



Our WUTH Food & Drink Strategy



Our Food and Drink Strategic Objectives



Wirral University
Teaching Hospital
NHS Foundation Trust

- 1. Nutrition and hydration needs of our patients**
- 2. Healthier eating for staff and visitors**
- 3. Sustainable procurement for food and catering**



Objective 1 - Nutrition and hydration needs of our patients

Nutrition and hydration are central aspects of delivering holistic care. Ensuring the provision of nutritious and suitable food and drink can transform health outcomes for our patients, in addition to improving their experience in hospital.

We Will:

- Act when malnutrition and dehydration is recognised, in a timely and appropriate way to support care and improve health outcomes.
- Ensure food and drink provision aligns with patients' clinical, religious and cultural needs, supports dietary preferences and offers a variety of drink options.
- Work in partnership with patients, incorporating feedback from focus groups, to ensure we meet their nutrition and hydration needs.
- Ensure staff are well-informed about clinical, religious and cultural dietary needs, as well as the availability of specialist menus and drink options.
- Use digital pathways to support the delivery of nutrition and hydration care, including a digital meal ordering system to ensure the meal reaches the right patient and use of hydration risk assessments integrated into the Millennium system.



Objective 2 - Healthier eating for staff and visitors

Providing staff, volunteers, carers and visitors with affordable, tasty and nutritious food choices is integral to driving improvements in the health of the communities we serve. Additionally, nutritious choices can improve wellbeing, enabling staff to deliver high-quality patient care.

We Will:

- Cultivate a healthy, safe, and sustainable food and drink culture through the provision of nutritious and affordable food and drink that meets individual dietary needs, across all settings in the Trust.
- Ensure the views of staff and visitors is sought and acted upon regarding the food and drink on offer, with feedback provided through regular engagement.
- Support the health and wellbeing of staff by ensuring adequate breaks are provided for food and drink, with a particular focus on improving provision for staff working overnight and at weekends.
- Promote opportunities for education on healthier eating habits, including signposting to resources and agencies, being mindful of costs.
- Ensure a 24-hour food solution is available, offering choice at an affordable price.



Objective 3 - Sustainable procurement for food and catering

As an anchor organisation, with an importance presence on the Wirral, we should use our size and influence to mitigate climate change. By making our catering services more sustainable, through reducing plastic waste, enabling lower carbon emissions and improving the sustainability of our supply chains we will support the NHS to achieve Net Zero by 2040.

We Will:

- Reduce emissions from food preparation and its transport across the Trust, including use of a digital meal ordering system to minimise waste.
- Reduce food and drink waste generated within the Trust by optimising services.
- Review food and drink packaging waste management practices.
- Use procurement to reduce emissions generated within the food and drink supply chain, focusing on sustainable sourcing and reduction in packaging.
- Provide training for any staff that have any involvement with food and drink production and delivery.
- Staff involved in food and drink production will receive basic food hygiene certificates and complete mandatory training on food safety, including allergen awareness and special diets to suit clinical needs.



Our WUTH Food and Drink Mission

Reviewing our Food and Drink Mission to ensure it reflects our new Strategy

Our WUTH Food and Drink Mission:

“We are committed to providing nutritious, safe, affordable, and sustainable food and drink, which meets the nutrition and hydration needs of our patients, staff, volunteers, visitors, and carers, to drive improvements to wellbeing and population health.”