**Nutrition Champions Required**

Do you support **i*nsert service users titles*** *( patients / residents staff etc.)* through your work and passionate about the role nutritional care has in the aim to live well?

Become a Nutritional Champion for ***name of organisation*** and bring about change!

Becoming a Nutrition Champions your aim would be to improve nutritional & hydration care in your organisation through learning from experts and each other.

Meeting nutritional needs is a key requirement throughout health and social care.

To help address this issue Nutrition and Hydration Week are promoting the requirement for individuals in every health and social care setting to become a Nutrition Champion.

What is a Nutrition Champion?

A Nutrition Champion will be a person who has interest in good nutrition who will act as focal point in the unit to encourage good nutritional practices. As a Nutrition Champion you will promote good nutrition and hydration based on the key themes of the 10 Key Characteristics of Good Nutritional Care, will be involved in taking the lead in involving colleagues, ***patients /residents, family and community members*** in the organisation’s work in nutrition and lead in a project to develop the unit’s practice in nutrition.

Training and personal development will be available to all Nutrition Champions to help support them to undertake any their role.

The Champions should have enthusiasm, commitment, confidence, the ability to promote good nutrition, a passion for their work and the wish to inspire others to deliver good nutritional care.

Could I be a Nutrition Champion?

Are you passionate about food and in particular nutrition?

Are you in position to bring about change in the unit?

Would you like to promote good nutrition to others?

If the answer is ‘yes’ then why not become a Nutrition Champion?

What is your commitment?

The champions will need to discuss becoming a champion with your manager and be released to attend an initial half-day training course and link with CPD events and take part in Nutrition and Hydration Week events. The champions will be required to play a key role in the promotion of nutrition and hydration messages in the workplace.

If you are interested in becoming a Nutrition Champion then can you please email your name and email address to - **insert organisations contact details**