

Sodexo and Culinary Medicine UK partner to advance nutrition education for healthcare professionals

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[Sodexo Health & Care](#) has joined forces with Culinary Medicine UK, a non-profit organisation, to further enhance patient care with a dedicated online platform offering NHS staff access to valuable nutrition education modules.

As a leading provider of food services to the health and care industry, Sodexo understands the critical role nutrition plays in patient recovery and overall health and wellbeing and is proud to elevate its offering to the NHS with [this new partnership](#) with Culinary Medicine UK, an organisation dedicated to advancing nutrition education among healthcare professionals.

This industry-leading initiative offers hospital clinical staff the opportunity to enhance their understanding of clinical nutrition through practical, evidence-based learning through five modules which have been developed blending nutrition, health, and culinary expertise, covering critical topics. The online education programme will consist of five modules, all contributing to clinicians CPD:

- The role of nutrition in health: Exploring the impact of food on health maintenance and disease prevention.
- Culinary skills: Equipping professionals with practical cooking techniques to provide culturally sensitive nutrition advice.
- Nutrition for healthcare professionals: Focusing on the importance of self-nutrition and well-being for healthcare workers.
- Undernutrition: Addressing the challenges and management of malnutrition in clinical settings.

- Introduction to motivational interviewing: Enhancing communication skills to support patient behaviour change regarding dietary habits

Further modules are available in addition to the five core set. Through the Sodexo and Culinary Medicine partnership, on-site training will also be available if the hospital prefers face-to-face training for its frontline teams.

Simon Lilley, Director of Strategy and Marketing Sodexo Health & Care, said: “Malnutrition affects up to 50% of hospital inpatients, leading to longer hospital stays and increased healthcare costs. Nutrition is fundamental to patient-centred care, supporting physical recovery, mental health, and long-term disease prevention.

“Through our partnership with Culinary Medicine UK, we are empowering healthcare professionals with comprehensive nutrition education, which will enhance patient outcomes by equipping them with valuable tools to integrate nutrition into daily care routines and support their own wellbeing.

“We are opening this up to the whole market. Hospitals do not need to have Sodexo provide their patient food to be able to take advantage of this education programme.”

These improvements will enhance patient outcomes and contribute to significant cost savings for healthcare providers. Improving earlier discharge, re-admissions, and flow can all be impacted by better nutrition and nutrition advice.

Dr Sumi Baruah, Chief Executive Officer of Culinary Medicine UK, said: “Our collaboration with Sodexo is a significant step towards integrating nutrition education into the professional development of healthcare workers. Together, we are fostering a holistic approach to healthcare that benefits both patients and providers.”

Healthcare providers providing access to nutrition education for their healthcare professionals will become leaders in the delivery of preventative healthcare, demonstrating its role in improving patient outcomes and supporting their ambitions to achieve Exemplar Site Status.

This new initiative is fully endorsed and encouraged by NHS England.

Phil Shelley, Senior Operational Manager and National Lead for Net Zero Food at NHS England added: “By providing healthcare professionals with practical nutrition education, we can improve patient outcomes. This partnership promotes a holistic approach to healthcare by integrating culinary skills with medical knowledge, enabling professionals to provide sensitive, person-centred care tailored to individual patient needs. With one of the modules focusing on the nutrition and wellbeing of healthcare professionals, this initiative also supports NHSE’s commitment to supporting the wellbeing of those caring for others.”

As partners, Culinary Medicine UK will also be working with Sodexo on content to help providers understand the importance of nutrition. [Find out more here.](#)