Food & fluid myths in hospital

Myth 4: Family members should be excluded during mealtimes

Providing patients with the right level of assistance is just as important as making sure the patient gets food they will eat.

Patients may need assistance...

- to eat and drink
- to cut up food
- to peel fruit or open packets...
- Or just to be encouraged to eat a little bit more.

Everyone including family, friends and staff members can play a role in supporting patients to access food and fluid.

For further information: www.nhsggc.org.uk/foodfirst