

NUTRITION AND HYDRATION WEEK

12TH - 18TH MARCH 2018

Website

You can find a myriad of information on the website at

www.nutritionandhydrationweek.co.uk

Social Media

Information - just a tap away

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration Week Supporter

Promotional Graphics



Thank you for all your comments regarding the graphics we have shared over recent weeks. They seemed to have met a promotional void for you judging by the requests for further materials like the ones we have shared.

If you have any ideas of what type of graphic information you would like please drop us an email.

The Week's Sponsors



Focus Days aim to build awareness

Big Breakfast
22nd January 2018
A reminder to start the day as the New Year with a hearty breakfast.

Thirsty Thursday
14th June
Leading up to the warmer days and the requirement for a reminder on the need to properly hydrate

Fruity Friday
21st September
All things bright and beautiful, its harvest time for a lot of British produce apples, pears berries etc.

Tasty Suppers
27th November
A reminder for hearty nutrition in the winter months including warm cosy hot milky drinks

Newsletter Circulation

Email - 2 120

Twitter - 3 031

Facebook - 794

LinkedIn - 149

Countries reached regularly at least 40.

News Bytes

Swallow Awareness Day [#swallowawarenessday](#) falls in the middle of [@NHWeek](#) yet another fantastic opportunity for Dietetics and Speech & Language Therapists to promote the importance of eating and drinking during the week.

Free Continued Professional Development

Many of you have already logged on for the webinars shared by the Canadian Society of Nutrition Management. If you missed any of the series of webinars which will allow you to gain valuable CPD knowledge, with out having to leave your workplace, please ask us for details of how to view these by dropping us an email. We will keep notifying you of future webinars on our social media platforms and if you are signed up to receiving these newsletters by email, a direct email on how to register.

Promotional Materials

We are now finalising the selection form your ideas for these and should have them ready to distribute early in the new year. They will be free to access, until stocks last so when you see the announcement that they are available act swiftly!

Tasty Suppers Focus Day

Once again you took up the challenge to focus on the final nutrition and hydration opportunity of the day. As we said earlier many of you commented on the graphics we shared with you and how you have been using these to underpin your key messages. It was great to see some of you sharing your good practice with us on social media, if anyone has any further information they wish to share with us please do. We are always happy to share your work and ideas wider.

It appears that many of you appreciate the opportunities we've offered you to promote your work and support your good practices so as you'll see from the box on the previous page we have finalised the dates for the focus days in 2018.

January 22nd - Big Breakfast

June 14th — Thirsty Thursday

September 21st - Fruity Friday

November 27th — Tasty Suppers

Industry Focus - Nutrition and Hydration Digest

The British Dietetic Association Food Services specialist group recently launched the second edition of the *Nutrition and Hydration Digest*. The significantly revised and updated document builds on the success of the first Digest, and will replace it as one of the five key documents forming national hospital food standards in England.



Key changes to the document include updated references and recommendations including information about the latest Hospital Food Standards and working as

the 'Power of Three'. It also features a new chapter about Health and Wellbeing for staff and visitors in the NHS, reflecting new requirements and standards.

Advice on special diets has been significantly extended, including more information about diets for cultural and religious reasons, and new information about specialist diets including Low FODMAP.

There has also been a general reordering and streamlining of some areas to give the document a logical flow and reduce repetition, as well as a professional design and format to make the document easy to both read and navigate.

Currently, just over half of hospitals in England are fully complying with the guidance set out within the Digest, with most working towards full compliance. The BDA will continue to work with others to ensure that this guidance is eventually followed in all hospitals, to ensure patients receive the best nutritional care.

Planning for 2018

Now is the time to start if you haven't started your plans for the 2018 week. Look out for ideas and inspiration on the website and on our social media feeds. If you have any questions or queries email us on info@nutritionandhydrationweek.co.uk.

and finally

Seasons Greetings to you all

As many people look forward to the holiday period, many of you in health and care will be working our thoughts and thanks are with you.

Here's to a prosperous and great 2018 for us all.

See you in the New Year!