



The **GOOD FOOD, HEALTHY HOSPITALS** *Pledge*

Good Food, Healthy Hospitals (GFHH) is a multifaceted initiative to transform hospital food environments and bring healthier options to employees, visitors, and patients. This initiative is a collaboration between the Pennsylvania Department of Health, The Hospital and Healthsystem Association of Pennsylvania, the Philadelphia Department of Public Health, and hospitals and health systems within our Commonwealth. Good Food, Healthy Hospitals voluntary nutrition standards and suggested regional procurement practices promote a culture of health through food served in patient meals, catering, vending, cafeteria food service, and retail operations.

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 take steps to help prevent and reduce comorbidities of these diseases by increasing access to and promoting healthy foods served onsite.

Healthcare providers are well-suited to be institutional leaders fostering 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 sustainable local food systems and health through the reduction of antibiotics, pesticides, and toxic chemicals in our food system.

Health systems and hospitals can make a difference.

Participants will be supported by the GFHH project team. Technical assistance is provided on nutritional analysis, menu planning, product selection and promotion, and vendor engagement to increase access to fresh, healthy, and environmentally sustainable food.

The GFHH project team provides policy recommendations to help incentivize consumer purchases of healthy food and educational marketing materials. Progress and accomplishments will be promoted through an established recognition system, annual reports, press releases, and websites.

As a healthcare provider, we recognize the importance of a balanced, nutritious diet. We are dedicated to providing access, options, and education about healthy food choices in our hospital.

www.foodfitphilly.org/GFHH



Pennsylvania
Department of Health



Department of
Public Health
CITY OF PHILADELPHIA



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

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

Participation in GFHH 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 work with the GFHH project team to track progress over time. We will offer insight and information through an onsite interview to discuss 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. 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 supporting a sustainable food system improves community health, environment, and regional economy.
- **COLLABORATE** with peers and community organizations to improve access to healthy food. Many hospitals are already working to improve their food environments, and all can benefit from the sharing of strategies, resources, and best practices.
- **COMMIT** to ongoing communication with the GFHH project team through data reporting and annual assessments, technical assistance, and the implementation of sustainable practices and policies that support healthy food options throughout the hospital.
- **PROVIDE** data to determine successful strategy implementation and track desirable outcomes as they relate to customer satisfaction and increased purchases of healthy foods. GFHH annual reports demonstrate reach, impact, and outcomes and support ongoing funding.

By signing the GFHH pledge, we commit to fostering systemic change in the way we eat and live.

Name/Title: _____

Hospital or Healthcare Facility: _____

Address: _____

Email: _____

Signature/Date: _____ GFHH participant since: _____