions and chili and tomato sambal	German style pork schnitzel with savoy cabbage, mustard crushed new potato and a cream sauce	Battered sustainable cod served with chips, tartar sauce and lemon wedge with mushy peas	Cumberland sausage ring, red onion gravy and chive mash	Thyme and Lemon roasted chicken with roasted potatoes and buttered cabbage
Street Food	Lebanese chicken shawarma, with fattoush salad and minted yoghurt in khobez bread	Mixed herb, Kalamata olives and ricotta cheese baked omelette served with red onion and tomato salad	Korean fried chicken with gochujang mayo in a brioche bun served with Asian coriander slaw	Paneer Jalfrezi in naan wrap with tomato and onion salad, mango chutney and riata	Crispy fish tacos with Pico de Gallo salsa, avocado and soured cream	Spring cabbage bubble and squeak with a poached free range egg and tarragon sauce	Thai yellow vegetable curry with steamed Jasmin rice
Boxed stir fry	Darn hot chicken with miso broth and Stir Fried Veg	Korean BBQ pork ramen with vermicelli noodle	Chang dressed duck with miso broth and udon noodle	Vegetable Gyoza dumpling with Malay broth and stir fried veg noodle	Root Vegetable massaman curry with brown rice		



Background

Between 1992 and 2015, there have been no fewer than 21 initiatives to improve hospital food at cost of £54m to the public purse.

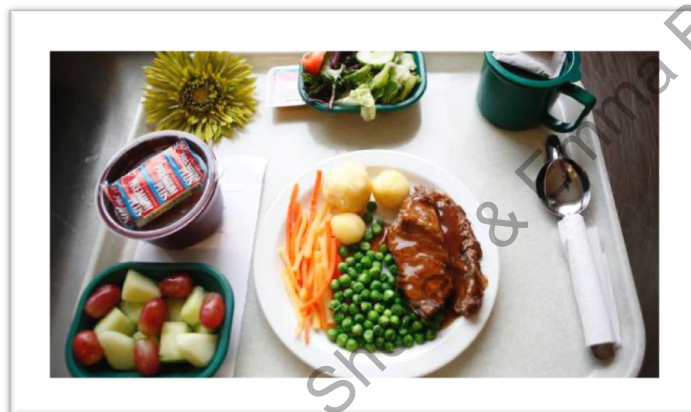
In 2019 Health and Social Care Secretary Matt Hancock ordered a 'root and branch' review into hospital food in June, following 6 listeria deaths.

- Six people died in 2019 after contracting listeria from pre-packaged sandwiches and salads either purchased on site or given out by hospital staff.
- Prime Minister Boris Johnson said his focus is to ensure the health service has everything it needs to continue providing the very best care.
- Health and Social Care Secretary Matt Hancock added: 'We all know how important the food we eat is to our health.'
- The Hospital Food Review was led by Phil Shelley with support from food industry stalwart, Prue Leith. Prue Leith has previously criticised the current standard of hospital meals and called for NHS trusts to make appealing and nutritious food on-site for patients.
- Food Standards currently being reviewed, due for publication in 2021



NHS Facts and Figures

- In England there are 223 NHS Trusts
- The NHS is the second biggest provider of meals in the UK public sector, serving 141 million inpatient meals
- In 2019 the NHS served around 125,000 patients a day
- The total cost of providing inpatient food was £0.6 billion



Food Review October 2020

The Hospital Food Review makes the following eight recommendations to improve staff and patient health and wellbeing through hospital food.

1. Catering staff support

Introduce professional qualifications and standards for hospital caterers, provide more training and reward excellence with pay progressions.

2. Nutrition and hydration

Ensure importance of food services is understood and integrated within patient recovery, hospital governance and staff training.

3. Food safety:

Ensure food safety through open communication channels to address safety concerns, by appointing food safety specialists and upholding standards.

