

Date 30/04/2025
Your Ref
Our Ref 9959

Enquiries to Richard Mutch
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Dear

ENVIRONMENTAL INFORMATION – FOOD AND DRINK

I write in response to your request for information in relation to current food and drink strategies.

Question:

- In accordance with the Environmental Information Regulations 2004 please provide: a. copies of any current menus for the Trust's hospitals; b. a copy of any current food and drink strategy prepared pursuant to the National Standards; Page 7 of 7 c. any other documents evidencing your consideration of (i) the National Standards, (ii) the 2014 Regs, (iii) the Climate Change Duty or the (iv) the NHS Constitution Duty as they relate to either food service generally or to the service of processed red meat in particular.

Answer:

Please note that NHS Scotland is not NHS England and different legislation and standards will apply. NHS Lothian is not an NHS Foundation Trust and there are no NHS Foundation Trusts within NHS Scotland. The legal context as set out in the enquiry does not apply to NHS Scotland.

NHS Lothian currently meets the [Food in Hospital Standards \(2016\)](#). These are in the process of being updated (planned launch late 2025).

Provision of hospital food is trying to support patients to follow the Eat Well Guide which recommends that 80% of the diet should be made up of plants and is a demonstrated sustainable way of eating. This can be summarised by the quote from the [British Dietetic Association's Nutrition and Hydration Digest \(2023\)](#) :

"Dietitians should be aware of the challenges for vulnerable groups and individuals (e.g., those suffering from ill health, pregnant women and older adults) and be able to modify advice as appropriate. This is never more important than dealing with ill and vulnerable people in hospital and care situations where a move to a totally plant based diet may be inappropriate."

NHS Lothian are currently developing a plan to support the delivery of Good Food Nation [National Good Food Nation Plan - gov.scot](#).

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Chair Professor John Connaghan CBE
Chief Executive Professor Caroline Hiscox
Lothian NHS Board is the common name of Lothian Health Board

NHS Lothian environmental sustainability strategy (NHS Lothian Sustainable Development Framework and Action Plan) sets out the contribution of food and catering to our overall carbon foot print and commits to ensuring that NHS Lothian catering strategy is sustainable and embodies or exceeds national nutritional guidelines.

In terms of our Climate Change Duties and our catering service, our current environmental priority is to reduce food waste (across all food groups) to take account of both climate impact of food production and distribution and also in recognition that food (of any group) has no nutritional value if it is not eaten.

In future we intend to look in more detail at the environmental and carbon impact of our consumption of food and drink through our work on scope 3 emissions.

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at www.itspublicknowledge.info/Appeal. If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhsllothian.scot/FOI/Pages/default.aspx>

Yours sincerely

ALISON MACDONALD
Executive Director, Nursing
Cc: Chief Executive