



**Doncaster**  
Metropolitan Borough Council

# **Doncaster Food Guide**

**2016**



**Enter**

# Welcome to the Doncaster Food Guide

May 2016

This resource is designed to give you the basic knowledge and tools you need to promote healthier diets with a range of people, in a range of local settings. This guide is aimed at people who may have the opportunity to promote healthier eating with the people they live and work with. The guidance does not make recommendations for individuals or groups with clinical conditions who may require specialised dietary interventions. Those who have a specific professional role or work with people with specific needs should use their own guidelines and standards.

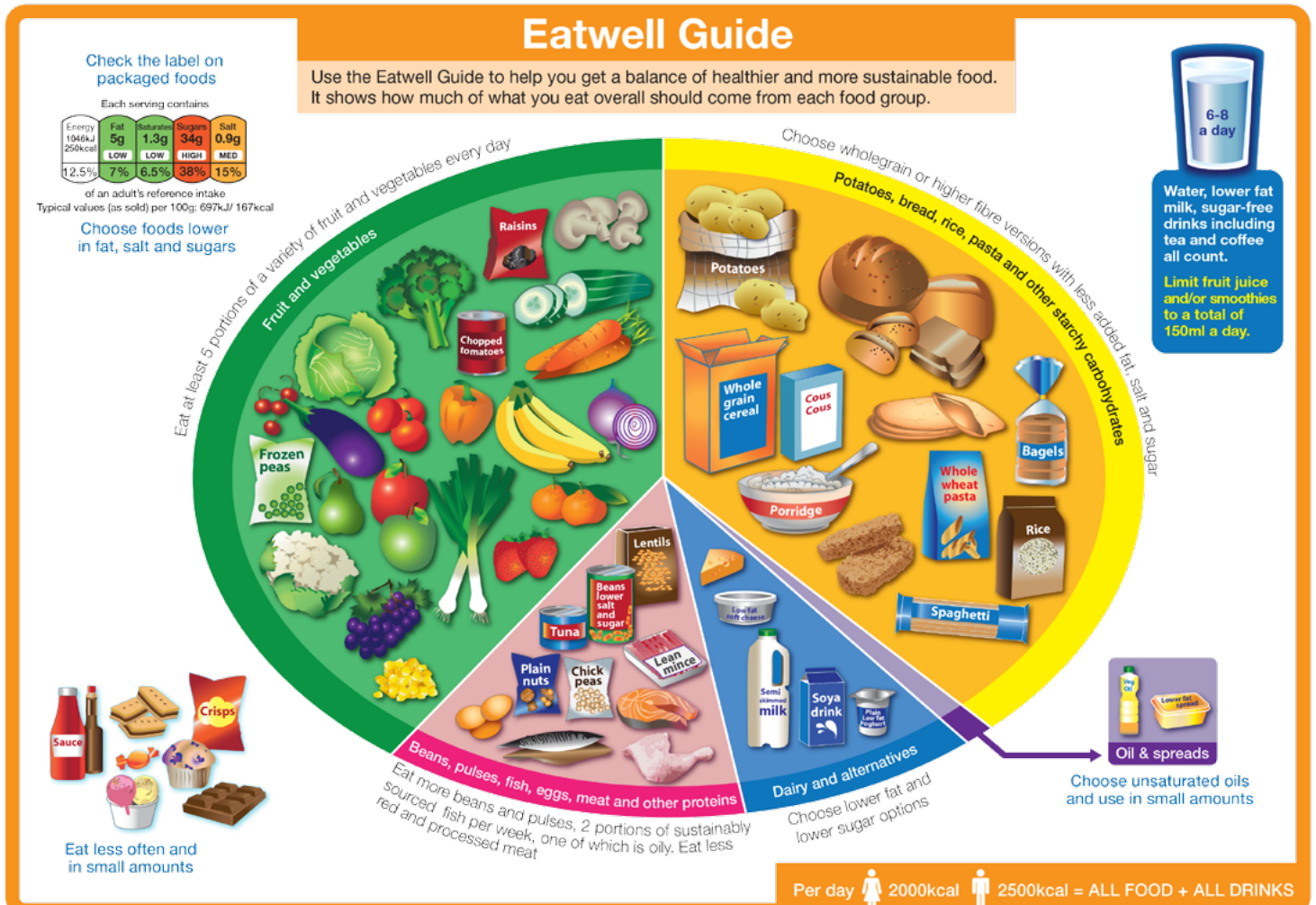
A summary of the Government's Healthy Eating Recommendations is below - they outline the most important messages we should all be promoting; however, at the bottom of these guidelines you will find links to more specific messages, resources and full guidance for where you live or work. Read these before looking at the guidance relating to your setting.



## Healthy Eating Recommendations

(Adapted from: Public Health England (2014) A Quick Guide to the Government's Healthy Eating Recommendations)

The Eatwell Plate (below) visually shows the main guidelines to healthy eating.





## Base meals on starchy foods

Eat plenty of starchy foods such as potatoes, rice, bread and pasta. Choose wholegrain varieties or eat potatoes with their skins on for more fibre.

## Eat some meat, fish, eggs, beans and other non-dairy sources of protein

- Eat two portions of fish a week, one of which is oily. A typical portion is 140g.
- On average eat no more than 70g red and processed meat a day.
- Choose lean cuts, trim visible fat off meat, look at labels and choose those options lower in salt, fat (especially saturated fat) and sugar where possible.



## Eat some milk and dairy products

Look at labels and choose those options with lower fat, sugar and salt where possible.



## Eat plenty of fruit and vegetables

Eat at least 5 portions of a variety of fruit and vegetables a day

An 80g portion is:

- a slice of a large fruit such as a melon
- a whole piece of fruit such as an apple or banana
- two pieces of small fruit such as satsumas
- three tablespoons of cooked vegetables
- a bowl of mixed salad
- limit fruit juice to no more than 150 ml glass of unsweetened fruit juice (only counts once per day no matter how much you drink)

## **Only eat *SMALLER* amounts of food high in fats, sugar and salt or eat them *LESS OFTEN***

For example, swap sugary drinks to water, lower fat milk, diet, sugar free or no added sugar drinks.

