

# Nutrition and Hydration Charter

The Nutrition and Hydration Charter describes our vision of nutrition and hydration as an important part of quality care, experience and safety improvement in health and social care settings. The charter outlines the value of food and drink in the health and social care sector, to provide guidance for decision makers, service providers – profit & non-profit organisations, carers, families and those in receipt of the services. As signatories to this food charter, we commit to work in partnership towards a service where avoidable malnutrition related illnesses are eradicated based on these principles:

**We support health improvements through our commitment to provide:**

Nutritious food and drink - an essential component of physical and mental well-being  
Access to nutritious and safe food in every health and social care setting, including hospitals, community, residential and day care services  
Protect Mealtimes, to ensure mealtimes become an integral part of the care provided by the service and are not unnecessarily interrupted.

**We support education and training through:**

Nutrition & Hydration promotion strategies that encourage and improve the health and independence of the services' users  
Supporting Continued Education and Professional Development opportunities for all staff / volunteers to further enhance their knowledge and application of good nutritional care practices

**We support service development through:**

The principles of the 10 Key Characteristics for Good Nutritional Care and the development of action plans to further embedded these in our service  
The creation and introduction of Nutrition Advocates / Champions for our health or social care setting, to continuously promote and enhance good nutritional care  
The introduction of industry led minimum standards for good nutrition in the our service

**We support service promotion through:**

Nutrition and Hydration Week and other industry initiatives to promote our service  
The highlighting and promotion of good nutrition and hydration practices  
The sharing of good practices

**We support diverse culture through:**

Opportunities to celebrate and promote traditional and cultural food diversity

Signed.....

On behalf of .....

Date .....