4. Facilities

Provide funding to equip and upgrade hospital kitchens, provide 24/7 services for staff and patients,

prioritise providing health-enhancing meals.

5. Technology

Every hospital should implement a digital meal ordering system by 2022 to collate food choices, manage allergies and diets, and minimise waste.

6. Enforcing standards

Food and drinks standards should be statutory and inspected by the CQC. A forum should be established to share exemplary best practice.

7. Sustainability and waste

Ensure government food procurement standards are upheld. NHS trusts should agree a common method of monitoring food waste.

8. Going forward

Establish an expert group of hospital caterers, dieticians and nurses to monitor progress, accountable to the secretary of state for health and social care.

Report of the Independent Review of NHS Hospital Food

Chair: Philip Shelley



Expert Panel and Supporting Groups

Expert Panel closing date 26th March 2021

Phil Shelley (Joint Chair)
Emma Brookes (Joint Chair)

In addition:

9 X Person Expert Panel to Include:

2 x Doctors

2x Nurses

2 x Chefs

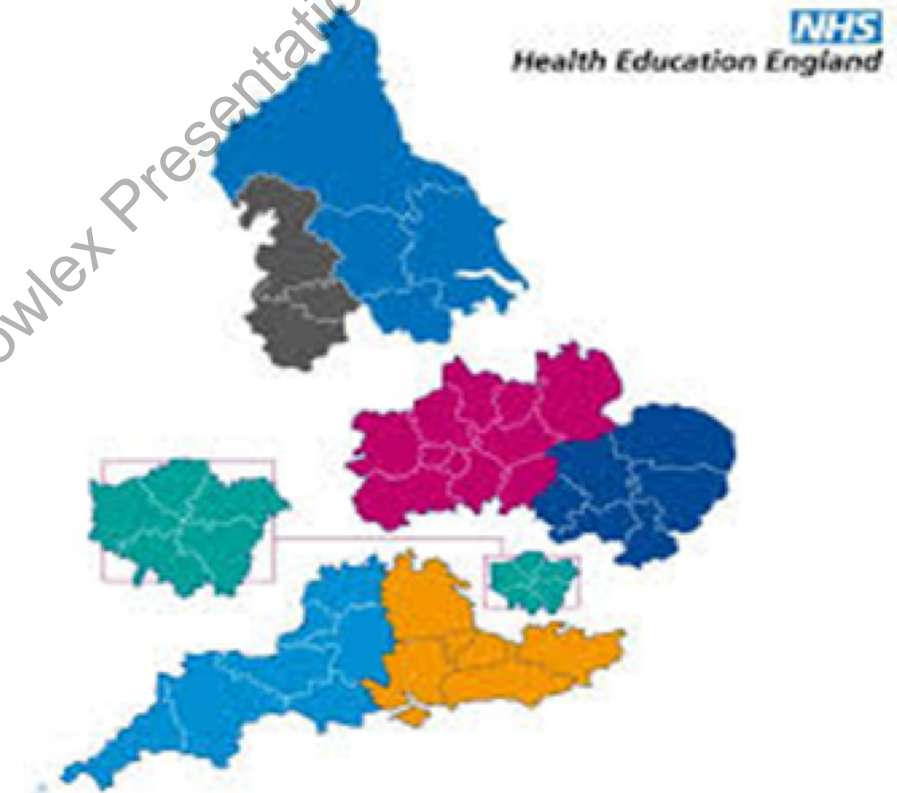
2x Catering Managers

1 x Dietician



Exemplar Group

- 14 Trusts now deemed Exemplar Sites
- Exemplar sites will work under the direction of the Expert Panel
- Sites split across the UK
- Each Exemplar Group has specialisms across catering, technology and / or innovation



NHS Chef of the Year 2021

- The event is organised through NHS England; however we are welcoming applications from Scotland, Wales and Northern Ireland
- Discussions underway with TV celebrities and TV production companies
- Finals could be held in a TV studio
- 7 regional events to determine finalists
- Open to NHS employed chefs and NHS contracted chefs
- Focus on dysphasia, plant based and dietary menus
- All menus set within a realistic NHS budget
- Possibility of hot holding the dish for 20 minutes

