

# GOOD FOOD, HEALTHY HOSPITALS

2021 REPORT

## HAP Supports Good Food, Healthy Hospitals

The Hospital and Healthsystem Association of Pennsylvania (HAP), the leading voice for the health and well-being of Pennsylvanians, became a Good Food, Healthy Hospitals (GFHH) partner this year to lift our collective commitment to preventive care. HAP supports Pennsylvania's hospitals as they promote health and nutrition and is proud to help expand the GFHH initiative throughout the commonwealth.

**This year, our participants met unprecedented challenges in food purchasing, handling, and service. This report highlights new and innovative ways our members are supplying nourishing meals to staff and patients every day while meeting broader health and safety requirements.**



**GOOD FOOD, HEALTHY HOSPITALS** is an initiative transforming Pennsylvania's hospital food environments by bringing healthier options to thousands of employees, visitors, and patients every day. Funding is provided by the Pennsylvania Department of Health through the State Physical Activity and Nutrition grant and Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.

[www.foodfitphilly.org/gfhh](http://www.foodfitphilly.org/gfhh)





# COMMITTED TO HEALTH

Good Food Standards in purchased foods, vending, patient meals, cafeterias and catering are shaping Pennsylvania's hospital food services.

## PURCHASED FOODS

The GFHH initiative aims to create a healthier, more sustainable, and equitable food system.

To help achieve this, **Drexel Food Lab**, an interdisciplinary food product design and culinary innovation research lab, hosted a Good Food Vendor Fair to spotlight local diverse vendors working to bring healthy lower sodium whole food products to market. Hospitals in the GFHH network are making connections with these vendors and sampling products with the goal of adding more local sustainable products to menus.

- ▶ *Local ingredients featured at Pennsylvania Hospital*



## VENDING

GFHH Vending guidelines promote healthy choices for patients, staff and visitors throughout the hospital environment. GFHH provides guidance on contract language and collaborates with the health system and contracted vending company to select products that meet criteria for healthier snacks and beverages. **Penn Medicine** and seven hospitals in the **St. Luke's University Health Network** achieved healthier vending this year, following **Lankenau Medical Center** in 2019. Together they impact choices across 180 vending machines.

## PATIENT MEALS

The Standard for Food and Beverages Served in Patient Meals addresses how food is prepared, served, and promoted, ensuring a variety of fruits, vegetables and other whole, unrefined foods to patients not prescribed therapeutic diets. All GFHH participants have achieved this standard. The **Hospital of the University of Pennsylvania's** patient menu includes a commitment to wellness, highlighting its GFHH level of achievement. **Temple University Hospital** updated its patient menu this year to proudly showcase its participation.

## CAFETERIAS

GFHH guidelines inspired wider scale changes in how food is prepared, sold and promoted in the cafeterias at **Geisinger**.

A system-wide introduction of value meals, made to order options and seasonal promotions began this year. In addition, deli recipes were revised to meet sodium guidelines and feature more whole grain breads through sourcing of products and standardizing portion sizes. The cafeterias offer many of these creative menu items at discounted prices to maximize sales and continue to feature specials that refresh flavors and support customer loyalty.

► *A meal option at a **Geisinger** cafeteria.*



## CATERING

Due to COVID-19 and the elimination of in-person meetings and events, many healthcare operators suspended typical catering programs and pivoted to simplified menus featuring healthy options to maximize healthy selections available in other food environments.



## INNOVATOR SPOTLIGHT

### Supporting Healthy Communities

**Butler Health System's** Food Institute, created to make nutritious meals a reality for more families in their region, specializes in nutrition education, meal planning and preparing healthy recipes on a budget. Participants receive healthy ingredients and cooking instructions to prepare meals independently and are offered support through lifestyle coaching and community resources. This free service demonstrates **Butler Memorial Hospital's** commitment to the health and well-being of their patients, families, and community.

► *Breanna Lamberger of the BHS Food Institute.*





# ACHIEVEMENT

Celebrating 2021 Good Food, Healthy Hospitals leaders



- Episcopal Hospital
- Fox Chase Cancer Center
- Jeanes Hospital
- Temple University Hospital



- Einstein Medical Center Philadelphia



- Mercy Fitzgerald
- Nazareth Hospital
- St. Mary Medical Center



- Butler Memorial Hospital
- Clarion Hospital



- St. Christopher's Hospital for Children



- Lankenau Medical Center



- Jefferson University Hospital
- Methodist Hospital



- Chester County Hospital
- Hospital of the University of Pennsylvania
- Penn Medicine Rittenhouse
- Penn Presbyterian Medical Center
- Pennsylvania Hospital
- Hospital of the University of Pennsylvania, Cedar Ave.

## Geisinger

- Geisinger Bloomsburg Hospital
- Geisinger Community Medical Center
- Geisinger Jersey Shore Hospital
- Geisinger Lewistown Hospital
- Geisinger Medical Center
- Geisinger Shamokin Community Hosp.
- Geisinger South Wilkes-Barre
- Geisinger Wyoming Valley



- St. Luke's Allentown Campus
- St. Luke's Anderson Campus
- St. Luke's Bethlehem Campus
- St. Luke's Lehighon Campus
- St. Luke's Miners Campus
- St. Luke's Monroe Campus
- St. Luke's Upper Bucks Campus
- St. Luke's Sacred Heart Campus
- Geisinger St. Luke's Hospital



● **Participant:** Sign the Good Food, Healthy Hospitals Pledge and identify 1 Good Food standard that will be achieved in year one

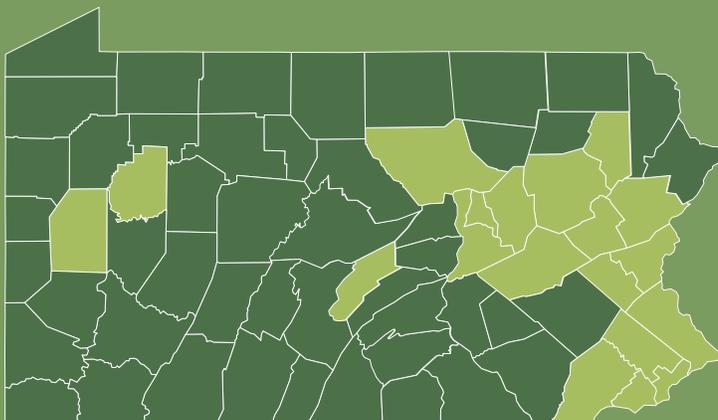
● **Bronze:** Implement 2 of the Good Food, Healthy Hospitals standards

● **Silver:** Implement 3 of the Good Food, Healthy Hospitals standards

● **Gold:** Implement 4 of the Good Food, Healthy Hospitals standards

● **Platinum:** Implement all 5 of the Good Food, Healthy Hospitals standards

## IMPACT



Highlighted counties served through Good Food, Healthy Hospitals programming.

### BY THE NUMBERS\*

**37** pledged hospitals in **19** counties

**36,773** hospital staff

**6.2** million cafeteria meals/year

**2.9** million patient meals/year

\*Results from 30 of the 37 participating hospitals (81%) reporting at time of publication.