



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

Good Food, Healthy Hospitals (GFHH) is a multi-faceted initiative to transform hospital food environments and bring healthier options to employees, visitors, and patients. This initiative is a collaboration between The Hospital and Healthsystem Association of Pennsylvania, Philadelphia Department of Public Health, Pennsylvania Department of Health, and hospitals and health systems within our commonwealth. We have developed voluntary nutrition standards and identified regional procurement practices that promote a culture of health through food served in patient meals, cafeteria food service, catering, vending, and on-site restaurants.

Obesity, high blood pressure, diabetes, and heart disease all affect our most vulnerable communities who seek treatment through healthcare providers and are costly for the healthcare system. Hospitals can treat these illnesses before they begin by increasing access to healthy food served on site.

Healthcare providers are well-suited to become institutional leaders to foster a regional food system that prioritizes public health. By procuring regional farm products that are source-identified, hospitals can leverage their purchasing power to support personal, community, and environmental health through the reduction of antibiotics, pesticides, and toxic chemicals in our food system.

*As a healthcare provider, you can make a difference.*

By participating in this initiative, you will be supported by the Good Food, Healthy Hospitals project team. We provide technical assistance throughout the program including conducting nutritional analysis, advising on menu planning, and assisting with product selection and vendor engagement to increase access to fresh, healthy, and environmentally sustainable food. We prepare policy recommendations to help incentivize consumer purchases of healthy food, and provide educational marketing materials such as nutrition facts and farmer profiles. We promote your progress and accomplishments through an established recognition system, annual reports, and on our website.

*Join us now!* By signing the Good Food, Healthy Hospitals pledge, you are taking the next steps to promote good healthcare through good food choices in your hospital. This collaboration begins on the date of your signature and will extend through the end of the grant funding period.

[WWW.FOODFITPHILLY.ORG/GFHH](http://WWW.FOODFITPHILLY.ORG/GFHH)



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.

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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 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: \_\_\_\_\_