***Foods and drinks in this category are not essential to the diet.***



## Water

Drink between six to eight glasses (about 1.2 litres) of water, or other fluids, every day, to avoid dehydration.

## Energy requirements

The average energy requirement for a man is about 2,500 kcal (calories); 2,000 kcal for a woman.

By convention:

- Breakfast should provide about 400kcal of your energy
- Lunch about 600kcal
- Evening meal about 600kcal
- Leaving 400kcal for all the snacks and drinks consumed between meals



## Please click on your setting/target group below for more advice, information and resources

The links below will take you to more specific messages, resources and full guidance for where you live or work- remember to also take into account the general guidance above.

- All settings
- Public sector • Catering businesses
- Children Centres • Nurseries
- Schools • Colleges • Alternative education • Youth Settings
- Small, medium and large businesses that employ people
- Food Banks • Community Cafés • Voluntary groups
- Residential settings and care homes • Residential homes  
Supporting people at home • Day centres and community settings and supported housing

## Notes: Supplements

Certain groups of the population are recommended to take dietary supplements:

Women who could become pregnant or who are planning a pregnancy should take a dietary supplement of 400 micrograms ( $\mu\text{g}$ ) of folic acid every day from before conception until the 12th week of pregnancy, to reduce the risk of neural tube defects (NTDs). In addition to this, they should also eat folate rich foods such as, green vegetables, some fruits (oranges for example) and fortified breakfast cereals.

Vitamin D supplements are recommended for:

- All pregnant and breastfeeding women ( $10\mu\text{g}/\text{day}$ ).
- People aged 65 and over ( $10\mu\text{g}/\text{day}$ ).
- People who are not exposed to much sun, such as people who cover up their skin when outdoors, or those who are housebound/confined indoors for long periods ( $10\mu\text{g}/\text{day}$  for adults).
- Infants and young children aged between six months and five years should also be given a supplement containing vitamin D ( $7- 8.5\mu\text{g}/\text{day}$  depending on age), as well vitamins A and C.
- Formula-fed infants should not need vitamin supplements unless they are having less than 500ml of formula a day. Breastfed infants may need to receive drops containing vitamin D earlier (from one month of age) if their mother has not taken vitamin D supplements throughout pregnancy.
- People who have darker skin, for example people of African, African-Caribbean and South Asian origin are also at risk of vitamin D deficiency as their bodies are not able to make as much vitamin D.

For more details nutritional recommendations for the population click here: <http://bit.ly/1QbXM72>



# Food Hygiene

**Did you know that more than 280,000 cases of campylobacter (the most common type of food poisoning) are reported each year?**

## Who is this for?

Anyone who is cooking food for themselves or others.



## What you can do...

- Always wash your hands before handling food and especially after handling raw meat. Hands should be washed with water and soap.
- Protein containing “ready to eat” food should be stored in the fridge, your fridge should be below 8°C.
- Make sure you store raw meat at the bottom of the fridge in a dish that will prevent it from dripping.
- When preparing raw meat on work surfaces or cutting boards, make sure you clean down and disinfect with an antibacterial spray before preparing ‘ready to eat’ items such as salads and cooked meats.
- Use separate clean cutting boards and equipment for raw and ready to eat food preparation if you can.



## Key messages

Always wash your hands before handling food and especially after handling raw meat.

Your fridge should be below 8°C.

Always use an antibacterial cleaner to clean down worktops in the kitchen.

Ensure all cooked foods are piping hot in the centre.

Never eat foods past their ‘use by date’.



***“Always wash your hands before handling food and especially after handling raw meat. Hands should be washed with water and soap.”***





## What you can do continued...

- The 'use by date' tells you when the food will no longer be safe to eat. After food has passed this date you must not eat the food as it could make you ill.
- The 'best before date' tells you that the quality of the food may be reduced, for example, biscuits may become stale, these products can be eaten after this date.
- When cooking meat you must make sure the centre of the food is piping hot or over 75°C.
- Don't wash chicken before you cook it, this will just spread the germs around the kitchen (these germs will be killed during cooking).

***“After preparing raw meat, ensure you clean and disinfect work tops and chopping boards before you start to prepare salad items, cooked meat and other ready to eat food.”***



## Other resources and tools

How to wash your hands

<http://bit.ly/1aNjsDq>

Your Fridge is your friend

<http://bit.ly/1MxHbzO>

Eating out? Check the businesses rating first!

<http://bit.ly/1ayf3ta>





# Catering

## Who is this for?

This will be useful for people who provide food. For example restaurants, chefs or those who regularly organise catering events as part of their role such as buffets and events.



## Key messages

A healthier menu is varied and balanced, uses a range of cooking methods and includes appetising food and drink. It does not exclude or ban foods that are higher in fat, salt and sugars or methods of cooking like frying. However, it does offer choice and variety.<sup>1</sup>

Meal planning should be based on the assumption that people consume 3 meals per day and snacks. Breakfast would contribute 20% of nutrients, lunch 30%, evening meal 30% and snacks 20%.<sup>1</sup>

Meals provided should be low in saturated fat, sugar and salt and high in fibre and fruit and vegetables.

Buffets and event catering should follow the Public Health England healthier and more sustainable catering guidelines.<sup>1</sup>

For information on Food Hygiene go to the Food Hygiene section.

