

GOOD FOOD, HEALTHY HOSPITALS



Good Food, Healthy Hospitals (GFHH) is Pennsylvania's innovative program to improve health through interventions in hospital food. Nutrition influences many chronic diseases. Hospitals have the opportunity to improve community health and wellness by offering fresh, whole foods—and be recognized for their commitment.

Join Pennsylvania hospitals and health systems that are leading the way, shifting the perception of what hospital food is, setting an example for what it can be, and influencing patient, staff and visitor food preferences and habits.

GFHH supports hospitals in adopting strategies to promote healthier choices in **5 food environments**:

- purchased foods and beverages
- cafeteria meals
- patient meals
- catered meals
- vending machines

Existing healthy options are identified and built upon using **overarching strategies**:

- Purchasing
- Positioning
- Pricing
- Promoting healthier choices



INCREASE

- **Healthier and more sustainable** food and beverage choices
- Use of **whole grains**
- **Plant-forward** options



DECREASE

- **High-fat** foods
- **Sodium** content
- **Added sugar** in beverages and dessert offerings

BENEFITS TO PARTICIPATING

- Receive **technical assistance** to implement standards from a registered dietitian with extensive experience in institutional food service
- **Network and collaborate** with hospital and healthsystem food service and wellness peers across the commonwealth
- Receive **educational and marketing resources**
- **Gain recognition** for commitment to achieving health and wellness standards

ABOUT GOOD FOOD, HEALTHY HOSPITALS

WHO WE ARE

GFHH is a collaboration between Pennsylvania Department of Health, The Hospital and Healthsystem Association of Pennsylvania, and Philadelphia Department of Public Health.

Funding is provided by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from Centers for Disease Control and Prevention.



“Hospitals do much more than care for people when they’re sick or injured. By providing access to and education about nutritious food, care teams help patients build healthy habits to improve their lives.”

Nicole Stallings, President & CEO of The Hospital and Healthsystem Association of Pennsylvania

WHY WE'RE HERE

Pennsylvania, the 6th most populous state, ranks number five in healthcare expenditures across the country. Heart disease, stroke, and diabetes comprise three of the top seven leading causes of death totaling over 42,000 deaths annually. Many Pennsylvanians live, learn, work, shop, play, and receive health care in environments that make optimal health difficult to achieve.

Join us now! Contact Shelley Chamberlain
GFHH-Program@haponline.org
(215) 680-7408

foodfitphilly.org/gfhh