



## HEALTHY EATING POLICY

1. A written policy on healthy eating would usually cover:
  - a commitment to ensure provision of health education for staff and patients to promote awareness of the benefits of a healthy diet and to encourage healthy eating;
  - a statement of the intention to ensure that healthy choices in food are available in NHS premises, and how it will be put into practice for patients and staff;
  - arrangements for catering for special needs eg ethnic minority, religious requirements
  - arrangements for monitoring and reviewing the policy.
2. The processes for establishing such a policy should include:
  - a timescale;
  - consultation with staff and unions at all stages of planning and implementation;
  - establishment of monitoring systems;
  - training for management and supervisory staff.
3. Once established, the policy should be reflected in
  - recruitment, training and staff management procedures;
  - staff and patient information and education.