***“Ensure at least 1 portion of vegetables or fruit is provided with each meal”***



## What can you do?

- Work towards ensuring that the food you provide is in line with national healthy eating guidelines including the Eatwell Plate (see Introduction) and that all buffet lunches and snacks conform to The Public Health England healthier and more sustainable catering guidelines.<sup>1</sup>

**continued over page...**



## What can you do? **continued**

- Sign up to the Workplace Wellbeing Charter <http://bit.ly/22znJ7M>
- Sign up to the Public Health Responsibility Deal <http://bit.ly/OkKGfG>
- If a full meal is provided, ensure this is balanced, in line with the Eatwell plate (see Introduction).
- Ensure meals sold do not provide or encourage more than the recommended proportion of daily nutrients.
- Use vegetable fats to cook with instead of animal fat, for example, use olive oil, vegetable oil and margarine instead of butter or lard.
- Do not provide salt shakers on tables, instead have them available on request.<sup>1</sup>
- Instead of sugar, use foods which are naturally sweet such as fruit or add artificial sweeteners.
- Ensure at least 1 portion of vegetables or fruit is provided with each meal.
- Provide an option of sweeteners for adding to beverages such as tea.
- Ensure there are pudding options which include fruit.
- Choose wholegrain options where possible such as wholemeal bread, brown rice and brown pasta.
- Ensure that water is visible and freely available.



### **Buffets and events catering...**

Use the Public Health England Standards<sup>1</sup> as a basis when planning a buffet and ensure it is taken into account for any breakfast and snack items. The standards also provide useful healthier alternatives and ideas.

When planning a buffet, ensure there are options available from each food group in the correct proportions and avoid foods that are high in fat, sugar and salt, such as cakes, biscuits, cereal bars, confectionary, crisps and pastries.<sup>1</sup>

### **References**

1. Public Health England: Healthier and More Sustainable Catering <http://bit.ly/1fYl28q>

### **Links and Resources**

Public Health Responsibility deal <http://bit.ly/1oYqpwY>







# Early Years

## Who is this for?

This will be useful for you if you are... a children's centre, a nursery, child-minder, pre-school or playgroup that provides food or snacks to children aged 0-5 years.



Please also see our Feeding for the Future: Infant Feeding and Good Practice (Pre-conception, pregnancy and 0-5 section)

**Note:** The information below is general guidance for most healthy babies. For babies born prematurely or requiring specialised nutritional advice or a therapeutic diet arising from disease states, e.g. malabsorption or for babies with allergies, please consult their health team for individual assessment and advice.



## Key messages

This resource is adapted from Feeding for the Future: Doncaster's Infant Feeding Good Practice Guide<sup>1</sup>, the Doncaster Children's Centre Food and Drink Guidelines<sup>2</sup> and NHS Choices - Your

Baby's First Solid Food.<sup>3</sup> Further information can also be found at Start4Life – Solid Foods.<sup>4</sup>

We recommend that if you are working in settings that work with babies and young children that you read the guidance documents in full. Some of the guidance may be aimed at children's centres but you will find it useful for any of the settings in this guide.

Nutrition before and during pregnancy, and in the early years of life, is a major determinant of physical growth and development and may also significantly influence adult health.<sup>1</sup>

Early food experiences have an important effect on eating patterns in adult life. Children are almost totally dependent on others for their food and parents and other carers should be made aware that own eating habits will be the ones that the child imitates. Attitudes to eating, including which types of foods are considered to be

normal and whether meals are regarded as social occasions or just something to be eaten whilst watching TV, will develop during the early years.<sup>1</sup>

The recommendations for giving babies and young children food and drink differ from older children and adults. It is important that the Doncaster Infant Feeding Guide<sup>1</sup> is followed whenever food and drinks are provided and the latest weaning advice is provided.

Breastfeeding is the healthiest way to feed a baby. Exclusive breastfeeding (giving baby breast milk only) is recommended for around the first six months (26 weeks) of a baby's life.

### In order to achieve a balance and varied diet, it is important to ensure that children under 5:

- Consume sufficient energy and nutrients needed during this period of rapid growth.
- Do not consume too much 'empty energy' through the excessive consumption of foods and drinks high in fat/sugar – leading to overweight or obesity.
- Develop healthy eating and drinking habits from an early age.<sup>2</sup>



## Starting Solid Food

At around six months of age babies can start to be introduced to solid food (sometimes called 'weaning'), alongside milk feeding.

The main reasons for introducing solid foods are to meet increased nutritional requirements, to prepare a baby to move to family foods and to progress a baby's development.

Research shows babies are able to get all the nutrients they need from breast milk or infant formula until they are around six months old. Waiting until then to introduce solid food gives their digestive system time to develop fully so it can cope with solid foods and the baby will be less likely to develop an allergy.

### There are 3 signs to look out for that show a baby may be ready to start solid food.

These are;

1. Stay in a sitting position and are able to hold their head steady
2. Co-ordinate their hands, eyes and mouth - be able to look at food, grab it, and put it in their mouths all by themselves
3. Swallow their food (babies who are not ready for solids will often push their food back out, and get more around their faces than they do in their mouths!)

**The signs rarely appear together before 6 months.**

Some signs that can be mistaken for a baby being ready for solid foods are:

- Chewing fists
- Waking in the night when they have previously slept through
- Wanting extra milk feeds

Introducing babies to solid food should be seen as an important step in their development and should be fun and messy!

Babies should be given the opportunity to try a variety of different tastes and textures, explore food with their hands and be given the opportunity to feed themselves. Babies introduced to a wide variety of foods will help them to get used to lots of different tastes and can help to reduce fussy eating. Therefore children are more likely to grow up eating lots of different foods.



## First Foods

(around six months)

Start by offering mashed or soft cooked fruit or vegetables such as potato and sweet potato, carrot, apple or pear. Soft fruits like peach or melon, or baby rice or baby cereal mixed with baby's usual milk, are good as well. If you are offering these off



a spoon give the baby a spoon to hold as well.

## Finger Foods

Babies like to explore foods and textures with their hands so give them the opportunity to feed themselves using soft finger foods. Grab-able pieces of foods such as (cooled) cooked carrot, banana and soft ripe pear make good first finger foods moving onto foods such as soft pieces of meat, fish (check for bones), pasta and toast as babies develop their chewing skills.



