



# BEBA Supplementary Guidance Document for Adult Social Care Providers

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## Introduction

The Bristol Eating Better Award supports and rewards businesses and providers of adult social care that supply healthier food options and promote food and environmental sustainability. We recognise within Adult Social care settings that food provision can differ between healthy older people and those with additional needs. This supplementary guidance supports the successful completion of the BEBA application form for providers to healthy older adults and those with additional needs.

## How long does it take to complete the application process?

It takes approximately one hour to complete the application form; the application is an online form you can save and come back to if necessary. The application form can be found at: <https://www.bristol.gov.uk/bristol-eating-better-award/awards/business-award>

## Benefits of completing the Award

On completing BEBA your benefits will include:

- Recognition from BCC (Bristol City Council) for commitment to provision of healthy food
- Demonstrate a commitment to meet NHS (National Health care Service) standards on food nutrition and safety
- Recognition of meeting CQC (Care Quality Commission) regulation 14 meeting nutritional standards
- Providing/serving quality food for clients/residents
- Care provision promoted for a period of two years on the BEBA website
- Ability to promote their commitment by using BEBA logo on website and menus
- An award sticker and certificate to demonstrate your commitment to healthy food

## Eligibility

- To apply for this award the care setting must have a food hygiene rating score of 4 or 5. If you are awaiting a food safety inspection, please let us know in your application.

- You must also be able to commit to or answer non-applicable to all 27 core actions to be able to achieve an award. If your care setting does not serve the products mentioned in the action, choose the not applicable option. The not applicable option will also count towards your score for non-core actions.
- Services with more than one premises will need to make separate applications for each address. A multi-site application is also available on the Bristol Eating Better Award website.

## Completing the application

- The application form is available on [www.bristol.gov.uk/bristol-eating-better-award](http://www.bristol.gov.uk/bristol-eating-better-award) and should take you no more than an hour to complete.
- If you're completing the application online, you can save the application as you go along and stop and start as you wish.
- If your care setting does not serve the products mentioned in the action, select the third non-applicable option and this will count towards your overall score.
- The application process relies on your honesty however we do audit a small portion of care settings with a visit from the award team or online audit.

## Once you've applied

- We'll review your application and contact you within 3 weeks. If successful, we'll send you a welcome pack to include a BEBA window sticker and certificate.
- Care settings achieving the award will be published on the website and promoted using other media where possible.
- Your award will be valid for 2 calendar years. We'll email you before expiry to remind you to re-apply.
- We'd love to hear about recipe ideas or changes you make in your care setting to reduce fat, sugar or salt in your food and drink. Email them to us at [bristoleatingbetter@bristol.gov.uk](mailto:bristoleatingbetter@bristol.gov.uk) so we can share your examples.
- Tell us about any success stories, such as recipe changes or positive customer feedback, as these may be useful for further promotional activities. Email [bristoleatingbetter@bristol.gov.uk](mailto:bristoleatingbetter@bristol.gov.uk) follow us on Facebook and Instagram.

## The Award Levels

- The application is split into 12 overall objectives.
- Within each objective is a series of actions that you can commit to undertaking which will help achieve our aims. The actions represent practical and easy to undertake measures, and alongside each there will be guidance as relevant.
- There are a total of 70 actions, with 27 being core actions to the award. The award has three levels: Bronze, Silver and Gold. To achieve these awards, you will need to achieve a score of:
  - 35 for Bronze: 27 core actions plus any 8 other actions
  - 49 for Silver: 27 core actions plus 22 actions of your choice, including at least 5 actions from objectives 1-6 and 5 actions from objectives 7-12
  - 63 for Gold: 27 core actions plus a further 36 actions including at least 10 actions from objectives 1-6 and 10 actions from objectives 7-12

## Questions for varying care provision

Following best practice on nutrition, we are aware that there are differences in food provision required for healthy older adults and those with higher support needs. The Award is flexible to award businesses who cater for a range of service users. If you cater for only healthy adults, please complete the healthy actions, if you provide care for adults with higher support needs, please see information below for questions that may require a non-applicable answer and explanation.

