



# Jillian Skinner MP

## Minister for Health Minister for Medical Research

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### MEDIA RELEASE

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## **CENTRAL COAST PATIENTS AND STAFF GIVE THUMBS UP TO NEW HOSPITAL MENU**

Gosford Hospital has served nearly 200,000 meals from a new improved inpatient menu with patients and staff reporting the meals are enjoyable, nutritious and provide them with more choices, Health Minister Jillian Skinner announced today.

Mrs Skinner, who was joined at Gosford Hospital today by Central Coast MPs Chris Holstein (Gosford) and Darren Webber (Wyong), said new patient menus with improved nutrition standards are being progressively rolled out across NSW public hospitals.

The new menu introduced at Gosford Hospital offers:

- A hot breakfast option for all patients on a full-diet;
- A choice of at least two hot meal options at both lunch and dinner;
- An improved variety of sandwiches, nutritious soups and desserts.

“Food is an important part of a patient’s hospital experience and it’s vital that we get it right when it comes to taste as well as nutrition,” Mrs Skinner said.

“The good news is local patients are telling us they are enjoying the new meals and appreciate the extra choice they are offered.

“Dieticians say the new menu supports their work to achieve the best nutrition outcomes for patients and nurses are saying the aroma on the ward at meal times is much more appetising.

“New meals include lamb and mint rissoles with roasted vegetable couscous and kashmiri chicken curry. There is also a greater range of fresh sandwiches and nutritious soups and desserts like vanilla bean panna cotta and chocolate crème,” Mrs Skinner said.

In the six months since the rollout of the new nutrition standards commenced, more than 60 per cent of meals served in NSW public hospitals are now part of the new menu.

Paediatric guidelines have also been developed and planning has commenced for their implementation.

Mr Holstein said the new menu at Gosford Hospital was introduced following extensive work and consultation with local dieticians to ensure it reflects the needs of local patients.

“Gosford Hospital serves about 1,300 meals to patients each day as well as snacks and drinks, and it is wonderful to see they are now better tailored for each patient, addressing dietary preferences and complying with their specific nutritional needs.”

“Anyone who has experienced a hospital stay knows how common it is to have a poor appetite but the hospital is working hard to have high-energy, nutritious smaller snacks on offer for all patients,” Mr Holstein said.

Mr Webber welcomed the new menu rollout, saying pre-prepared food items are complemented by fresh meals made on-site by hospital food services teams.

“I commend the hospital food staff for working hard to deliver better health outcomes for patients in this region,” Mr Webber said.

Mrs Skinner said the new menus highlight the NSW Government’s commitment to improving patient experiences in the state’s public hospitals.