## Moving on

When a baby is used to first foods other foods can then be offered. This includes foods such as soft pieces of meat, fish, pasta, noodles, bread, chapatti, lentils, and mashed rice and well cooked eggs. Full fat (but low sugar) dairy products like cheese, yoghurt or fromage frais can be given. From six months whole milk (full-fat) can be used in cooking, for example to make sauces, custards and on cereals but not given as a drink until 12 months.

By 8-9 months an infant will move towards eating 3 meals a day. It will be a mixture of finger foods, mashed and chopped foods. A variety of foods should be given including starchy foods such as potato, bread, pasta and rice, protein foods such as meat, fish (check for bones), well cooked eggs, lentils and pulses, fruits and vegetables and dairy foods such as cheese and low sugar yoghurts, and custard.

At 10 - 12 months an infant will be having chopped rather than mashed foods at their three meals a day, and also enjoying some firmer finger foods like fresh fruit and vegetables, breadsticks and pieces of meat or fish.



## Foods to avoid

By waiting until they are six months old, babies digestive systems are more developed to accept a wide range of foods.

If babies are being given solid food before six months, speak

to the health team involved to find out which foods should be avoided and for any further advice.

At six months there are still some foods that should be avoided or care taken with when given to a baby.

## These include:

### Salt

Babies kidneys can only cope with a small amount of salt. Don't add salt to baby's foods and avoid using stock cubes and gravy. Avoid high salt foods such as crisps, packet sauces and convenience foods.

### Honey

This should be avoided until 12 months as it can contain bacteria that can cause infant botulism.

### Sugar

Babies shouldn't have too many sugary foods as this can cause tooth decay and lead to them developing a taste for sweet foods as they grow older. Avoid juices, squashes and fizzy drinks and foods such as biscuits, cakes and sweets. Some foods may have hidden sugar in such as yogurts, fromage frais and breakfast cereals so choose low sugar options of these foods.

### Nuts

Whole nuts or nut pieces should be avoided until five years due to the risk of choking. Nuts may be given as a smooth nut paste or ground nuts from six months. However if the baby is at high risk of developing a food allergy (i.e. if there is a history of allergy or food allergies in the family), speak to baby's G.P or health team before introducing.



## Low fat foods

Babies have high energy requirements compared to their body size but only small tummies, therefore fat is an important source of calories and some vitamins. Therefore babies and young children up until two years should have whole (full fat milk), yoghurts and cheese in their diet. From two years if growing well and eating a varied diet then lower fat foods such as semi-skimmed milk, reduced fat spreads and yoghurts can be introduced.

## Saturated Fats

Foods such as biscuits, cakes, meat products (sausages, burgers, sausage rolls) are a source of saturated fat. If eaten frequently as older children and

adults this can lead to high levels of cholesterol and heart disease so it is better to give alternative foods.

## Shark, Swordfish and Marlin

These contain high levels of mercury which can affect the nervous system so they should be avoided by babies and children.

## Shellfish

Avoid raw shellfish due to the increased risk of food poisoning.

## Undercooked eggs

These should be cooked until the yolk and white are hard to reduce the risk of food poisoning.

By feeding a baby homemade family foods it is easier to know what is in the food and ensure it doesn't contain too much salt and sugar. Babies are more likely to grow up enjoying these foods.

If jars/pouches of baby food are given limit to just occasional use, ensure the ingredients are age appropriate, and follow the manufacturer's instructions for heating and storing. The taste and texture of jars and pouches of baby food can be very different to home prepared food, meaning it may be difficult to get babies to accept home prepared food when given. They can also work out to be a lot more expensive.

## Over 12 months

By 12 months a baby will usually be eating three meals a day, with breast milk or whole cows' milk and water to drink.

They may need 2-3 healthy snacks between meals like fruit, vegetable sticks, toast and rice cakes.

### Try to include;

- **Three to four servings a day of starchy food such as potatoes, bread and rice.**
- **Five servings a day of fruit and vegetables.**
- **Two servings a day of meat, fish, eggs, dhal or other pulses (beans and lentils).**
- **Three servings a day of dairy foods.**

Remember children have smaller tummies than adults so serving sizes will be much smaller than for adults. Allow babies and children to stop eating when they are full and don't make

them finish everything on their plates. Offering a variety of different foods is the best way to ensure babies and children get all the nutrients they need.



Often young children go through periods of fussy eating, try to think about what they eat over the course of a week rather than a meal

or a day. Positive role modelling can help set good eating habits for the future. It may take up to 20 times of offering a food before it is liked so it is important to keep offering previously rejected foods.



## Drinks

Breast milk or infant formula milk should continue alongside the introduction of solid foods. As the amount of food a baby eats increases, the amount of milk they drink may decrease and they may start to reduce the number of feeds.

A free flow or unlidded cup should be introduced at six months of age. This will help infants learn to sip from a cup and is better for their teeth. Tap water can be given at six months (tap water should be boiled before six months).

At 12 months whole (full fat) cow's milk can be introduced as a drink instead of infant formula milk. Continue milk feeding alongside introducing solid foods for as long as the infant wants. As long as infants are growing well and eating a varied diet, semi-skimmed milk can be introduced at two years.

Other alternatives to cow's milk should not be given under 12 months e.g. Goat's milk, sheep's milk, soya milk, almond milk, oat milk as they don't contain enough nutrients. If these are given, then pasteurised versions should be used and choose unsweetened, calcium enriched varieties of milks including soya, almond and oat milks. Rice milk shouldn't be given until the age of five years as it contains arsenic.

Avoid giving babies drinks including squash, fizzy drinks, flavoured milks, baby juice or fruit juice drinks. These usually contain a lot of sugar which is damaging to teeth or contain artificial sweeteners that are not suitable for young children.

A pure fruit juice may be given to a baby over six months of age but should be diluted one part juice to 10 parts water and should be given with a meal. Pure fruit juices have vitamin C in which can help with the absorption of iron but giving fruit juice at mealtimes (rather than in between) helps reduce the risk of tooth decay as fruit juices still contain sugar.