If you need advice on appropriate food provision there are many publications on healthy food for care homes, some examples are:

Welsh government guide to food and nutrition in care homes for older people: <https://www.gov.wales/sites/default/files/publications/2019-12/food-and-nutrition-care-homes-older-people-guidance-complete.pdf>

Malnutrition task force – Eating Well in later life: <https://www.malnutritiontaskforce.org.uk/sites/default/files/2019-10/LR%208202%20Age%20UK%20Malnutrition%20TF%20-%20Eating%20well%20in%20later%20life%20booklet%20A5.pdf>

A number of actions have been assessed as either not applicable to adult social care setting or would require a different answer for those services for adults with additional support needs. These include questions:

1.2, 1.4, 1.7, 2.1, 2.3, 3.1, 3.3, 3.4, 3.6, 3.8, 5.5, 5.6, 5.8, 6.2, 6.3, 6.4, 7.3, 7.4, 7.6, 7.8, 10.4

These action answers have a non-applicable option, which provides the opportunity to state if your business does not provide a service, or if additional support needs are required, please select this option. The non-applicable options will still provide you a score towards your award total and please provide information in the comments box as to the food you supply for people with higher support needs.

## CQC Regulation 14

By completing BEBA award you are demonstrating your commitment to meeting the CQC regulation 14 standard. The standards support meeting healthy hydration and nutrition needs for your residents/clients.

Information on the regulation can be found at:

<https://www.cqc.org.uk/guidance-providers/regulations-enforcement/regulation-14-meeting-nutritional-hydration-needs>

## NHS Standards

The NHS outlines eight standards that all NHS organisations are required to meet, which provides good practice for those providing care the eight standards are:

- Organisations must have a designated board director responsible for food (nutrition and safety) and report on compliance with the healthcare food and drink standards at board level as a standing agenda item
- Organisations must have a food and drink strategy
- Organisations must consider the level of input from a named food service dietitian to ensure choices are appropriate
- Organisations must nominate a food safety specialist
- Organisations must invest in a high calibre workforce, improved staffing and recognise the complex knowledge and skills required by chefs and food service teams in the provision of safe food and drink services
- Organisations must be able to demonstrate that they have an established training matrix and a learning and development programme for all staff involved in healthcare food and drink services

- Organisations must monitor, manage and actively reduce their food waste from production waste, plate waste and unserved meals
- NHS organisations must be able to demonstrate that they have suitable 24/7 food service provision, which is appropriate for their demographic

## Advice on Fortifying foods for those with additional needs

Public Health England (2017)<sup>i</sup> advise:

“Screening for those at risk of malnutrition, and initiating an associated action plan and review process, means that an appropriate diet can be provided to meet an individual’s dietary needs. While those without increased needs continue to enjoy a healthy diet. Those with higher energy requirements should be provided with a diet higher in energy but lower in saturated fat, salt, and free sugars – the nutrients that increase risk of disease – and high in fruit and vegetables, fibre, and oily fish – nutrients that help reduce such risks.”

The Malnutrition task force is an independent charity that work the government on malnutrition for older people including in residential care. They have provided some useful guidance called eating well in older life, full guidance is available at:

<https://www.malnutritiontaskforce.org.uk/sites/default/files/2019-10/LR%208202%20Age%20UK%20Malnutrition%20TF%20-%20Eating%20well%20in%20later%20life%20booklet%20A5.pdf>

### Malnutrition task force advice to fortify foods

What can help – fortifying foods. Sometimes when appetites are reduced, and we do not want to eat it can be useful to fortify your food.

This means adding other ingredients to increase the calorie content but not the portion size.

