**Food Hygiene Nutrition**

**Policy**

My Support and Care services Ltd fully supports the encouragement/provision of a healthy, balanced and nutritious diet for all of its Customers. The approach to nutrition is based upon Customer’s choice of food and the quality. Mealtimes should be a social occasion for the Customers and staff, although it is acknowledged that some Customers, through their own choice or due to other circumstances, wish to eat their meals away from others.

Meals should be encouraged at regular times, having regard to other commitments made by Customers. At mealtimes staff eating with Customers should be role models for the Customers, eating with the correct cutlery and modelling appropriate social skills. Should a Customer require assistance with eating, then staff should ensure that they sit with the Customer in the appropriate manner, i.e. Not standing over the Customer, and assist that Customer in a dignified manner.

Customers have 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 Customer 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 supporting them to plan their meals. Special diets will be strongly encouraged when advised by health care or dietician.

All staff will encourage and assist all Customers to be as independent as possible in feeding themselves. Customers will be assessed as to their eating skills and this will be indicated within their Support Plan, If required an appropriate plan will be drawn up and agreed upon by all concerned.

All staff of My Support and Care Services Ltd will be obliged to undertake training in Basic Food Hygiene. This training will occur as soon as numbers make the training viable and in any case within six months of employment. This training will be refreshed at intervals not exceeding three years.

All Staff will also be offered Food and Nutrition Training.

Staff will be responsible for imparting information and support to our Customers with regards to practising basic food hygiene and Food and Nutrition; relevant risk assessments will be put in place for individuals as required.

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For any further advice contact your local environmental health department who will be able to advise you accordingly.