***“It is recommended that all babies and children are given vitamin supplements containing vitamins A, C and D from the age of six months to five years, even if it is considered a baby or child is eating well.”***

## Vitamins

It is recommended that all babies and children are given vitamin supplements containing vitamins A, C and D from the age of six months to five years, even if it is considered a baby or child is eating well. This is because babies and children have high requirements for some vitamins as they are growing rapidly.

Babies who are fed infant formula don't need vitamin drops if they're having 500ml (about a pint) of formula or more a day. This is because formula is already fortified with the vitamins they need.

If an infant is breastfed it is advised to start giving a vitamin supplement from six months of age. If mum didn't take vitamin D supplements during pregnancy, it may be recommended that the baby takes vitamin drops containing vitamin D from the age of one month.

If parents are in receipt of Healthy Start vouchers they can receive free Healthy Start vitamins for women and Healthy Start vitamins for children.

Further information about vitamins and the Healthy Start scheme can be found at [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)



## And finally...

When a baby is being given any solid food always remember;

Stay with the baby when they are eating in case they start to choke.

Let the baby enjoy touching and holding the food.

Allow the baby to feed themselves, using their fingers, as soon as they show an interest.

Don't force the baby to eat - wait until the next time if they're not interested this time.

If you're using a spoon, wait for the baby to open their mouth before you offer the food. The baby may like to hold a spoon, too.

Start by offering just a few pieces or teaspoons of food, once a day. Increase the amount and variety of food they have until they are having three meals a day of family foods.

Cool hot food and test it before giving it to a baby.

Don't add salt, sugar or stock cubes to a baby's food or cooking water.

## Oral Health

A regular tooth brushing routine is essential for good oral health and is a key supporting component of good nutrition. Tooth brushing with fluoride toothpaste should start as soon as a baby's first milk tooth breaks through. All children can use family toothpaste containing 1,350-1,500ppm fluoride as long as they are supervised until the age of seven and they don't lick or eat it. Children should brush their teeth twice a day, using the appropriate amount of toothpaste (below three years of age a smear and three to six years a pea sized amount). Spitting out excess toothpaste and not rinsing with water is also encouraged.



## Physical Activity

Physical activity is the best way to help children maintain a healthy weight. It is recommended that children (aged less than 5 years) who are able to walk should participate in physical activity for 180 minutes (3 hours) per day and that children who are not able to walk yet should be regularly active, for example; tummy time and floor play.<sup>5</sup>



## What you can do...

- Create an environment in which all staff, volunteers and visitors can role-model best practice. Show parents and carers how achieving a healthy diet and lifestyle themselves can have a positive impact on their children both inside and outside of your setting.<sup>2</sup>
- Read and use the guidelines, tips and resources in the Doncaster Infant Feeding Guide<sup>1</sup>, Food and Drink Guidelines for use in Doncaster Children's Centres<sup>2</sup> and information on solid foods on NHS choices and Start4Life websites.
- Encourage parents and carers to follow the guidance when feeding their children both in your setting and at home.
- Complete the Children's Centre Self-Assessment in the Food and Drink Guidelines for use in Doncaster Children's Centres<sup>2</sup> even if you are not a children's centre it will still be useful.



## What you can do...



- Make sure that staff, volunteers, families and visitors are aware of the key messages and are following them.
- Ensure all the food and drink provided in your setting, including snacks and “treats” promotes the health of the families you work with and share this in a positive manner.
- Encourage families not to bring sweets, crisps, biscuits, cakes, juices or fizzy drinks for the children or themselves to an activity, onto the premises or when on trips.
- Encourage (but don't force) children to try a variety of foods and use the adults present as role models for both the type of foods eaten and eating behaviour.<sup>1</sup>
- Encourage families to make physical activity a priority for the whole family and reduce the time spent in sedentary activities such as watching TV, videos, DVDs and playing computer games.<sup>1</sup>
- Actively promote breast feeding and support women who wish to breastfeed by signing up to Doncaster's breastfeeding welcome scheme, displaying posters, stickers and leaflets promoting breastfeeding. Work towards baby friendly Unicef standards.
- Encourage families to sign up to Start4Life and Change4Life so they can benefit from regular free resources and information.



## Key references.....

1. Doncaster and Bassetlaw Infant Feeding Steering Group Feeding for the Future: Infant Feeding Good Practice Guide (Preconception, pregnancy and 0 – 5 years)
2. Doncaster and Bassetlaw NHS Foundation Trust (2013) Food and Drink Guidelines for use in Doncaster Children's Centres.
3. NHS Choices. Your baby's first solid foods. <http://bit.ly/1ch9j8B>
4. Start4Life. Solid Foods. <http://bit.ly/1p49fzq>
5. Chief Medical Officers (2011) Start Active, Stay Active: A Report on Physical Activity for Health from the Four Home Counties.





## Useful resources and tools...

Public Health at Doncaster Council.

<http://bit.ly/1SbxPXu>

Change4Life- Sign up as a partner to get free resources. <http://bit.ly/1g8ssUw>

NHS Choices- Information about feeding babies and young children.

<http://bit.ly/1SjDobJ>

Eat Better Start Better : Voluntary Food and Drink Guidelines for Early Years Settings in England – A Practical Guide - Sept 2012.

<http://bit.ly/1fqJsa6>

Start4Life- free resources for mums, dads and professionals. <http://bit.ly/1mILRec>

Caroline Walker Trust (2014) Eating well for 1-4 year olds - provides key information, sample menus and food ideas.

<http://bit.ly/1W3wxm8>

Food standards agency guide for childminders and other organisations that serve food to children.

<http://bit.ly/1VurJrm>

Healthy Start Programme- for pregnancy and those with children under 4.

<http://bit.ly/1aaxHFe>

NHS Choices- Information about caring for children's teeth.

