

## Nutrition in Domiciliary Care (England) Policy

### Policy Statement

This policy together with a separate Hydration policy shows how this care service meets service users' nutritional and hydration needs when required. Both policies are in line with Regulation 14: Meeting Nutritional and Hydration Needs of the Health and Social Care Act 2008 (Regulated Activities) Regulations 2014, which requires care providers to ensure that it meets fully the nutritional and hydration needs of all service users where they are responsible for providing them with food and drink.

As a domiciliary care organisation we are committed to meeting service users nutritional and hydration needs as part of its service provision if required. A healthy, nutritious and balanced diet is of vital importance for the health and wellbeing of service users and care staff should wherever appropriate, support service users in all aspects of achieving an adequate diet, including where they have special dietary needs and preferences.

Where the care service is responsible for obtaining, preparing, cooking and serving of food for service users, it will always ensure that it adopts high standards of food hygiene, food preparation, preparation, serving and help with eating and drinking.

### Other Legislation and Guidance

This agency will comply with all aspects of other relevant legislation and guidance, including:

- Food Safety Act 1990
- Food Information Regulations 2014
- Food Hygiene (England) Regulations 2013.

### Food and Nutrition Policy and Procedures

Every service user has the right to a varied and nutritious diet that provides for all of their dietary needs and offers health, choice and pleasure. To accomplish this, where nutritional needs are identified and where the service has agreed that it can provide appropriate support, each service user will be asked for their individual food preferences as well as their cultural, religious or health needs and these will be taken into account when planning their care.

Where food is prepared, served or handled as part of an agreed care package, the following applies.

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1. Wherever possible care staff will support the independence of service users to cater for themselves, to choose their own foods, to choose when and where to eat and to prepare their own meals.
2. All food will be prepared, cooked, stored and presented in accordance with the high standards required by the Food Safety Act 1990, and the Food Hygiene (England) Regulations 2013.
3. Special therapeutic diets will be supported, wherever possible, when advised by healthcare or dietetic staff.
4. Mealtimes will be unhurried and relaxed with service users being given plenty of time to eat and enjoy their food.
5. Carers, family and friends will be encouraged to visit and offer support at mealtimes.
6. Food and drink will be presented in a manner that is attractive and appealing.
7. Staff serving meals should report to the person in charge if a service user does not eat their meal and should make a suitable record in the service user notes.
8. Drinks will be made available throughout mealtimes and will be made available upon request at any other time, and refreshments in the form of hot and cold drinks will also be offered at intervals between meals.
9. Where a service user requires help with eating or drinking, care staff will discreetly provide appropriate help with sensitivity and care.
10. Staff will help all service users to be as independent in feeding themselves as possible and will work to ensure their dignity while they are doing so.
11. Eating difficulties will be identified within each service user's care plan and a plan of assistance agreed, both with the service user and with their carers.
12. The following nutritional principles will be supported:
  - a. food should be enjoyed
  - b. a variety of different foods should be eaten
  - c. the right amount should be eaten to maintain a healthy weight
  - d. plenty of foods rich in starch and fibre should be included in the diet
  - e. foods that contain a lot of fat should be avoided
  - f. sugary foods and drinks should not be eaten or drunk too often
  - g. vitamins and minerals in food are critical
  - h. adequate hydration is also critical.

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13. Care staff should take into account any ethnic or cultural dietary needs of service users and should be sensitive to religious and cultural beliefs surrounding food.

## Training

Training on nutrition is included in induction programmes in relation to the Care Certificate Standard 8: Fluids and Nutrition.

All care staff who will be expected to offer food services in a service user's home receive specialist training, appropriate to their roles and tasks, in food handling and in aiding service users with eating difficulties. This will include training in food allergies and allergic reactions.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Policy review date: \_\_\_\_\_

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