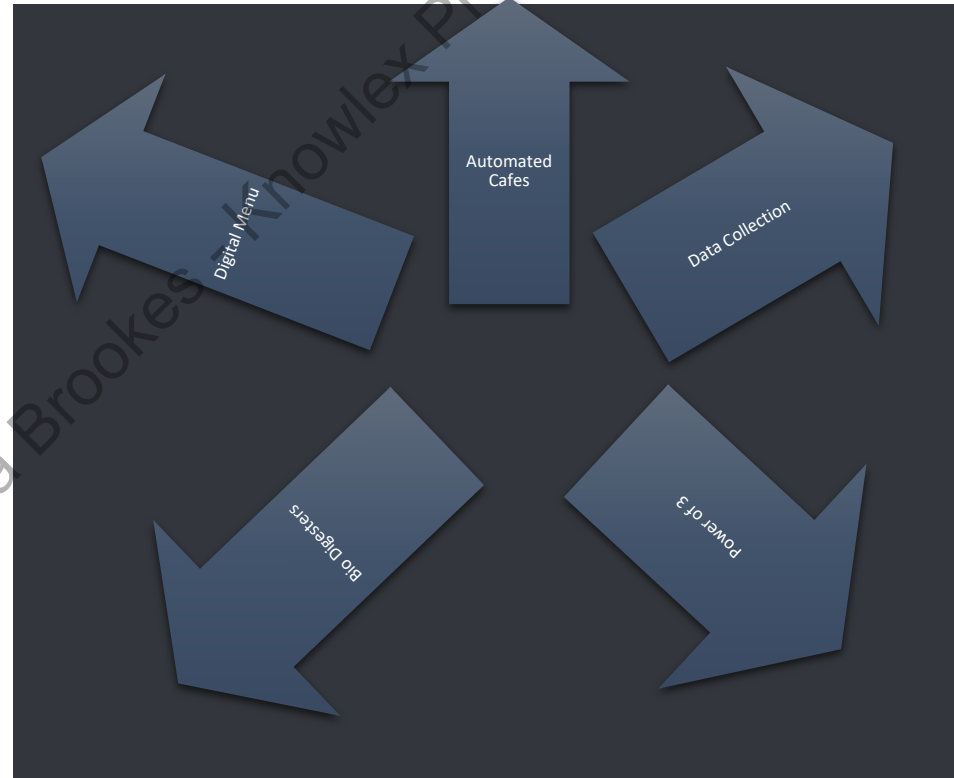


NHS Catering Future

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Future Vision



NHS Future Agenda

- **Carbon Zero**

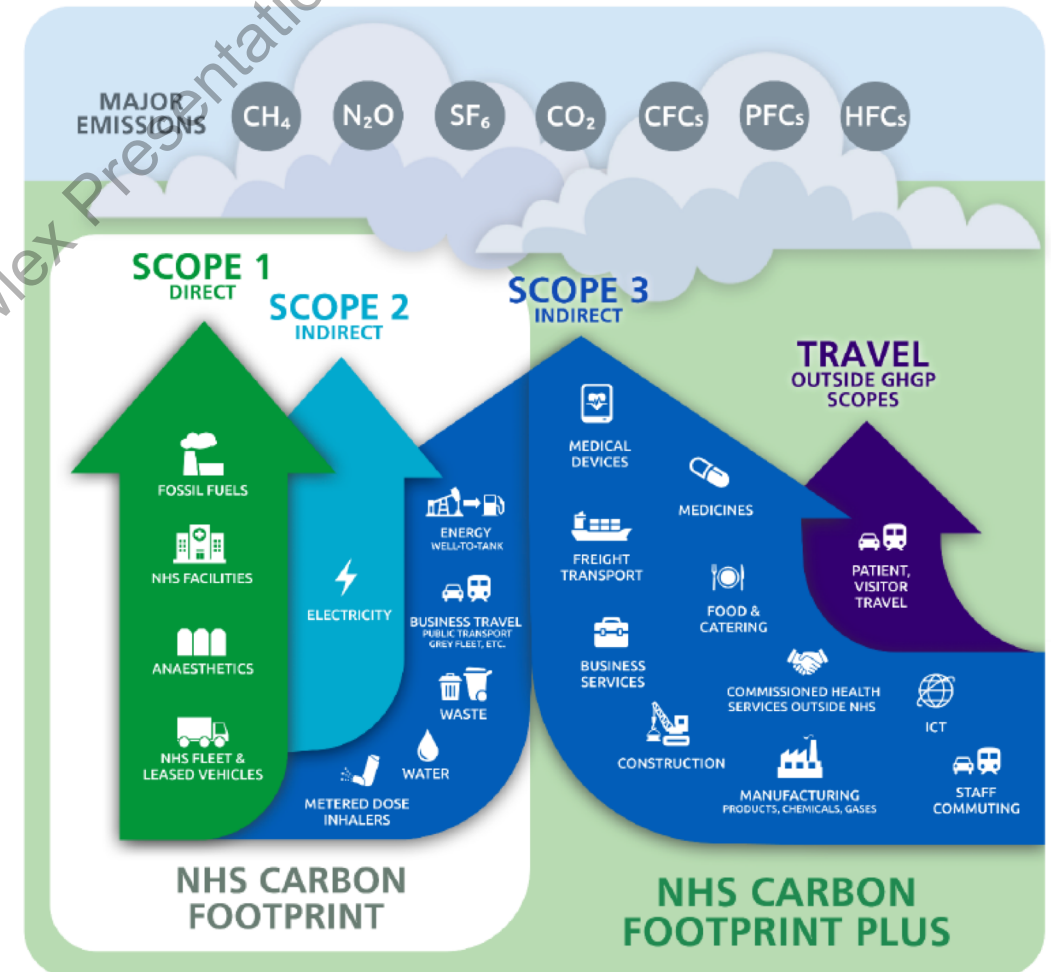
- It is estimated that food and catering services in the NHS produces 1,543 ktCO₂e each year, equating to approximately 6% of total emissions. Healthier, locally sourced food can improve wellbeing while cutting emissions related to agriculture, transport, storage and waste across the supply chain and on NHS estate

- **New Build Hospital**

- The Prime Minister confirmed that 40 hospitals will be built by 2030 as part of a package worth £3.7 billion, with 8 further new schemes invited to bid,

- **Meatless agenda**

- Tim Radcliffe, catering lead for East Lancashire Hospitals Trust, told the Lancashire Telegraph that a range of in-house prepared vegan salads is set to arrive *"in the near future."* According to Radcliffe, the salads have been *"successfully trialed"* and will include a roast cauliflower salad; a chickpea, nut, and cranberry salad; and a falafel salad with aubergines and chermoula yoghurt



NHS Future Agenda

Menu / Recipe Bank

To drive consistency as a support mechanism for balanced, nutritional meals – there is a desire to use the recipes from chef of the year, exemplary trusts and chef's academy to set up a recipe bank.

Work Based Learning

Attracting and recruiting chefs into healthcare can be a challenge so it is vital that we refresh the opportunity and use a range of incentives.

Food Academy

Having a whole hospital approach so that there is a full inclusion between the clinical and non-clinical teams drives success. Having nutrition and food safety as part of nursing and clinical role training ensures that food is part of the recovery process.

**MEDICINE IS NOT
HEALTHCARE. FOOD IS
HEALTH CARE. MEDICINE IS
SICK CARE. IT'S TIME WE SEE
IT FOR WHAT IT IS.**



Any Questions ?