<http://bit.ly/1qXld8a>

***“A regular tooth brushing routine is essential for good oral health and is a key supporting component of good nutrition. Tooth brushing with fluoride toothpaste should start as soon as a baby’s first milk tooth breaks through.”***







# Education Settings

## Who is this for?

This will be useful for you if you are ...a primary or secondary school, or any other setting that provides food to children over 5 years and young people, with the opportunity to influence their diet, such as, youth centres, colleges, Social Education Centres and alternative education settings.



**Note:** Although this guidance is aimed primarily at schools many of the messages and actions can be applied to other settings. This document complements the Independent School Food Plan.<sup>1</sup>

## Key messages

Follow the healthy eating recommendations in the introduction.

During their school years, people often develop life-long patterns that can affect their weight. Schools play an important role by providing opportunities for children to be active and develop healthy eating habits, and by providing role models.<sup>2</sup>

A “Whole School Approach” to improving food and drink in schools should involve all staff, including teachers, parents, children, governors and the local community and should be promoted in the whole of the school’s environment and culture.<sup>1</sup>

Every school is different, and every school faces a different combination of challenges as it tries to improve its food. There is no one-size-fits-all template of perfection.<sup>1</sup>

Any support offered to children who are struggling with their weight should be in partnership with NHS and Local Authority Partners, in line with current guidance. The support should avoid stigmatisation, be confidential and aim to build self-esteem and a positive body image.<sup>2</sup>

Children and young people should be taught how to cook and apply the principles of nutrition and healthy eating.<sup>1</sup>

*“Children and young people should be taught how to cook and apply the principles of nutrition and healthy eating.”*





## What can you do?

- Ensure that all food and drink provided meets with the School Food Standards.<sup>5,1</sup>
- Complete the checklist for Headteachers<sup>1</sup> and work together with staff, governors, parents and pupils, to assess the whole school environment. You should ensure that all school policies help children and young people to maintain a healthy weight, eat a healthy diet and be physically active. This is in line with existing standards and guidance.<sup>2</sup>
- Ensure that teachers and support and catering staff, receive training on the importance of healthy-school policies and how to support their implementation and that catering staff are treated as key members of your team.<sup>1,2</sup>
- Follow the School Food Standards for drinks<sup>4</sup> and do not provide or encourage any sugary drinks. There should be easy access at all times to free, fresh drinking water.
- Energy drinks are not suitable for children and sports drinks can also be high in calories.<sup>1,3</sup>
- Involve parents, carers and other family members in any changes and training and utilise the skills and knowledge of your people by involving them in any changes.

## Not a school?

Even if you are not a school you can still implement many of the ideas included in the Checklist for Headteachers and ensure that the food you provide is, as far as possible, in line with the School Food Standards and the messages and guidance in the Introduction.

Voluntary sector organisations and clubs can ensure that snack foods provided or cooked with young people are in line with the School Food Standards. Involve young people in any changes that are made and ensure that staff and volunteers are good role models and promote a healthy balanced diet with the young people they work with.

## Key references...

1. The Independent School Food Plan. <http://bit.ly/1dZpzuU>
2. NICE guidelines [CG43] Obesity: Guidance on the prevention of overweight and obesity in adults and children Public. <http://bit.ly/1VpPwbr>
3. NHS Choices: Water and drinks <http://bit.ly/19fhkH5>

## Useful resources

4. Resources to support implementation of the new School Food Standards <http://bit.ly/1TVR6AT>
5. Provides links to what works well, a head teacher checklist and food standards guidance <http://bit.ly/1dZpzuU>
6. Information for governing bodies <http://bit.ly/1yEtd79>
7. Caroline Walker Trust. Provides links to practical guides, resources, newsletters <http://bit.ly/1NsHzdJ>
8. Information regarding energy drinks <http://bit.ly/265AKKT>





# Workplace



## Who is this for?

This will be useful for you if you are...a small, medium or large business that employs people.

Did you know that work-related ill-health was responsible for an estimated 22.1 million working days lost in 2010/11? <sup>5</sup>

## Key messages

Follow and promote the Healthy Eating Recommendations in the Introduction.

Eating a healthier diet and taking part in physical activity can lead to health benefits for employees, including preventing illness and helping them to manage their weight.<sup>1</sup>

The workplace is a good setting for promoting healthy eating. Workplaces should provide opportunities for staff to eat a healthy diet by actively promoting healthy choices and

by having working practices and policies that promote healthy eating.<sup>2</sup>

Workplaces should promote healthy choices by providing information and support, and making changes to the work environment.<sup>1</sup>

Healthier and more sustainable food in the workplace starts with a senior management commitment to change and organisational buy in and planning.<sup>4</sup>

If you are promoting weight loss programmes for those who wish to lose weight, ensure that they are in line with current guidance, this includes a balanced diet, encouraging regular physical activity and not expecting people to lose more than 0.5kg-1kg a week (1-2 pounds).<sup>1</sup> Work in partnership with your local Public Health<sup>5</sup> and NHS partners to provide the right information and services.<sup>2</sup>



## What can you do?

- Sign up to the Workplace Wellbeing Charter <http://bit.ly/22znJ7M>
- Sign up to the Public Health Responsibility Deal: Health at Work Pledge <http://bit.ly/22zC1Fd>
- Promote and increase the availability of healthy choices in your restaurants, vending machines and shops and incentivise and encourage healthy behaviour.<sup>2</sup>





