

#### Site

HMP & YOI Eastwood Park

#### Name of project / initiative

Improving Nutrition Project

#### Overview

The women designed a new menu – together with Catering Officer, Andy Bailey, and supported by The Institute for Food, Brain and Behaviour (<https://thinkthroughnutrition.org/>) and an independent consultant – focusing on improving nutrition and flavour, while reducing sugar and processed food.

During the pilot phase, 30 of the women started the diet for a period of 3 months. Participant feedback was positive: they found the food tastier and more interesting; reported positive impacts on mood and physical well-being; one woman reported reversing decades of type-2 diabetes, and another lost 3½ stone. The women were also provided with training and guidance on diet and nutrition.

The project will now be rolled out more widely, and a standing committee of women set up to look at the future of catering across the prison.

#### Longevity

Since early 2020

#### Benefits

See under “overview” above.

#### Uniqueness

A particularly high-quality initiative and its prisoner-centred focus makes it different from elsewhere.

#### Applicability

No reason why it couldn't roll out more widely throughout the estate

#### Requirements

Few cost implications, but does require senior management buy-in and committed staff

#### For further information:

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See also: <https://www.theknowledgeexchange.uk/wp-content/uploads/2021/07/Eastwood-Park-HMPYOI-attach.pdf>

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