

Knowledge & Update Webinar

Food Service Specialist Group
26th November 2026



Agenda

- Knowledge Webinar: Mental Health & Learning Disabilities Supplementary Guidance
- Member updates: Food Service Specialist Group Projects
- AGM

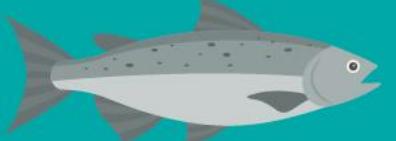


Nutrition & Hydration in Mental Health & Learning Disability Inpatient Settings: Supplement to the BDA Nutrition & Hydration Digest



Member Updates

from your committee



Agenda

- Research Symposium and Project
- Easy to Chew and IDDSI
- BSA Sandwich Guidance
- Advance Practice in Food Service Dietetics
- Sustainability
- Nutrition & Hydration Digest
- Food in Hospital – Scotland
- Social Media



Research Symposium

- The symposium provides dietitians, dietetic students and researchers an opportunity to showcase their research.
- In 2025 the Food Services Specialist Group launched a new stream - Food Services.
- Several submissions were received, and they were scored against the BDA scoring guidance.
- The submissions covered very different topics within food services, but all provided research surrounding a subject of interest to current developments within food service dietetics.



Research Proposal

- Research officers designed a proposal to review the standards set out in the Nutrition & Hydration Digest 3rd Edition
- Trial carried out in September 2025 to test the data collection of 60 patients and the meal service they received
- Data reviewed the portions served throughout a meal services vs the expected nutritional standard and the amount eaten by each patient
 - The trial was insightful and will be presented at a later webinar this year along with the final research proposal
 - Trial showed influences into meeting standards that should be captured as a variable ex: Wards who embedded “the last nine yards”.



Easy to Chew and IDDSI Guidance: Overview



Challenges in Implementation

Ambiguities and inconsistencies in EC and IDDSI application



Need for Standardization

Consensus statements and clarified definitions are essential to achieve mutual understanding among clinicians and stakeholders.



Improving Patient Safety

Clear guidance and robust educational resources enhance patient safety and menu variety



Easy to Chew and IDDSI Guidance: Challenges

CHALLENGE	DESCRIPTION
IDDSI Guidance Ambiguity	Unclear application for dysphagia, choking risk and diet progression.
Inconsistent SLT Practices	Variability across NHS trusts creates confusion.
Testing Methods & Descriptors	Restrictive approach limits menu variety and suitable options.
Menu Planning	Uncertainty between best approach: EC à la carte or standard menus with coding
Staff Understanding	Lack of clarity among clinical and non-clinical staff increases risk.
Coding Limitations	Unable to code EC foods in fresh cook food service models

Goals for Improvement and Standardisation

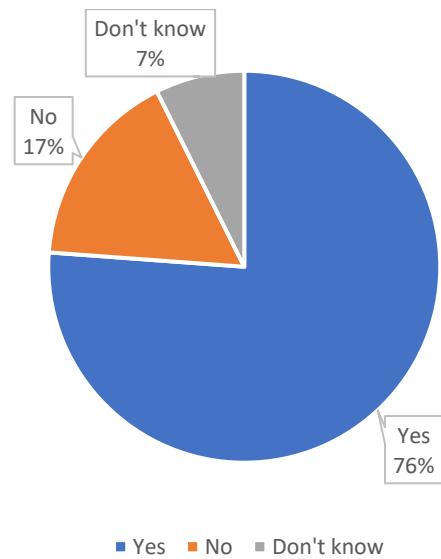
OUTCOME	DESCRIPTION
Shared Understanding	Clarify what EC is and is not used for among all stakeholders.
Testing vs Descriptors	Decide whether restrictions are based on testing methods or food descriptors.
Level 6 vs EC Differences	Achieve agreement on distinctions between these levels.
Consensus Statement	Develop joint guidance from RCSLT, BDA, and IDDSI.
Guidance Review & Education	Update IDDSI guidance and create robust resources for staff training.



