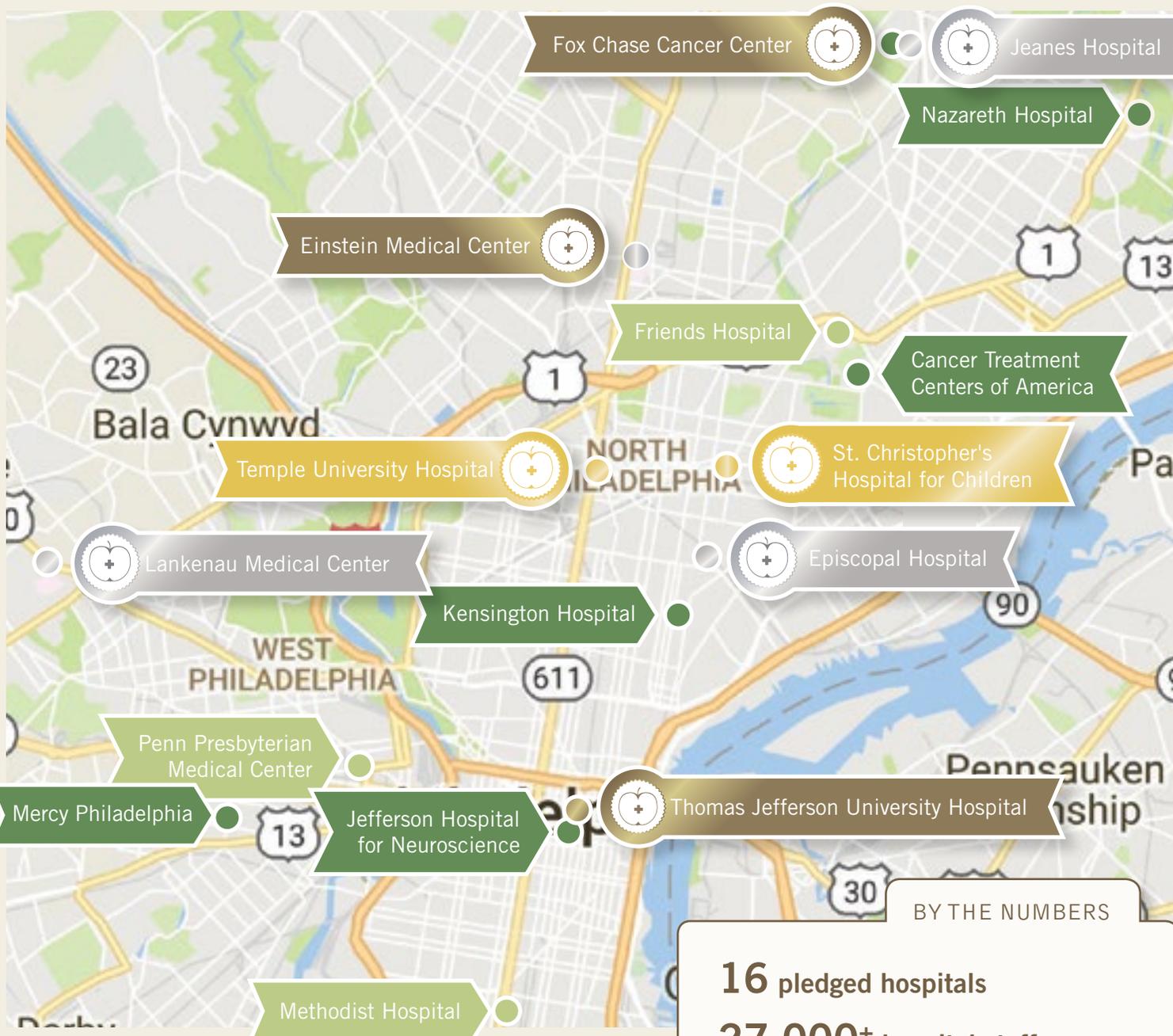




GOOD FOOD, HEALTHY HOSPITALS

Philadelphia's innovative program to improve health through interventions in hospital food

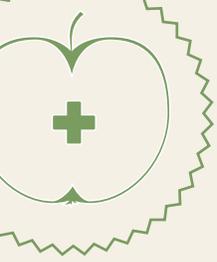
SEPTEMBER 2017



BY THE NUMBERS

16 pledged hospitals
27,000+ hospital staff
3.7 million+ cafeteria meals/year
2 million+ patient meals/year

- Gold:** Implement 4 Good Food standards
- Silver:** Implement 3 Good Food standards
- Bronze:** Implement 2 Good Food standards
- Participant:** Pledge signatory; Achieve 1 Good Food Standard in year 1.
- Pledge Signatory**



IMPACT

How hospitals are using Good Food Standards to impact health.

CAFETERIAS

Jeanes Hospital and Fox Chase Cancer Center, which operate on the same health care campus, have launched Wellness Wednesdays where food service staff and dietitians collaborate to develop a menu item and present the recipe featuring produce available for purchase at the weekly farm stand.



VENDING

Einstein Medical Center's Philadelphia campus has stocked their vending machines to promote healthier choices, moving the healthier products to eye level and increasing the amount of water options available. The Manager of Wellbeing Programs partnered with their local vending company to achieve and maintain these changes.



PURCHASED FOODS

Temple University Hospital's executive chef features sustainably, locally grown produce on their salad bar and patient meals. You'll see fresh peaches in the summer and antibiotic-free chicken on the menu's regular rotation.

PATIENT MEALS

Episcopal Hospital's clinical dietitian engaged their staff and patient population to solicit feedback and have an open dialogue about creating healthier choices. They've removed fried foods, white flour, and sugar sweetened beverages from patient meals while offering more fresh produce options.



CATERING

St. Christopher's Hospital for Children has adjusted their catering menu for portion control, as well as adding vegetarian and vegan selections due to client requests. Snacks served through catering meet the "healthiest" standard set forth, and fruit is the first preference for dessert.



INNOVATION

In addition to adopting voluntary food, beverage and procurement standards, Good Food, Healthy Hospitals sites are providing innovative programs and services to educate and encourage healthy eating for their patients, staff and visitors.

FARM STANDS

Sustainably and locally grown vegetables, fruits and other farm products for sale on the hospital campus

FARMER'S MARKETS

Multiple vendors set up and bring their locally grown products to a weekly market that is promoted by hospital staff or organized by a nonprofit partner organization

FARM SHARES OR COMMUNITY SUPPORTED AGRICULTURE

Seasonal subscriptions of sustainable and regionally sourced products available for pickup at hospital location and organized by wellness teams

SUBSIDIZED FARM SHARE PROGRAM

Boxes of sustainable and locally grown foods available at a discounted cost for communities with support from hospital foundations or other external funding

FRESHRX PROGRAM

Clinicians "prescribing" produce through vouchers to be used at nearby farmer's markets; the redeemed vouchers are tracked through the hospital's electronic medical record system

CULINARY POP-UP EVENTS

Nutrition demonstrations on how to utilize fresh ingredients; lunch and learns for staff and visitors

HOSPITALS GROWING FOOD

From herbs and select vegetables to a fully functioning urban farm

HARVEST FESTIVALS

Culinary events to celebrate seasonal eating



GOOD FOOD, HEALTHY HOSPITALS is a four year initiative transforming Philadelphia's hospital food environment by bringing healthier options to thousands of employees, visitors and patients every day. Made possible by funding from the Centers for Disease Control and Prevention and Get Healthy Philly, an initiative of the Department of Public Health.

