# WRITTEN STATEMENT

# BY

# THE WELSH GOVERNMENT

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| **TITLE**  | **Food and Nutrition in Care Homes for Older People - Best Practice Guidance** |
| **DATE**  | **11 December 2019** |
| **BY** | **Vaughan Gething, Minister for Health and Social Services and Julie Morgan, Deputy Minister for Health and Social Services** |

Today we are publishing the [Food and Nutrition in Care Homes for Older People - Best Practice Guidance](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fgov.wales%2Ffood-and-nutrition-guidance-older-people-care-homes&data=02%7C01%7CGovernment.Plenary.Business%40gov.wales%7Ca71badd6e8814b1a23c108d77e33c743%7Ca2cc36c592804ae78887d06dab89216b%7C0%7C0%7C637116633152244581&sdata=PmmdawfNSmdszJ2W8ZSj8lcMYrtLZlja0%2B37k4HHyg8%3D&reserved=0). As we get older it is important to continue to eat a balanced nutritious diet to maintain health and wellbeing. It is important that the dietary needs of older people living in care homes are met through the provision of quality food and adequate hydration, delivered in a caring and dignified environment.

With increasing age, various factors can affect our food and drink intake and increase the risk of malnutrition, which can have serious health consequences. Older people living in care homes may be particularly at risk, especially if they have conditions that impact on their intake of food and drink.

The guidance aims to support the care home sector to improve the nutritional quality of the food they serve, to meet the range of needs of the older people in their care. This will help to achieve the best outcomes for older people, in relation to their nutritional health and well-being. The guidance will be supported with a full range of menu plans and recipe ideas to promote best practice. The guidance will also support Care Inspectorate Wales in its inspection role and enable a more informed judgement in this area.

The guidance has been developed in close collaboration with key stakeholders and consultation with the wider sector. It will provide a practical resource and increase nutritional standards in care homes, across Wales.