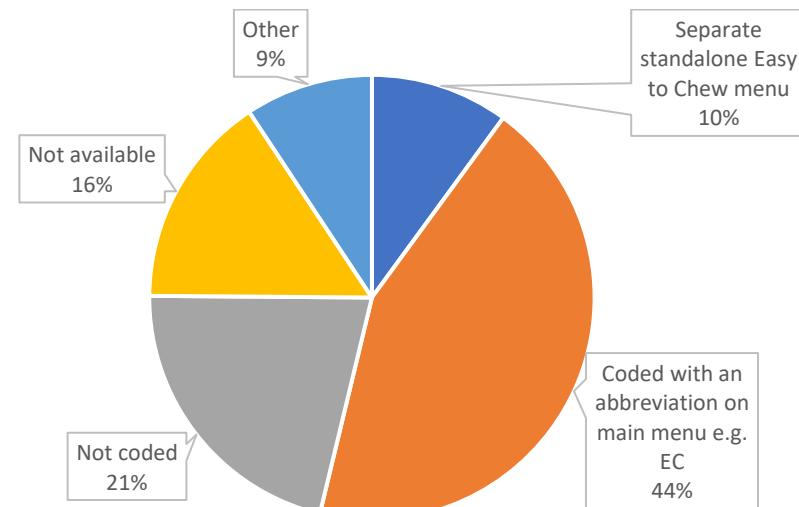
RCSLT/BDA Member Survey

- 588 people answered a joint survey

Do the service users have access to level 7 easy to chew diet at your facility?



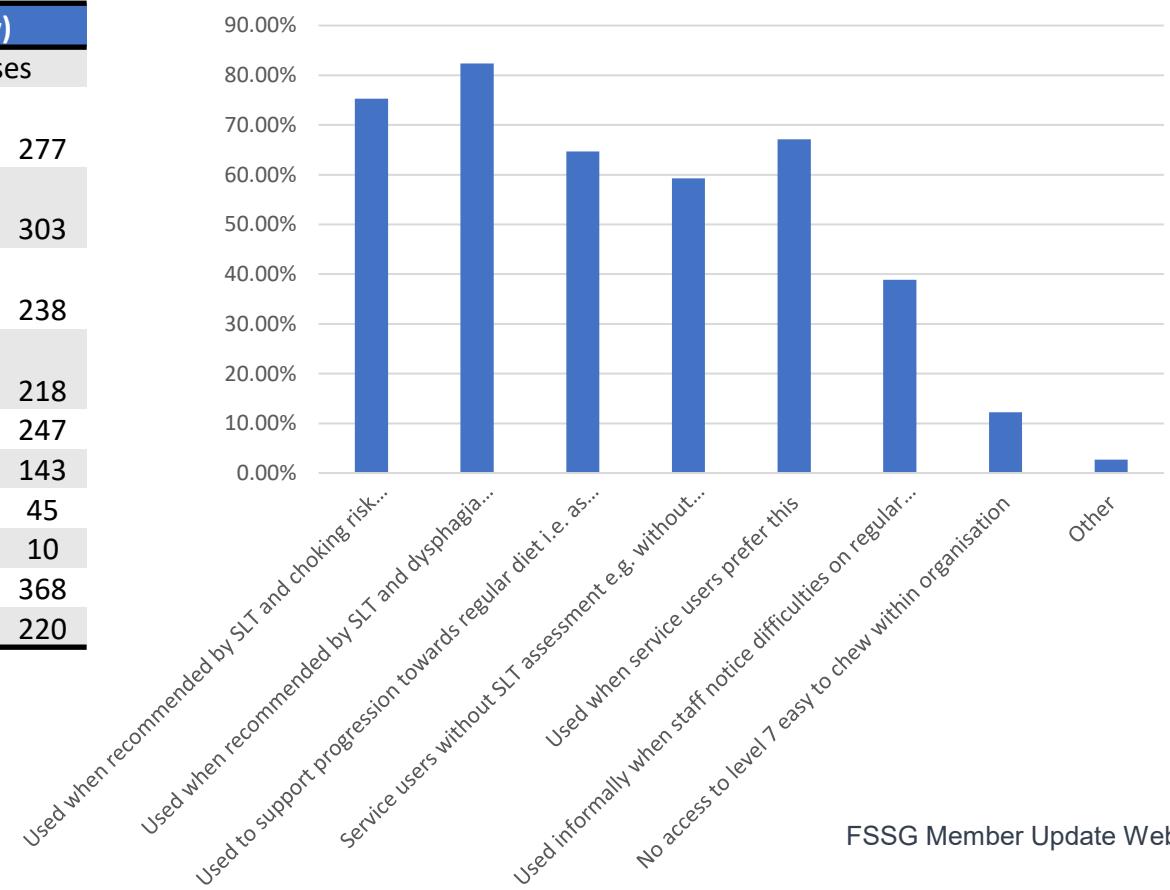
How are your level 7 easy to chew options coded on the main menu?