- Dried skimmed milk powder can be used to fortify full-fat milk. Add 4 heaped tablespoons of dried skimmed milk powder and blend into 1 pint of full cream milk. Keep chilled in the fridge and use on cereals, in porridge, to make up sauces, soups, desserts, jellies, milky drinks etc.
- Try adding dried skimmed milk powder to soups, milk puddings, custards, mashed potatoes: add 2 to 3 teaspoons per portion of food.

- Drink full cream milk: aim for 1 pint/600mls per day.

You could also:

- Add knobs of butter and margarine to foods such as vegetables and potatoes and add grated cheese to soup, mashed potato, jacket potato or scrambled eggs
- Add cream or evaporated milk to soups or puddings such as stewed/canned fruits, custard and rice puddings
- Add sugar to cereals, drinks, desserts
- Serve jam, honey, syrup on foods such as bread, milk puddings
- Make a creamy sauce such as cheese sauce, parsley sauce
- Cook rice with coconut milk
- Cook curries with ghee (clarified butter) as well as coconut milk powder or ground nuts

## Providing culturally appropriate foods

Providing culturally appropriate foods is important to residents from minority ethnic backgrounds. Advice on food provision provided by Scottish public Health team is available from:

<https://www.communityfoodandhealth.org.uk/wp-content/uploads/2015/11/Healthy-Living-Final-English.pdf>

## BEBA Objectives

This section of the guidance summarises aims of the award and actions that care settings can take to achieve these. The award is split into 12 objectives: <https://www.communityfoodandhealth.org.uk/wp-content/uploads/2015/11/Healthy-Living-Final-English.pdf>

### Objective 1: Reducing Sugar consumption

The objective includes actions as to how you can reduce the sugar in your food and drink your care setting offers. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/reducing-sugar>

### Objective 2: Reducing Salt consumption

The objective includes actions as to how you can reduce the salt in your food and drink your care setting offers. For more information on this

objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/reducing-salt>

### **Objective 3: Reducing consumption of Fat**

The objective includes actions as to how you can reduce the fat in your food and drink your care setting offers. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/reducing-fats>

### **Objective 4: Increasing consumption of Fruit, Vegetables and Fibre**

The objective includes actions as to how you can increase the fruit, vegetables and fibre in your food and drink your care setting offers. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/increasing-fruit-vegetables-fibre>

### **Objective 5: Availability, Marketing and promotion of healthier options**

The objective includes actions as to how you can increase availability, marketing and promotion of healthier options in your food and drink your care setting offers. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/promote-healthier-options>

### **Objective 6: Positive steps to improve health**

The objective includes actions as to how you can increase positive steps to improve health of options in your food and drink your care setting offers. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/steps-to-support-health>

### **Objective 7: Reducing Food Waste**

The objective includes actions as to how you can reduce food waste in your service. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/reducing-food-waste>

### **Objective 8: Supporting ethical Practice and animal welfare**

The objective includes actions as to how you can support ethical practice and animal welfare in your care setting. For more information on this



objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/supporting-ethical-practice-animal-welfare>

## Objective 9: Reducing Carbon

The objective includes actions as to how you can reduce carbon in your care setting. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/reducing-carbon>

## Objective 10: Supporting Biodiversity and the environment

The objective includes actions as to how you can support biodiversity and the environment in your care setting. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/supporting-biodiversity-environment>

## Objective 11: Supporting the local community

The objective includes actions as to how you can support the local economy in your care setting. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/supporting-the-local-economy>

## Objective 12: Communicating, training and working with others

The objective includes actions as to how you communicate, train and work with others in your care setting. For more information on this objective please visit: <https://www.bristol.gov.uk/bristol-eating-better-award/award-objectives/communicating-training-working>

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<sup>i</sup> PHE, 2017. Healthier and more sustainable catering. A toolkit for serving food to older people in residential care. [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/648544/healthier\\_and\\_more\\_sustainable\\_catering\\_older\\_people\\_toolkit.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/648544/healthier_and_more_sustainable_catering_older_people_toolkit.pdf)