

## Hospital or trust

**Thank you for taking the time to complete this survey on the food available for patients, staff and visitors on behalf of your hospital or trust. Please take this opportunity to provide information on innovative and best practice.**

1. Please tell us which hospital you represent.

2. Please tell us which trust your represent.

## Contact details

### 3. Please give us your contact details

Name

Role

Telephone number

Email

## Section 1 - The food environment

**This section will describe the retail environment at the hospital and level of compliance with the new Staff Health and Wellbeing National CQUIN.**

4. How healthy is the food in the vending machines on your hospital site?

Number of vending machines where **more than 50%** of products are 'healthy' (meet orange or green traffic light front of pack nutritional labelling for all criteria)

Number of vending machines where **50% or less** of products are 'healthy' (meet orange or green traffic light front of pack nutritional labelling for all criteria)

5. Please provide the name of your vending machine supplier(s).

6. Do shops on the hospital site ensure that 50% of all food on sale is healthy? (Healthy defined and indicated by the green or orange front of pack traffic light symbol)

- No
- No, but we are working towards this
- Some shops ensure 50% of all food on sale is healthy (please name the shops below)
- All shops ensure 50% of all food on sale is healthy (please name the shops below)

Please name the shops that ensure that 50% of all food on sale is healthy.

7. Does the hospital site meet the NHS England Staff Health and Wellbeing National CQUIN targets?

Please tick all that apply.

- There is 24 hour access to healthy food for staff. (Please describe below)
- Price promotions on sugary drinks and foods high in fat, sugar and salt (HFSS) have been banned
- Advertisement on NHS premises of sugary drinks and foods high in fat, sugar and salt (HFSS) has been banned
- Sugary drinks and foods high in fat, sugar and salt (HFSS) have been banned from all checkouts
- Not yet, but we are working towards meeting CQUIN targets.
- No, we do not meet the CQUIN targets

Please describe the steps you are taking

8. Please tick all retailers present in your hospital.

- McDonalds
- Burger King
- Subway
- Costa Coffee
- Greggs
- WHSmith
- Starbucks
- AMT Coffee
- Tchibo
- Royal Volunteer Service
- Marks & Spencers
- Other (please give the name – either the trading name or company)

## Section 2 – Hospital food for patients, staff and visitors

**This section will describe to what extent the hospital is serving healthy, freshly prepared and sustainable food to patients, staff and visitors.**

9. Is the food at your hospital freshly prepared?

	for patients	for staff
Yes, food is freshly prepared in an on-site kitchen	<input type="checkbox"/>	<input type="checkbox"/>
Yes, food is freshly prepared at a local hub kitchen	<input type="checkbox"/>	<input type="checkbox"/>
Yes, and we hold <a href="#">Food for Life Catering Mark accreditation</a>	<input type="checkbox"/>	<input type="checkbox"/>
Some is freshly prepared on-site (for example soup and sandwiches) and the rest is brought in chilled or frozen by a catering contractor from another site	<input type="checkbox"/>	<input type="checkbox"/>
No, food is brought in chilled or frozen by a catering contractor from another site	<input type="checkbox"/>	<input type="checkbox"/>
No, we do not provide food	<input type="checkbox"/>	<input type="checkbox"/>

If food is brought in by catering contractor then please provide the name of your catering company

10. Are sustainable and/or ethical ingredients used in food preparation (eggs, meat and dairy from animals raised with higher than statutory minimum welfare standards and foodstuffs that are certified organic)?

