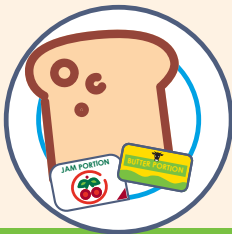


# Food & fluid myths in hospital

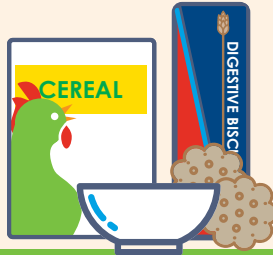
Myth: Snacks are not available between meals unless you are at risk of malnutrition

**FALSE**

All wards have a supply of ward provisions as part of the national catering and nutrition specification, **Food in Hospitals**. This includes:



Bread, butter/  
spread and jam



Biscuits and cereal



Tea, coffee,  
hot chocolate,  
milk and squash

These should be available in your ward pantry at all times for use by our patients.

For your local pantry contact details, visit:  
[www.nhsggc.org.uk/pantrycontacts](http://www.nhsggc.org.uk/pantrycontacts)