RCSLT/BDA Member Survey

- How is Level 7 Easy to Chew used in settings?

Q22. How is level 7 easy to chew used within your organisation: (Tick all that apply)	
Answer Choices	Responses
Used when recommended by SLT and choking risk identified, (new or pre-existing)	75.27% 277
Used when recommended by SLT and dysphagia identified (new or pre-existing)	82.34% 303
Used to support progression towards regular diet i.e. as a rehabilitation tool	64.67% 238
Service users without SLT assessment e.g. without dentures/ sore mouth/ fatigue etc.	59.24% 218
Used when service users prefer this	67.12% 247
Used informally when staff notice difficulties on regular diet	38.86% 143
No access to level 7 easy to chew within organisation	12.23% 45
Other	2.72% 10
Answered	368
Skipped	220



Summary & Next Steps

- There are inconsistencies with knowledge AND application of Level 7 Easy to Chew among clinical SLT's and Dietitians
- We need clear & consistent guidelines for safety & to ensure we can provide better variety for all patients
- Survey results provide some evidence of the confusion/mixed practice that exists
- More stakeholders to be engaged for next stage of this work



BSA Guidance

- Guidance for hospitals regarding sandwiches for patients
- Initial guidance
- BDA support
- Next steps



Advance Practice in Food Service Dietetics

- Three Sold-out sessions delivered since 2023
- Over 60 attendees to date
- Two-year course review underway
 - *Currently completing the courses two year BDA review and have made several amendments including expanding the nutritional analysis workshops in response to feedback*

Course Timetable

Timings	DAY 1 (10 – 5pm) Arrival, refreshments & networking
10.00 – 10.30	Welcome and Housekeeping Introductions and one objective they wish to achieve with attending the course
10.30 – 11.00	Role of Food Service Dietitians
11.00 – 11.15	Workload planning pre work discussions
11.15 – 11.30	Break and Networking
11.30 – 12.15	Menu Planning and Design
12.15 – 12.45	Menu Planning & Design: Workshop
12.45 – 13.30	Lunch
13.30 – 14.00	Nutritional Analysis Introduction
14.00 – 15.00	Nutritional Analysis: Cyclical Menus
15.00 – 15.15	Break and Networking
15.15 – 16.00	Menu Analysis: A la Carte Menus
16.00 – 16.30	Assessing Capacity: is it the right fit?
16.30 – 17.00	Pre day 2 worksheets, Reflections, Q+A Close

Timings	DAY 2 (9 – 4pm)
9.00 – 9.15	Any reflective comments from day 1 Introduction to day 2 content
9.15 – 10.15	Practical Nutritional analysis – reflection
10.15 – 10.30	Break
10.30 – 11.00	Nutritional Analysis
11.00 – 12.00	Legal and Regulatory Frameworks
12.00 – 12.45	Lunch
12.45 – 13.45	Sustainability
13.45 – 14.00	Considerations during a tender
14.00 – 14.15	Break
14.15 – 15.00	Writing a food and nutrition strategy
15.00 – 15.05	Break
15.05 – 15.45	Healthcare standards: retail
15.45 – 16.00	Reflections and close



Upcoming Course in 2026: *Facilitated by Rachel & Saachi*
21 January – Birmingham
28 January – Online via Teams



Sustainability

- Plant first by default campaign
- BDA roundtable discussions March 2025
- BDA position statement
- Collaboration with BDA and Sustainability Specialist Group