	for patients	for staff
Yes, we hold <u>Food for Life Catering Mark accreditation</u>	<input type="checkbox"/>	<input type="checkbox"/>
Yes, we hold the <u>Good Egg Award by Compassion in World Farming</u>	<input type="checkbox"/>	<input type="checkbox"/>
Yes, we hold a <u>Good Farm Animal Welfare Award by Compassion in World Farming</u>	<input type="checkbox"/>	<input type="checkbox"/>
Yes, we use <b>only</b> certified higher welfare eggs, meat or dairy and organic ingredients (please give details below)	<input type="checkbox"/>	<input type="checkbox"/>
Yes, we use <b>some</b> certified higher welfare eggs, meat or dairy and organic ingredients (please give details below)	<input type="checkbox"/>	<input type="checkbox"/>
Yes, other action (Please give details below)	<input type="checkbox"/>	<input type="checkbox"/>
No, we use no higher welfare or organic ingredients	<input type="checkbox"/>	<input type="checkbox"/>

Please give details of your action on sustainable and ethical ingredients and the barriers to obtaining sustainable ingredients.

## 11. How health promoting are your menus?

	for patients	for staff
A dietitian reviews the food menus	<input type="checkbox"/>	<input type="checkbox"/>
There is always whole fresh fruit available	<input type="checkbox"/>	<input type="checkbox"/>
All main meals contain at least two portion of vegetables	<input type="checkbox"/>	<input type="checkbox"/>
Healthy options are available and clearly labelled	<input type="checkbox"/>	<input type="checkbox"/>
70% of everything sold in cafes and restaurants is healthy and classified as green or orange on front of pack labelling, or equivalent (not applicable to patients)	<input type="checkbox"/>	<input type="checkbox"/>
We have a policy of serving less but better meat	<input type="checkbox"/>	<input type="checkbox"/>
We do this in other ways (please give details below)	<input type="checkbox"/>	<input type="checkbox"/>

Please give details of your action

## 12. What is the food experience like for patients? (Please tick all that apply)

- Patients that need help to eat or drink are assisted
- Provision is made for patients that miss meal times, or meal ordering times so that they still receive a **cold meal**
- Provision is made for patients that miss meal times, or meal ordering times so that they still receive a **hot meal**
- A protected meal time policy is in place so patients can eat all meals without being interrupted by medical staff
- No ready meal packets are used for serving, all food for patients is served on plates and in bowls
- Facilities are available for patients to eat together on wards if appropriate and should they wish to
- Patient food experience is recorded, monitored and reported along with other indicators at ward level
- Other. (Please provide details)

13. Is the healthy choice the affordable choice in your staff restaurants? (Please tick all that apply)

- Yes, by making no-added sugar drinks cheaper than sugary ones
- Yes, by making fresh fruit cheaper than hot or cold desserts
- yes, by making a healthy meal the cheapest main course on the menu
- Yes, by special deals and price promotions on healthy meal deals (e.g. fruit rather than confectionery, and water rather than sugary drinks in discounted meal deals)
- Yes, by having drinking water available and visible to staff and visitors near main staff restaurant(s)
- Other. (Please provide details)

14. Do **ALL** staff have access to the following during their breaks? (Please tick all that apply)

- Fridge space to store food
- Microwave facilities to reheat food brought from home
- Seating areas with table and chairs
- Catering staff are provided free meals
- Other provisions. (Please provide details)



## Section 3 – Children’s food

**This short section will describe what provisions are in place for paediatric patients and visitors and whether breastfeeding is promoted.**

15. How is your provision regarding children’s food? (Please select all that apply)

	for paediatric patients	for visitors
There are children’s portions available	<input type="checkbox"/>	<input type="checkbox"/>
Children are served freshly prepared food (not ready meals)	<input type="checkbox"/>	<input type="checkbox"/>
All children’s meals are served with two portions of vegetables for main and fruit for pudding	<input type="checkbox"/>	<input type="checkbox"/>
Other provisions. (Please give details below)	<input type="checkbox"/>	<input type="checkbox"/>

Please give details of your action on children's food

16. How is the hospital supporting mothers and families with breastfeeding? (Please tick all that apply)

- There is a formal infant feeding care pathway that supports breastfeeding continuation and responsive feeding for all mothers, irrespective of feeding type.
- Paediatric staff attend education and training on how to support mothers to continue to breastfeed and responsively feed their baby (irrespective of feeding type), including helping mothers to build a close and loving relationship with their baby.
- There is a named person responsible for breastfeeding/infant feeding and integrated working with the maternity infant feeding lead.
- A mother breastfeeding a child in a paediatric ward is offered a meal or a meal voucher
- Other types of support to breastfeeding. (Please give details)

