



Strengthened Aged Care Quality Standards

Standard 6: Food and nutrition

Information for older people



The **Aged Care Quality Standards** (Quality Standards) are a set of requirements that define what good care looks like.

The Quality Standards have been strengthened to deliver better aged care for older people and took effect with the new *Aged Care Act 2024* from 1 November 2025.

There are 7 strengthened Quality Standards. This document is about strengthened Standard 6: Food and nutrition.

Who does Standard 6 apply to?

Standard 6 applies to government-funded aged care providers who deliver residential care.

Under Standard 6, your aged care provider must:

- ✓ provide food and drink options that you like
- ✓ prepare food that is nutritious and appetising
- ✓ support your choices about your dining experience
- ✓ work with you to create an enjoyable dining experience
- ✓ support you to eat as you choose, in a way that is safe.



Strengthened Quality Standard 6: Food and nutrition

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What does Standard 6 mean for you?

You get plenty of food and drink that you enjoy. The food and drinks served at your aged care home are nutritious, appetising and safe, and meet your needs and preferences.

The dining experience is enjoyable, includes variety, supports a sense of belonging, social engagement, function and quality of life.

What can you do if your provider isn't meeting Standard 6?

If you don't think your aged care provider is meeting Standard 6, it's important you tell someone. Talk to someone you trust, or speak with your provider.

You can make a complaint or give feedback if:

- you are not given a choice in the food you eat
- you do not get the support you need to eat and drink safely
- you are hungry and do not know how to get a snack
- you do not get enough food or drink to meet your needs and preferences.

There are also other ways you can share your experiences and contribute to better care. You can:

- join a consumer advisory body
- talk to an aged care advocate
- ask for an interview with us during an audit of your service.

Make a complaint

To make a complaint, contact the **Aged Care Quality and Safety Commission**.



www.agedcarequality.gov.au/contact-us/complaints-concerns

Speak to an advocate

If you need help making a complaint or finding information, contact the **Older Persons Advocacy Network (OPAN)** for free, independent and confidential support. Call the Aged Care Advocacy Line on **1800 700 600**.

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Phone
1800 951 822



Web
agedcarequality.gov.au



Write
Aged Care Quality and Safety Commission
GPO Box 9819, in your capital city