Nutrition & Hydration Digest Update

- Digest 4th Edition – Due for launch 2028
- Rethinking how the Digest works

1. A new review process: *focus on updating sections at a time, supported by the online, updatable format*
2. A more practical structure: *to act as a user guide for reviewing and improving healthcare menus*
3. More supplementary guidance: *expand on key patient groups with more robust guidance*



Paediatric Supplementary Guidance

Aim: Provide nutrition standards, guidance and practical ideas to help hospital caterers meet the unique dietary needs of children of different age groups in hospital

Progress so far:

- Formed initial working group to scope and guide project
- Setting up collaboration with Paediatric specialist group
- Member survey – coming out soon for wider input from FSSG

Keep an eye out for updates in the first quarter of 2026

FSSG Member Update Webinar



Food in Hospitals Specification: Next Steps

- Final rewrites required based on feedback from consultation
- Publication of document – Current timeline Spring 2026
- Board implementation (timeline to be confirmed)
- Phase 3 self assessment to determine compliance (timeline to be confirmed.)



Social Media



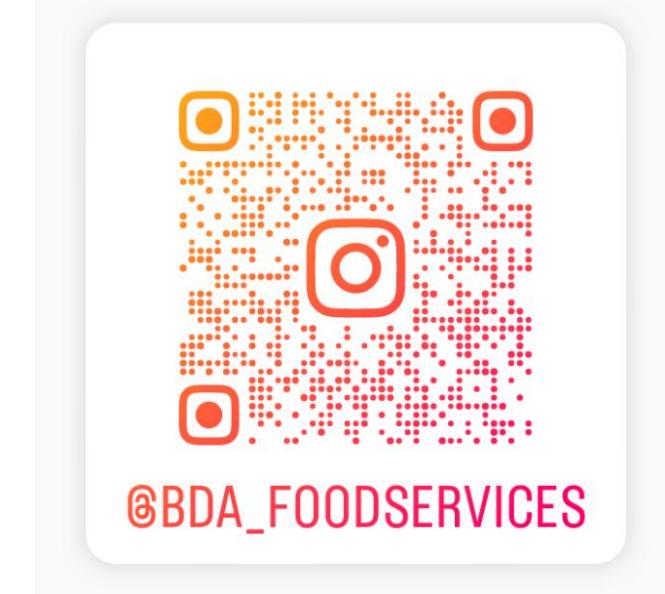
BDA_Food Services



BDA Food Services Specialist Group



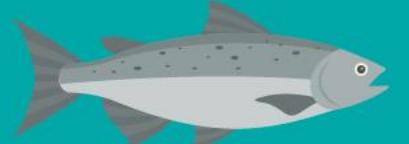
@BDA_FoodServ



FSSG Member Update Webinar



Annual General Meeting



