

# Food & fluid myths in hospital

Myth: Ordering meals for empty beds  
doesn't cost us anything

**FALSE**

Over ordering or ordering meals in bulk  
without individual patient choice creates  
food waste on our wards.

Just one extra meal a day, ordered for an 'empty bed',  
costs NHSGGC **£1100** a year.

We have **reduced** our unserved meal waste by  
**2% over the last year** and can continue to reduce  
our food waste by:



Using our  
new menus to  
help patients  
choose their  
meals



Offering  
second  
helpings  
when available  
on the trolley



Not ordering  
meals for  
empty beds  
or for patients  
who are nil by  
mouth



Providing  
meal options  
through the  
Late and  
Missed Meals  
policy