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Press Release

The NACC supports care caterers with a new Nutritional Standards for Adults

The National Association of Care Catering (NACC) has launched the ***NACC Nutritional Standards for Adults***. The essential document offers best practice direction and support for everyone involved in care catering for adults across all social care services, including residential, day care and community meals.

The new standard provides clear, simple and practical guidance that will unify standards across all care settings in line with the expectations of monitoring bodies. It is a sound, yet straightforward, way of ensuring that all food and beverage services are fit for purpose, enjoyable, and appropriate for the nutrition and hydration needs of the person concerned, including those at risk of malnutrition and those with special dietary needs.

Karen Oliver, Chair, NACC, comments: "It is generally accepted that good nutrition and hydration is the basis for good health, particularly for the more vulnerable on our society. However, recent headlines and media coverage continue to raise concerns about adequate and appropriate nutrition for those in receipt of care services.

The NACC has always been in the forefront of developing best practice and raising awareness, particularly in relation to nutrition and hydration catering services. Our new Nutritional Standard for Adults will help care providers and caterers ensure that their menus always deliver and support the overall mealtime needs of those in their care, both physically and emotionally."

The standard represents a fresh approach to care catering and meals services that reflects changing times. The standard is holistic. It looks at the whole menu and the meal experience, rather than concentrating on individual meal components and their weight.

Karen Oliver concludes: %We set out to create a new standard that marries up all the relevant good practice and existing standards, offering a concrete guide that is suitable and beneficial for all manufacturers and care caterers, and fits all levels of service. The standard sets the absolute minimum requirement, providing the skeleton from which caterers can build up enjoyable, appropriate, and cost effective local food and beverage services that suit local needs.+

The document is available to purchase at a cost of £10 for NACC members and £20 for non members.

For more information on the ***NACC Nutritional Standards for Adults*** and how to purchase a copy visit www.thenacc.co.uk.

ENDS

Notes to editors:

The National Association of Care Catering (NACC) is a progressive organisation representing professionals providing catering to the care industry. They are recognised by Local Authorities, independent providers, the charitable sector and Government departments as a prime source of information and opinion on all aspects of catering within the care sector and whose primary aim is to improve standards.

The NACC works with a number of partners to:

- To promote and enrich the standard of catering within the care sector, whether that catering be provided by Social Care Departments or other Caring Agencies
- To provide a forum for debate among individuals, companies and organisations of all kinds involved in catering for the care sector
- To facilitate the exchange of information, experience and expertise
- To promote the development of professional standards among those involved in catering for the care sector
- To commission research into matters relating to catering for the care sector
- To publish guidelines, policy papers and authoritative statements on all aspects of catering for the care sector