## Section 4 – Hospital food standards

**This section will describe your hospital level of compliance with existing standards on hospital food outlined in the NHS Standard Contract.**

17. Are you compliant with the existing standards on hospital food outlined in the NHS Standard Contract?

	Yes compliant	Not yet compliant
Government Buying Standards for Food and catering Services (GBSF)	<input type="radio"/>	<input type="radio"/>
Malnutrition Universal Screening Tool (MUST) or equivalent	<input type="radio"/>	<input type="radio"/>
British Dietetic Association (BDA) The Nutrition and Hydration Digest: Improving Outcomes through Food and Beverage Services	<input type="radio"/>	<input type="radio"/>
Public Health England (PHE) Healthier and More Sustainable Catering: Nutrition principles	<input type="radio"/>	<input type="radio"/>
10 key Characteristics for good nutritional care	<input type="radio"/>	<input type="radio"/>

18. Does the hospital meet or exceed 'Best Practice' in the Government Buying Standards'? Please give details of action or accreditations.

## Section 5 – Trust organisational culture

**This section is to be answered at the trust level.**

19. Does the Trust have a publicly available food and drink strategy? (Please tick all that apply)

- Yes, and it includes nutrition and hydration
- Yes, and it includes healthier eating for the whole hospital, especially staff
- Yes, and it includes healthy and sustainable food procurement
- Yes, and it includes an action plan for improvements over time
- No, not at this time

Please include web link or attach the food and drink strategy in an email to [sofia@sustainweb.org](mailto:sofia@sustainweb.org).

20. Is there promotion of healthy eating for staff?

- Yes, via [NHS Health Check in work for staff aged over 40](#)
- Yes, via [Greater London Authority's Healthy Workplace Charter](#)
- Yes, via [Workplace Wellbeing Charter National Award for England](#)
- Yes, via other employer led scheme
- Yes, via occasional initiatives such as 'Dietitians Week'
- No, healthy eating is not promoted

Please include details of how healthy eating is promoted to staff

21. Does the Trust have CEO buy-in, and/or has it identified a Board level director and senior clinician(s) to champion food work, ensuring this is a priority for the organisation and that they are making progress?

- Yes
- No

Please provide a contact email, and include web link or attach minutes of the last steering group meeting, including attendee list, in an email to [sofia@sustainweb.org](mailto:sofia@sustainweb.org)

22. Does the Trust have a multi-disciplinary cross-sector group (composed of staff, cross-hospital reps, trade unions or others) overseeing food across all hospital sites and there is regular communication?

Yes

No

Please provide a contact email, and include web link or attach minutes of the last steering group meeting, including attendee list, in an email to [sofia@sustainweb.org](mailto:sofia@sustainweb.org)

23. Does the Trust's Sustainable Development Management Plan include food sustainability?

Yes

No

Please include web link or attach copy of the Sustainable Development Plan in an email to [sofia@sustainweb.org](mailto:sofia@sustainweb.org)

24. Are any changes or planned changes to hospital food discussed at public Board meetings?

Yes

No

If possible, please include a web link or attach minutes of a Board meeting where hospital food was discussed, in an email to [sofia@sustainweb.org](mailto:sofia@sustainweb.org)

## Section 6 – Innovation

**We want to help celebrate innovation and share inspiring stories of good practice. If the trust or hospital is running any initiatives on food, please give us the details and provide a web link. If you are happy for us to use this as a case study, to inspire other Trusts and hospitals, please let us know.**

25. Please share a summary and provide a web link. Send additional information in an email to [sofia@sustainweb.org](mailto:sofia@sustainweb.org)