Welcome

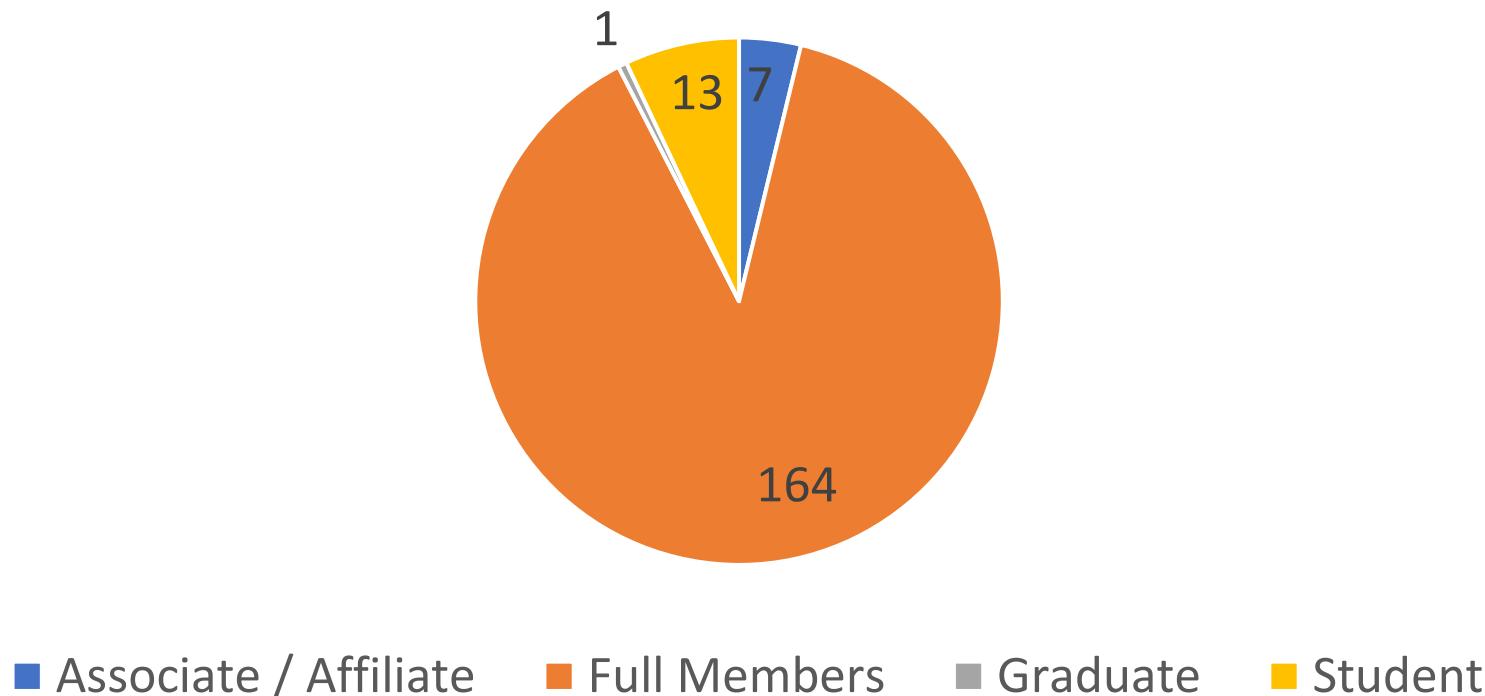
- Apologies
- Minutes of previous AGM



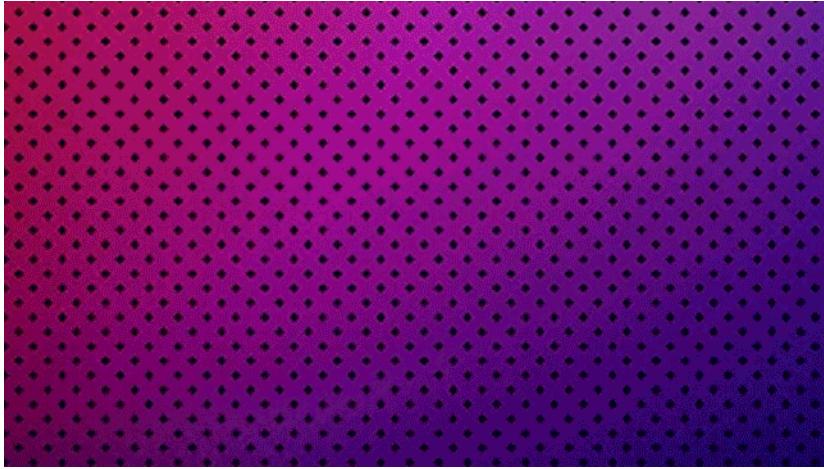
Membership

183 members this year

FSSG Members Breakdown



Recognition



Treasurers Update

- Delegate fees have been our main source of income
- No major expenses as all our study days have been online and more frequent to add value to our members.
- We continue to roll out the Advancing Practice in Food Service Dietetics Course. This has been done with the financial support of the BDA.
- First bursary towards the BDA research symposium

- 2026-27: face-to-face event, developing the supplementary guidance for children, supporting the research symposium again and more webinars



Activity for 2026

- Digest and supplementary guidance for children
- Conducting research to help understand patient's nutritional intakes while in hospital and to identify any barriers to reaching these
- Continuing to deliver the food service dietetic BDA approved course.
- Continuing dialogue with the BDA and other BDA specialist groups with regards to plant based menus in hospital.
- Continuing dialogue with the RCSLT and IDDSI with regards to EC coding and menus.
- Using social media to engage with our members.
- Member value – more events, webinars
- Working closer with the HCA and other professional bodies.



Committee Update

- Role changes
- New member welcomes



AOB & Close

