



# Challenges of Healthy and Sustainable Food Procurement in European Healthcare

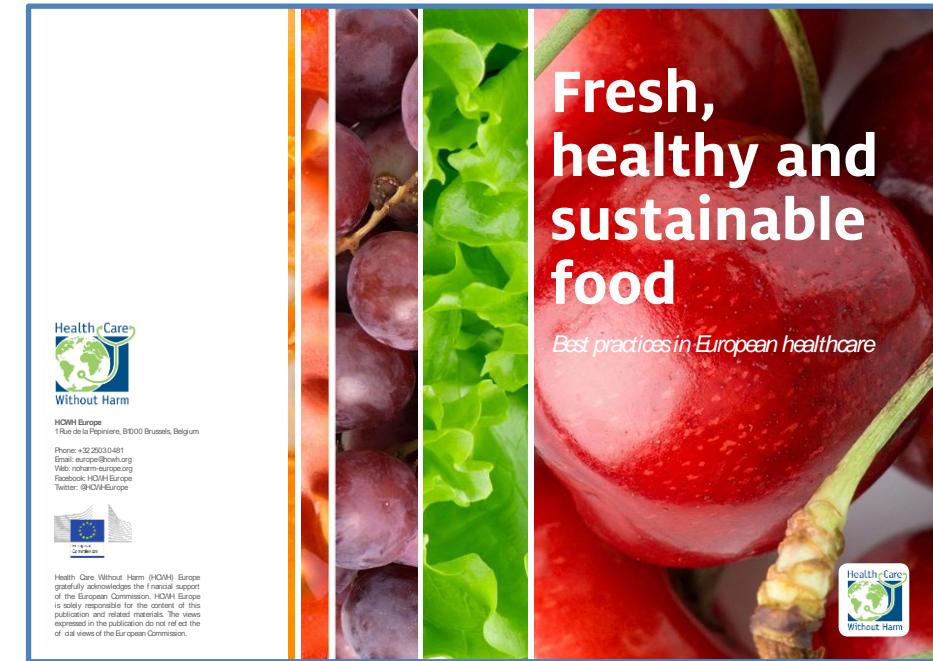
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# HCWH Europe Sustainable Food Survey

- Needed to define healthy and sustainable food
- 320 hospitals and health systems were contacted and 18 healthcare institutions were selected on the basis of their work on sustainable food procurement
- The hospitals shared one of these two models:



- Preparation in-house where staff employed by hospital
- Preparation in-house where catering services outsourced to hospital catering providers
- 1 common characteristic: a **central on-site operating kitchen !!**

# Healthy and Sustainable Food Challenges/Opportunities

🍉 Purchasing fresh, seasonal, local and, when possible, organic food products/produce

🍑 Rely on and support local, regional, and small-scale farmers, and rural communities: short supply chains

🍒 Menu planning – carry out satisfaction surveys

🍓 Less reliance on meat-based diets



# Food Waste Challenges/Opportunities



Staff training and education



Simplified and flexible food ordering system  
with reduced time between orders



Possibility to choose different portion sizes



Protected meal times



Communication between kitchen and ward  
staff



Food donation

## Food waste in European healthcare settings

*Case studies from around Europe  
and recommendations for  
preventing and reducing food  
waste in healthcare.*



# Gentofte Hospital (Denmark)

- 227 beds, 20,000 inpatients and 200,000 outpatients per year, serving about 328,500 meals annually.
- Purchase fresh, seasonal and organic (75%) food produced exclusively in Denmark.
- On-site handmade meals in central kitchen, including marmalades, bread, and cakes.
- Make smaller portions of the food that is served



- Kitchen staff instead of nurses serves food to patients.
- Costs are reduced because they focus on fresh and handmade food directly from raw ingredients.
- Expect to reduce costs of €100.000 per year in the next few years.
- Reduced packaging and plastic by serving meals in china plates

# Centre Hôpitalier du Bois de l'Abbaye et de Hesbaye (BE)



- Includes two hospital sites Seraing and Waregem. The site of Seraing with 500 beds short stay and 750 beds long stay
- Central Kitchen that, with 250 employees, serves not only the hospitals but also the city of Seraing, the schools, for a total of 8000 meals/day (3 million meals/year).

- Fresh, seasonal and locally produced food cooked in the central kitchen. Organic food is served to hospital staff but not to patient because of a problem of security and traceability
- Patients can choose their meals from a menu, that varies every week, available for breakfast, lunch and dinner
- Meals are served by kitchen staff but nurses will have this role in the future



# The New Meyer Children's Hospital (Italy)

- 220 beds and serves 160,000 fresh meals/year
- Meals are homemade, using organic fruits, vegetables, oil and meat, bought locally and following the seasonal calendar



- Two weeks menu turnover instead of four weeks
- Vegetable garden for therapy
- Cooking classes for parents

# Hvidovre Hospital (Denmark)

- Excellent example, although lack of support
- Patients can choose from **à la carte menu**
- Patients have the possibility to order a **double portion**
- Good **communication** at all levels, which contributes to both patient and employee satisfaction.



- Introduction of a **strict inventory management system**
- Attention to the **aesthetics** of their dishes
- **Re-use** - uneaten sandwiches from the staff canteen are served in the cafeteria

# HCWH Europe Food Pledge (forthcoming)

## My institution will:

- Increase the number of fresh, seasonal, organic and locally produced ***food products purchased***
- **Cook meals on-site**, and ensure new build includes kitchens
- Moderate the amount of animal-based products served to patients, staff and visitors and **promote other sources of protein**, such as peas, beans, pulses and nuts.
- **Limit the offer of processed food** and offer a broad range of healthy meals, where fruits and vegetables are constantly available, including in vending machines.
- Adopt cooking methods that reduce the use of salt, sugar, fats and artificial additives and preservatives.
- **Serve tap water** in preference to other beverages – particularly soft drinks.
- Set targets for **preventing and reducing food waste** both in the kitchen and wards





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**Thank you for your attention!**

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