Every care service involved in catering should understand the importance of getting nutrition and hydration right and strive to improve the quality of their nutritional care in an environment that also respects their service users’ dignity. At the same time they must also ensure that they operate as Regulation 14 of the Health and Social Care Act 2008 (Regulated Activities) Regulation 2010 requires.

The NACC and Care England have worked together on this ‘How to Comply’ guidance which embeds nutritional well-being into good practice and enables all social care providers involved in catering to meet Outcome 5: Meeting nutritional needs - part of the Care Quality Commission’s Essential Standards of Quality and Safety.

The document highlights the evidence required and links that evidence to what inspectors will be looking for when they inspect; it also provides useful implementation packs to help providers meet the standards without having to reinvent the wheel.

If meal times are enjoyable then they will have been provided in a person centred, dignified manner and this publication will help you achieve that.

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