## What can you do?

### Ensure that:

- The healthier choice is the easy choice.
- Any kitchen facilities or beverage areas are in good condition and conform to good food hygiene standards.<sup>3</sup>
- Wherever possible, eating facilities are clean, user friendly and are provided away from work areas. The use of these facilities is promoted to enable regular breaks away from the work area.<sup>3</sup>
- A healthy eating “statement” is in place and employees are aware of it.<sup>3</sup>
- Appropriate and accessible information on healthy eating is provided for your employees.<sup>3</sup>
- Healthier foods and beverages are available to employees (see Healthy Eating Recommendations) and promoted through price and availability.
- Water is visible and freely available.<sup>3</sup>
- Undertake further work with local partners to:
  - Develop a corporate healthy eating food plan, in consultation with staff, that covers: Corporate hospitality, catering, buffets and vending machines, and local sourcing of food using local providers where possible.<sup>3</sup>
- Offer tailored programmes to improve understanding and take-up of healthier diets.<sup>3</sup>
- Provide internal or external support for those who wish to lose weight.<sup>3</sup>
- Plan a rolling schedule of planned events to promote the importance of healthy eating in the work place.<sup>3</sup>



## Key references

1. National Institute for Health and Care Excellence (2006), CG43 Obesity: Guidance on the prevention of overweight and obesity in adults and children. <http://bit.ly/1SjLqS3>
2. National Institute for Health and Care Excellence (2006): Recommendations for workplaces (CG43). <http://bit.ly/1TVWfJ5>
3. The Workplace Wellbeing Charter (2014) <http://bit.ly/22znJ7M>

4. Healthier and More Sustainable Catering: A toolkit for serving food to adults (2014) <http://bit.ly/23BOIoT>

5. Nice Local Authority Guidance- Workplace (LGB2) (2012) <http://bit.ly/1W3LkNM>



## Other resources and tools

Public Health at Doncaster Council <http://bit.ly/1SbxPXu>

Public Health Responsibility Deal Health at Work Case studies (2014) <http://bit.ly/1zJ9WSO>

Change4Life- sign up as a partner to get free resources <http://bit.ly/1g8ssUw>

NHS Choices - information about healthy eating and weight management <http://bit.ly/1hWAffV>





# Community



## Who is this for?

This will be useful for you if you are...community, voluntary organisations who provide food or cookery sessions to people in the community.

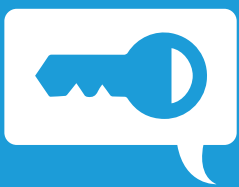
**Note:** If you serve food to children and older people, please also see our sections on Older People, Educational Settings and Early Years

## Did you know?

In the United Kingdom, food is the largest item of household expenditure for low income households, after housing, fuel and power costs.<sup>4</sup>

## Key messages

Follow and promote the Healthy Eating Recommendations in the Introduction.



Eating a healthier diet and taking part in physical activity can lead to health benefits for everyone, including preventing illness and maintaining a healthy weight.<sup>1</sup>

A healthier menu is varied and balanced, uses a range of cooking methods and includes appetising food and drink. It does not always

exclude or ban foods that are higher in fat, salt and sugars or methods of cooking like frying. However, it does offer choice and variety.<sup>2</sup>

If you are promoting weight loss programmes for those who wish to lose weight, ensure that they are in line with current guidance. This includes a balanced diet, encouraging regular physical activity and not expecting people to lose more than 0.5kg-1kg a week (1-2 pounds).<sup>1</sup> Work in partnership with your local Public Health<sup>5</sup> and NHS partners to provide the right information and services.<sup>2</sup>



***“Adjust recipes to show how they can be made more balanced, for example, by using less fat, salt and sugar and adding more vegetables and fruit.”***





## What you can do...

- Sign up to the Public Health Responsibility Deal Core Commitments to promote the health of your employees, volunteers and the community:  
<http://bit.ly/1qLQKRH>

### When providing food as part of a buffet or snack menu:

- Ensure there are options available from each food group in the correct proportions.
- Offer a variety of healthier choices (see Introduction) and use healthier cooking methods for example; baking, steaming and grilling.
- On menus, include plenty of starchy foods such as potatoes, rice, bread and pasta (choosing wholegrain varieties or potatoes with their skins on for more fibre) and plenty of fruit and vegetables. Offer foods high in salt, saturated fat and sugar in small amounts or less often.<sup>2</sup>
- Provide easy access to fruit and ensure that this is cheaper and more accessible than a sweet dessert. Offer a wide selection such as whole fruit, portions and sliced fruit.<sup>2</sup>
- Add extra vegetables to popular dishes like curry, pasta and casseroles.<sup>2</sup>
- Use less fat when cooking and cook with vegetable fats and oils instead of animal fat such as olive oil and margarines instead of butter or lard.
- Do not provide salt shakers on tables, instead have them available on request.<sup>2</sup>
- Provide an option of sweeteners for teas and coffees.
- Ensure at least 1 portion of vegetables or fruit is provided with each meal.

### If you are cooking with groups or individuals as part of promoting skills and learning:

- Practice and promote good hygiene and kitchen safety in your sessions. See Food Hygiene section or visit the Food Standards Agency Website for information and leaflets or contact (environmental health LA) for advice support and training.  
<http://bit.ly/1qRQIFu>
- Ensure that the food you cook meets the principles in the introduction, use recipes that follow healthy cooking methods such as grilling, steaming, boiling and dry frying and dry roasting/baking. Use recipes from reputable sites such as Change4life and NHS Choices or adapt recipes to make them healthier.
- Adjust recipes to show how they can be made more balanced, for example, by using less fat, salt and sugar and adding more vegetables and fruit.
- Provide advice and information about safely storing and reheating any food being taken home.
- Help people increase their skills and knowledge relating to planning, buying and preparing food on a budget (see Other Resources and Tools section).





## What you can do... continued

**If you are providing food packages as part of a community project or food bank:**

- Ensure, wherever possible, that packages contain the right ingredients to cook a healthy, balanced meal in line with the Introduction, taking into account that some people may have basic equipment and cooking skills.
- Provide food that is stored correctly and safely.
- The Trussell Trust provides the following example shopping list, however, every food bank is different and you may be able to provide fresh products and should encourage donations that are lower in fat, sugar and salt and higher in fibre where possible.

<http://bit.ly/1bgjAgS>

- Provide support, resources and information to help people prepare the food in their package and to cook more balanced meals on a budget in general, e.g. provide recipes, Cook and Eat sessions, food planning and budgeting sessions and one to one support.



