

#### Site

HMP Buckley Hall

#### Name of project / initiative

Health Eating Initiative

#### Overview

The Healthy Eating Initiative is headed by David Hill, the Catering Manager, who won a Butler Trust Award in 2019 for his work. David has completed revamped the menu: *"...removing processed foods, introducing healthy carbs such as quinoa, couscous and bulgur wheat, healthy breakfasts, and the reduction of bread (even though homemade) and the complete removal of fried foods on weekdays [which] has been actually embraced by the prison population."* While this has increased costs, David's team also produce cakes, tray bakes and sweet items which the prisoners can purchase, with the profits used to cover the additional expense.

#### Longevity

Since 2018

#### Benefits

David's initiative has led to improvements in prisoners' behaviour and general well-being, as well as their diet, and the Public Health Executive have commissioned a study of its impact.

#### Uniqueness

This is a really good local example of how to cater in a prison.

#### Applicability

Any prison could mirror this in principle.

#### Requirements

Passion – some capital investment in the money-making elements which then help subsidise additional costs.

#### For more information:

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