



The **GOOD FOOD, HEALTHY HOSPITALS** *pledge*

As a healthcare provider, we recognize the importance of a balanced, nutritious diet to help reduce obesity and preventable chronic diseases, and to promote wellness. We are dedicated to providing access, options, and education around healthy food choices in our hospital. Our participation in this initiative demonstrates our commitment to the health and wellness of the patients, staff, and community that our hospital serves. Through this initiative we will:

- **PARTICIPATE** in an environmental scan of our hospital food environment to develop a baseline report. Through data collection we can establish a starting point and we will work with the Good Food Healthy Hospitals (GFHH) project team to track our progress over time. We will offer insight and information through an on-site interview to discuss our current hospital healthy food practices and any promotional efforts made to date.
- **IMPLEMENT** changes in areas for improvement such as increasing offerings of fresh fruits, vegetables, and nutritionally dense foods, reducing unhealthy fats and sugar-sweetened beverages, improving signage to promote healthy options, providing nutrition information, and creating choice architecture that incentivizes purchasing of healthy foods. There are easy ways to begin and the GFHH project team can help to identify and build upon existing healthy options.
- **COMMUNICATE** with our vendors and/or food service management companies that we are interested in increasing procurement of foods that are sustainably grown and processed such as produce grown without pesticides, meats produced without hormones and non-therapeutic antibiotics, and foods that are source-identified. We recognize that by supporting a sustainable food system we are ultimately supporting the health and wellness of our community.
- **COLLABORATE** with peer and community organizations. Many hospitals are already working to improve their food environments and we can all benefit from sharing strategies, best practices, and resources.
- **PROVIDE** follow-up information to determine successful strategies and track desirable outcomes as it relates to patient satisfaction, increased purchases of healthy foods, and reduced healthcare costs. Promoting our good work and educating our community will help foster systemic change in the way we eat and live.



Name: _____

Title: _____

Hospital or Healthcare Facility: _____

Address: _____

Phone: _____

Email: _____

Signature, Date: _____