

Thursday, 25 September 2025

[Health and Social Wellbeing Improvement](#)



The Nutritional Standards in Health and Social Care settings have laid the groundwork for healthier food environments for staff and visitors across the public sector.

As with previous editions, the 2025 revised Nutritional Standards align with the Eatwell Guide, government dietary recommendations and the latest requirements for food safety and allergen management.

While earlier versions placed particular emphasis on vending machines, which successfully reduced the average calorie content of products between 2019 and 2023 while sales remained stable or increased, the new edition turns its focus to private retail outlets within healthcare settings. A new section, Guidance for Private Retail Outlets, has been added to the Standards with the aim of improving the quality of food offerings in these settings. The guidance sets specific targets, such as

increasing the fibre content of sandwiches and reducing the calorie levels of snacks, as well as the sugar and saturated fat content of yoghurts.

Efforts have been made throughout the revised document to emphasise an improvement of the general food environment. Food outlets with sufficient space are encouraged to 'remove food high in fat, salt and sugar from the till area'. Smaller outlets, which may face space challenges, have been given greater flexibility: 'In small areas, such as coffee docks, where this may not be possible, please display fruit closest to the till area.'

The Public Health Agency (PHA), Food Standards Agency (FSA), Safefood and Health and Social Care (HSC) colleagues have jointly developed and reviewed these Nutritional Standards, so that healthier food choices are available for staff and visitors in Health and Social Care settings.

Details

Format

A4 PDF, 36 pages

Target group

Health professionals

Downloads

Attachment	Size
Nutritional standards in Health and Social Care for staff and visitors across catering facilities - retail outlets and vending	7.5 MB

Tags

- [nutrition](#)

[Print](#)