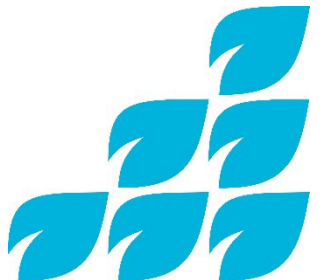
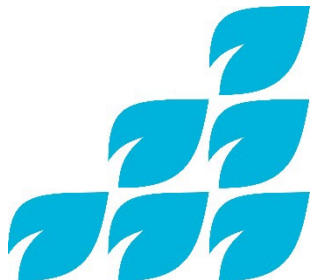


Reducing carbon in NHS in patient menus

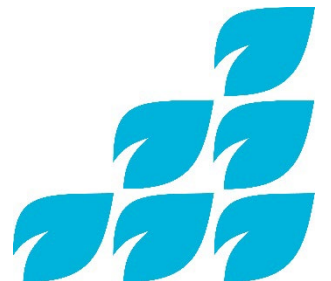
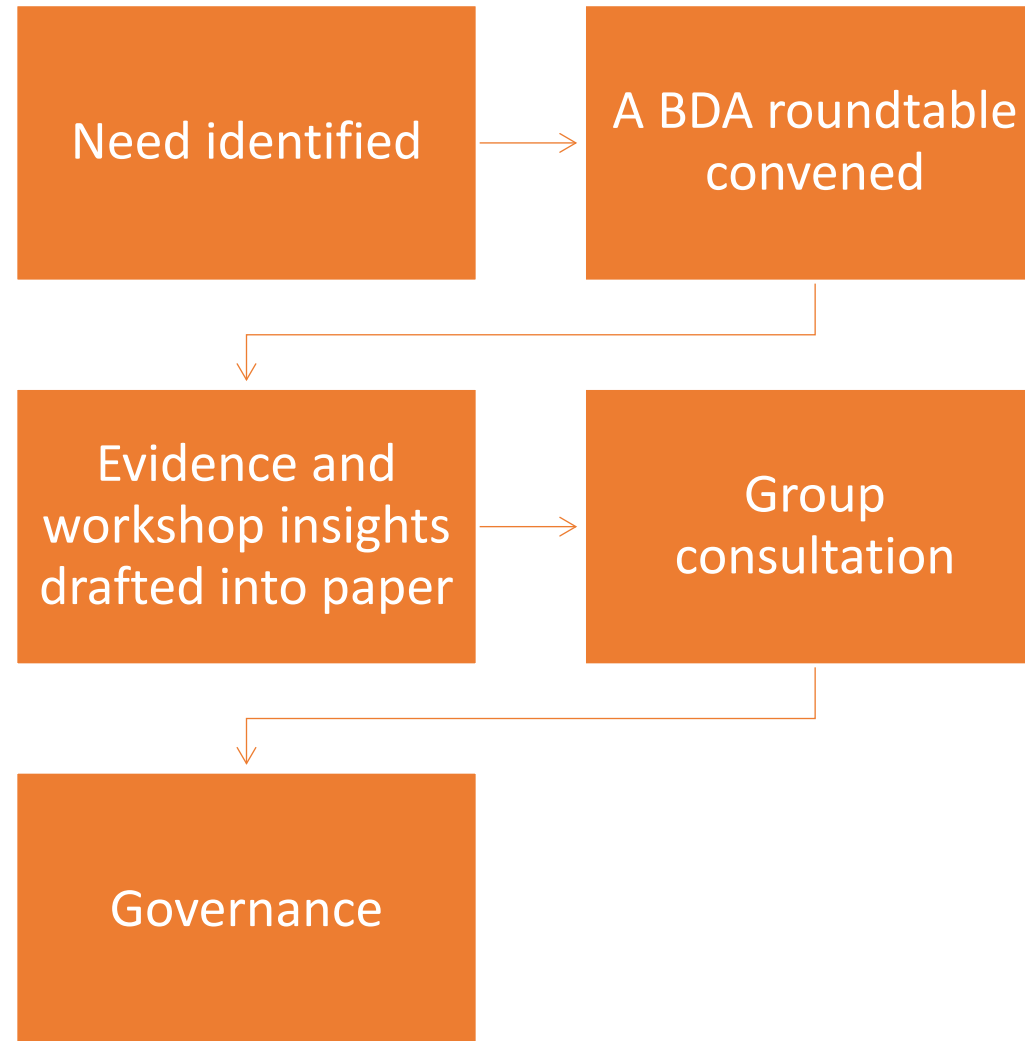


The development

- Promote dietetic leadership
- Why was a position paper needed?
 - Existing strong BDA foundations
 - Progression of NHS Net Zero commitments
 - Variation of practices
 - Range of views



From discussion to workshop



The paper



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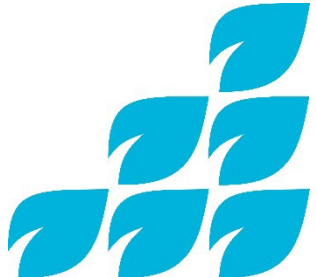
Reducing carbon in NHS patient menus

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Executive summary

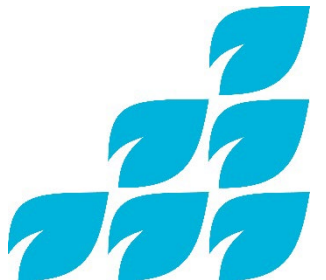
This position paper was prepared by a specially convened BDA focus group including members of several BDA specialist groups. We want to thank the BDA Food Services and BDA Sustainable Diets groups

This position paper articulates the British Dietetic Association's (BDA) position on reducing the carbon footprint of NHS inpatient menus. It complements, rather than replaces, existing BDA guidance, including the [Nutrition and Hydration Digest](#) (2023), [One Blue Dot](#) (2018) toolkit, [Eating, drinking and ageing well](#) (2023) and the [Environmentally Sustainable Diets Policy](#) (2021) (under review in December 2025). At its core, the BDA stance centres on increasing



Key messages

- Expand appealing, lower-carbon and plant rich choices across NHS in patient menus, while safeguarding nutritional adequacy, patient safety and choice.
- Plant rich – a new term?
 - More choice and better positioning, not the removal of choice or safety
- Key points:
 - Menu design
 - Nutrition
 - Choice
 - Procurement
 - Waste and packaging
 - Collaboration



Implementation



Publication of position paper



Shared with relevant stakeholders and expansion of relationships within sector



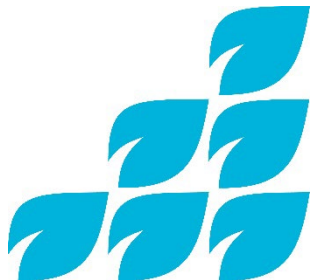
Feedback from membership and stakeholders



Specialist group study day

Where next?

- Start where we have influence, measure changes and progression and share learnings
- Aim is to turn professional consensus into practical leadership
- How will we work with:
 - NHS services
 - Dietitians

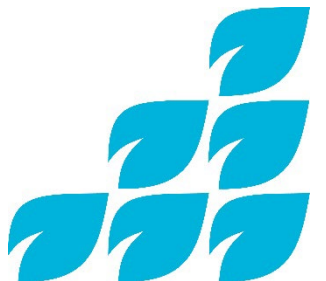


We want to hear from you

What is one change already happening in your organisation or service?

What are the biggest opportunities or barriers?

What support should groups and BDA do next?



Thank you

