

# PEACE Menu & Dietetic Perspective

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# Overview

- Dietetic assessment
- Introductory menu (re-feeding risk management menu)
- PEACE/ alternative menu
- Challenges
- Benefits
- Key learnings

# Dietetic Assessment adaptations

- Investigation of eating early in life, sensory issues around food
- Anticipate what SU sensory needs or challenges might be
- A plan is agreed in dietetic assessment to manage the introductory menu
- Clarity on the meal plan progression steps
- Limited options if needed
- Linking clinical symptoms to nutritional recovery goals.

# PEACE Menu (1)

- Predictability and familiarity 'you know what you are going to get'
  - Small range of options, same every day, familiar, consistent and readily available.
- Sensory processing
  - Bland or slightly sweet, low odour, usually served cold, soft and homogenous in texture
- Physical discomfort
  - Low and high fibre options, energy dense options and soft texture
- Poor interoception
  - Not exclusive to the menu; fixed regular meal and snack times, spread of nutrition across the day, regular fluid intake

# PEACE Menu (2)

- Can be used alongside the main menu
- The menu **prioritises safety and nutritional recovery** over socially normal eating
- Two versions of the menu, service user version & staff version
- It can be delivered reliably (almost all the time)
- Developed to help with problems we were already aware of, and those associated with Autism
- Provides **similar energy content** as the main menu



Peanut butter sandwich  
with crisps



Sweet potato and lentil  
bake with vegetable



Crackers with butter and  
cheese

# Staff perspective- challenges

- Food service challenges
- To let go of normal eating as an early aim in recovery
- **Getting the balance: nutritional adequacy & minimising accommodating the eating disorder**
- Discomfort offering limited choice
- Discomfort seeing the same meals eaten every day
- Regular review of individual care plans & use of the PEACE menu

# Service user perspective- challenges

- Not suitable for all Autism sensitivities
- In development of the menu- menu options limited to those that can only be reliably provided
- For some **can provide too much of a safe retreat** reducing motivation to try challenging food and situations
- Certainty around the calorie content (can be both helpful & unhelpful)
- Challenging to see others eating a limited variety of foods



# Staff perspective- Positives

- Adequate nutrition/no less than options of the main menu
- Additional options (dietary specifications)
- Helped to standardise alternative options
- Individuals generally want to use it
- Good for staff when last minute meal options are required
- **Useful for having 'back up' options and reducing 'overwhelm'.**

# Service user perspective- positives

- **Increases confidence** to try a new option as there is a 'back up'
- **Reduces 'overwhelm'**
- Flexibility with different items not touching
- Flexibility with all courses of a meal being given at the same time
- For those aiming to establish an eating routine that maintained health, the menu is thought to be helpful.



# Learnings

- Outline use of the menu and aims from the start
- Clear communication and review around last minute meal swaps
- Community meetings helpful to discuss expectations & intended use
- **Regular review points for use**
- **It has been a huge help to support nutritional adequacy**

Questions?