## Key references

1. National Institute for Health and Care Excellence (2006), CG43 Obesity: Guidance on the prevention of overweight and obesity in adults and children.

<http://bit.ly/1SjLqS3>

2. Healthier and More Sustainable Catering: A toolkit for serving food to adults (2014)

<http://bit.ly/23BOIoT>

3. Safe catering advice for charities and community groups.

<http://bit.ly/23L6GSp>

4. Department for the environment, food and rural affairs (2014). Family Food 2013.

<http://bit.ly/1uvcYT5>

## Other resources and tools

Public Health at Doncaster Council

<http://bit.ly/1SbxPXu>

Food standards Agency

<http://bit.ly/1smztc7>

Change4Life

sign up as a partner to get free resources and recipes

<http://bit.ly/1g8ssUw>

NHS Choices- information about healthy eating and weight management

<http://bit.ly/1hWAffV>





# Older People



## Who is this for?

This will be useful for you if you are... A professional working with older people e.g. residential home or day care staff including cooks.  
A voluntary organisation providing food to older people such as a lunch club.  
Anyone providing food to an older person on a regular basis such as a carer.

**Note:** Advice may vary for older people with specific conditions such as dementia or diabetes. Any concerns about an older person's nutritional intake should be raised with their GP or dietitian.



## Key messages

Older people should follow the healthy eating guidelines as set out in the introduction and meals and snacks provided should be in line with the Eatwell Plate.<sup>2</sup>

In addition to this, the following points should be considered:

Older people should get enough calcium and vitamin D to prevent osteoporosis, osteomalacia and to strengthen bones.<sup>2</sup>

Older people should eat plenty of iron containing foods.<sup>2</sup>

Fluid intake is important to avoid dehydration.



## What you can do...

- Offer dairy products including milk, cheese and yoghurts to provide calcium, in addition to non-dairy sources e.g. broccoli, spinach, fish with small bones and pulses such as beans, lentils and chickpeas.
- Being outside and getting plenty of sunlight (taking appropriate safety precautions) can help increase levels of vitamin D. Dietary sources include oily fish, eggs, fortified margarines and cereals although these are not as well used by the body. A 10 microgram supplement of vitamin D should be taken by anyone over the age of 65 years.<sup>1</sup>
- Offer a good source of iron such as red meat, fish, pulses such as beans, lentils and chickpeas, green leafy vegetables and eggs with each meal.
- Tea can stop the body absorbing iron and so it should not be drunk with a meal. However, serving foods containing vitamin C with a meal can help the absorption; these include broccoli, spinach, strawberries and orange juice.<sup>2</sup>
- Older people may not recognise when they are thirsty so frequently offer drinks.<sup>2</sup> Encourage older people to drink at least 6-8 glasses of fluid each day. A fluid diary might help if you have concerns about somebody's intake, making a note of when they drank and how much. Suitable drinks include water, no added sugar squash, milk, tea (away from mealtimes), coffee and fruit juice.<sup>2</sup>





## Key healthy eating messages for older people who are at risk of malnutrition...

- Poor appetite and weight loss are common for older people. These should be monitored and the persons GP contacted with any concerns.<sup>2</sup>
- Meals should be high in protein and energy.<sup>1</sup>
- Portions should not be “over facing”. Instead frequent, small meals should be offered.
- Mealtimes should be enjoyable.

### What you can do...

- All food should look appealing and be eaten in an area free from distractions which may affect the appetite, such as offensive smells or noises.
- Bear in mind that eliminating salt completely may affect the appetite and so remember to consider this alongside other priorities such as the risk of malnutrition.
- Offer foods high in energy and protein with every meal. These include oily fish, nuts, eggs and full fat dairy products such as milk, yoghurts and cheese.<sup>1</sup>
- Offer a small meal or snack every 2-3 hours.<sup>2</sup>
- Meals served and the environment they are served in should be culturally appropriate for the individual.<sup>2</sup>
- Where possible sit and enjoy a meal with older people or ensure the mealtime is a social occasion around a table so they are not eating alone.<sup>1</sup>



***“Poor appetite and weight loss are common for older people. These should be monitored and the persons GP contacted with any concerns”***

### Additional things to consider for all older people...

- Water tablets may cause depleted salt (sodium) levels. If this is a concern, consult the person’s GP.<sup>2</sup>
- Where possible, a screening tool must be completed regularly to assess the severity or risk of malnutrition. If you are not able

to do this, contact a healthcare professional such as a practice nurse who can complete an assessment. A copy of the widely used screening tool, MUST is included in the Caroline Walker Trust document below.<sup>2</sup>





## Additional things to consider for all older people continued...

- The ability to swallow can deteriorate with age. Signs of a swallowing problem include coughing when eating. If you have concerns, you should contact the person's GP who may refer onto a specialist to do an assessment and advise on minimising the risk of food and drink going into the lungs.
- If people struggle to make their own meals, a 'meals on wheels' service may be appropriate. This can provide hot or cold meals directly to their door. These can be obtained following an assessment by Social Services.<sup>1</sup>
- If special equipment is needed, offer assistance and contact an appropriate professional such as GP, Occupational Therapist or social worker.<sup>2</sup>



### Key references

All information provided has been taken from the following resources. Please follow the links for further information:

1. Meals, Nutrition and Feeding  
NHS Choices

<http://bit.ly/1XEbJRd>

2. Eating Well for Older People  
- Caroline Walker Trust

<http://bit.ly/1YCvIFh>

(Includes meal ideas, a guide to portion sizes, good sources for each nutrient and the malnutrition screening tool 'MUST'.)

3. Healthier and More Sustainable Catering  
for People in Residential Homes – Public  
Health England

<http://bit.ly/1DJcR0e>



***“Where possible sit and enjoy a meal with older people or ensure the mealtime is a social occasion around a table so they are not eating alone.”***

