



# Ealing House

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## POLICY ON MEALS AND MEALTIMES

### **Policy Statement**

Ealing House strongly supports the provision of a healthy, nutritious and balanced diet for its residents.

The approach to nutrition taken is based upon choice and quality for residents. Mealtimes are regarded as enjoyable social occasions for most residents, although those who wish to eat their meals in their own rooms are enabled to do so.

With respect to the storage, preparation, cooking and serving of food this home adheres fully to *Standard 15 of the National Minimum Standards for Care Homes for Older People*, the **Food Safety Act 1990**, the **Food Safety (General Food Hygiene) Regulations 1995** and the **Food Safety (Temperature Control) Regulations 1995**.

### **Aim of the Policy**

This policy is intended to set out the values, principles and policies underpinning this home's approach to meals and mealtimes.

### **Menus and Diets**

1. Ealing House believes that every service user has the right to a varied and nutritious diet that provides for all of their dietary needs and offers health, choice and pleasure. To accomplish this each resident will be asked for their individual food preferences as well as their cultural, religious or health needs and these will be taken into account when planning menus.
2. Menus will offer a choice of foods and residents will be asked which choice they would prefer at every meal.
3. Menus will be reviewed on a weekly basis and feedback from residents, carers and families will be encouraged.
4. Menus will be changed regularly to stimulate appetite and variety.

5. Special therapeutic diets will be provided when advised by health care or dietetic staff.

## **Mealtimes**

1. Mealtimes will be unhurried and relaxed with residents being given plenty of time to eat and enjoy their food. The home considers that mealtimes represent an important social occasion for residents and will endeavour to ensure that they are as enjoyable as possible. Food will be presented in a manner that is attractive and appealing and all food will be cooked, prepared and served to the high standards required by the **Food Safety Act 1990**, the **Food Safety (General Food Hygiene) Regulations 1995** and the **Food Safety (Temperature Control) Regulations 1995**.
2. Staff serving meals should report to the person in charge if a resident does not eat their meal so that an alternative may be offered or a meal replacement offered if appropriate.
3. Those residents who prefer to eat their meal in their room will be able to do so.
4. Drinks will be available throughout mealtimes and will be available upon request at any other time. Refreshments in the form of hot and cold drinks will also be offered at intervals between meals.

## **Assistance for Residents with Eating Difficulties**

1. Ealing House will try to encourage and help all residents to be as independent in feeding themselves for as long as they possibly can and will work to ensure their dignity while they are doing so.
2. Eating difficulties will be identified within each resident's plan of care and a plan of assistance agreed both with the resident and with their carers.
3. Ealing House will make whatever reasonable arrangements are necessary for a resident to be able to feed themselves with dignity and ease, including the provision of special eating aids and special food preparation.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Policy review date: \_\_\_\_\_