



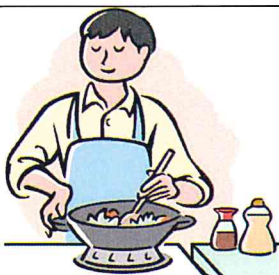
NATIONAL
ADVOCACY
COUNCIL

BROTHERS OF CHARITY SERVICES IRELAND



NATIONAL POLICY
Food & Nutrition

Guidelines



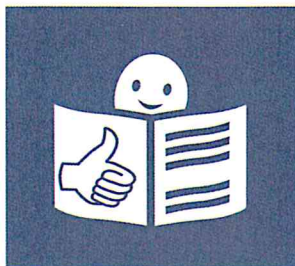
Individuals should be supported to learn about healthy food choices, meal planning, cooking and budgeting.



Individuals should be supported to plan their food and meal choices on a daily or weekly basis.

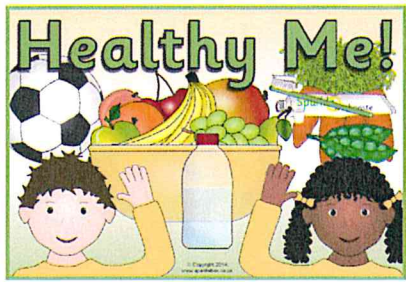


Individuals should be supported to make healthy food choices in their day to day lives. Their right to make their own choices continues to be respected.



Where possible information on food and nutrition should be in easy to read and include the food pyramid.

	<p>Each individual will have a food and nutrition plan. This should include the individuals likes, dislikes, cultural, religious or any special dietary requirements.</p>
	<p>Staff should be trained in basic food safety and hygiene.</p>
	<p>Meals should be well prepared, cooked and nicely presented.</p>
	<p>Where individuals have swallowing difficulties each food on the plate should be served separately to maintain appetite and nutrition.</p>
	<p>When necessary to monitor and review individuals specific dietary needs, a food and drink intake diary must be kept.</p>



Children should be supported to learn about healthy eating and making healthy choices in their weekly plan also.



Staff must use a variety of ways to help individuals make choices around food and nutrition. Pictures, Symbols and real life examples.







Where meals are eaten it is important that it is clean, relaxed and allows for social sharing.



Where possible individuals and staff should sit together at mealtimes.



Individuals who need support at mealtime will be supported by staff.

	<p>Staff should complete Nutritional Checklist if they have concerns about the nutritional status of an individual. This can be used to make a GP referral.</p>
	<p>If an individual is identified as needing support around their diet and nutrition they will be referred to a dietician for advice and support.</p>
	<p>If needed an individual will be referred to a medical or speech and language professional for support around feeding, drinking or swallowing difficulties</p>
	<p>Effects of medication on an individuals nutritional status will be clearly marked in the support plan.</p>
	<p>Where an individual is at risk of choking due to a medical condition e.g Epilepsy all actions to minimise the risk</p>

must be noted in the individual support plan.



This document was put into an accessible format by the Brothers of Charity National Advocacy Council.

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