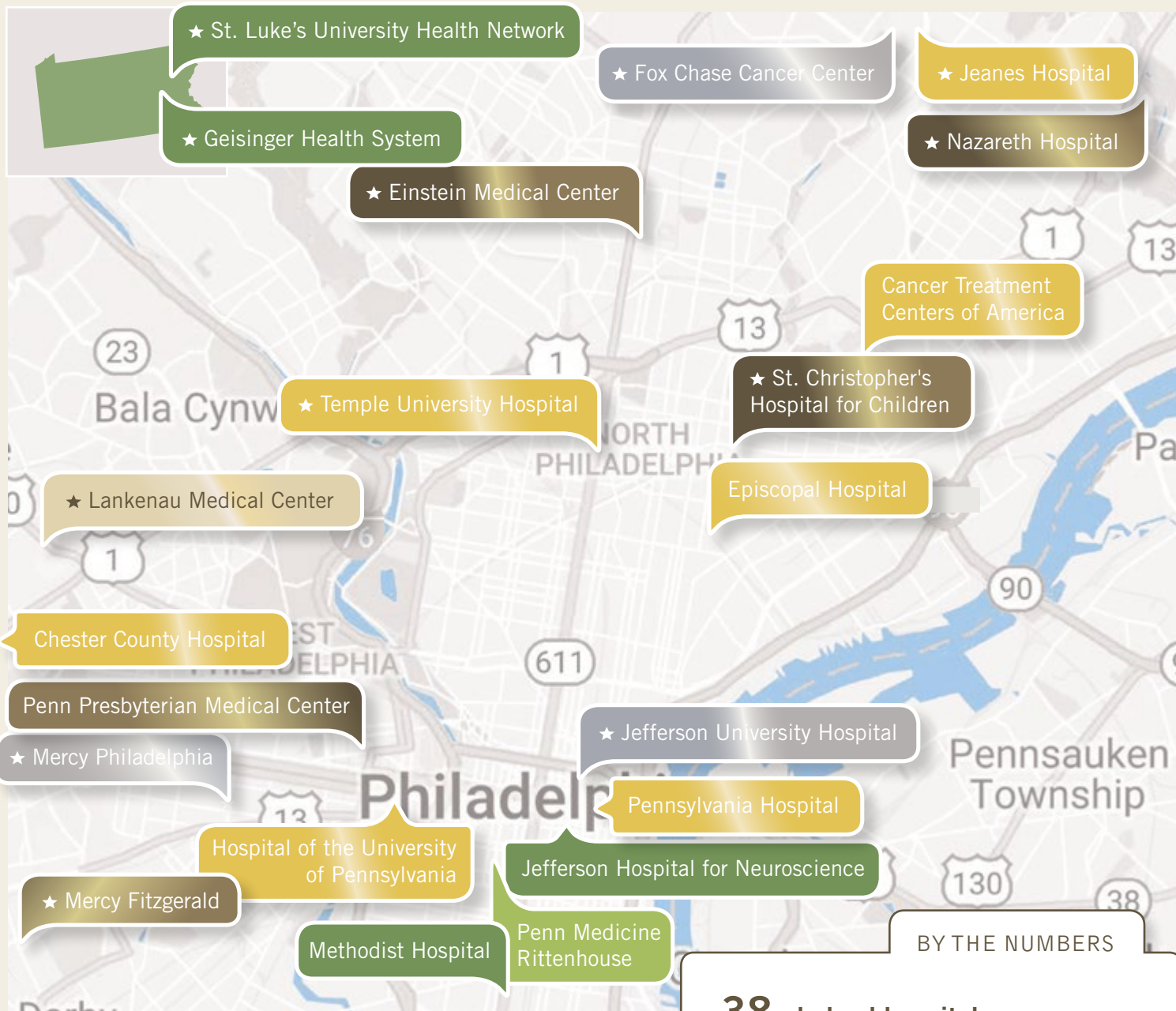




GOOD FOOD, HEALTHY HOSPITALS

Pennsylvania's innovative program to improve health through interventions in hospital food

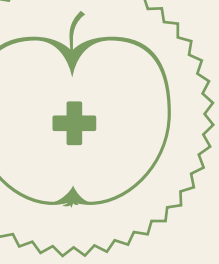
SEPTEMBER 2019



- Platinum: Implement 5 Good Food standards
- Gold: Implement 4 Good Food standards
- Silver: Implement 3 Good Food standards
- Bronze: Implement 2 Good Food standards
- Innovator
- Participant: Achieve one Good Food Standard in year one.
- Pledge Signatory

BY THE NUMBERS

38 pledged hospitals
74,000+ hospital staff
7.7 million cafeteria meals/year
6.3 million patient meals/year



IMPACT

How hospitals are using Good Food Standards to impact health.



PATIENT MEALS

Episcopal Hospital offers a variety of fresh fruit options to patients during breakfast, lunch and dinner. Food service staff present a fruit basket to each unit during service so patients may choose their favorite item to accompany the meal.



VENDING

Lankenau Medical Center, part of Main Line Health, is the first institution to partner with their local vending company and fully implement this standard. All beverages offered are non-sugar sweetened, further elevating Main Line Health's mission to improve the quality of life for patients, staff and visitors. More than 75% of offerings in the snack machines meet criteria for healthier options.



PURCHASED FOODS

The St. Luke's Rodale Institute Organic Farm is an 11.5-acre organic farm that grows vegetables to be used throughout all of the foodservice operations within St. Luke's University Health Network. By providing patients, visitors and staff with locally grown organic produce, St. Luke's demonstrates their commitment to the environment and to promoting patient and community health and well-being.

CAFETERIAS

Pennsylvania Hospital, part of Penn Medicine, offers locally and sustainably sourced produce as part of the cafeteria salad bar. They also feature a variety of sustainably produced food products such as New Jersey Fresh canned tomatoes and Pennsylvania apple butter as part of a locally sourced display throughout the year.



CATERING

Nazareth Hospital added vegetarian and vegan menu options in response to client requests. Serving sizes for desserts and snacks were reduced to reinforce portion control messaging.



INNOVATION

Above: Chinwe Onyekere, System Director, Health Equity and Graduate Medical Education, at Lankenau Medical Center's Deaver Wellness Farm.

In addition to adopting voluntary food, beverage and procurement standards, twelve Good Food, Healthy Hospitals participants are providing one or more innovative programs and services to educate and encourage healthy eating for their patients, staff and visitors.

FARM STANDS

Sustainably and locally grown vegetables, fruits and other farm products for sale on the hospital campus

FARMER'S MARKETS

Multiple vendors set up and bring their locally grown products to a weekly market that is promoted by hospital staff or organized by a nonprofit partner organization

FARM SHARES OR COMMUNITY SUPPORTED AGRICULTURE

Seasonal subscriptions of sustainable and regionally sourced products available for pickup at hospital locations and organized by wellness teams

SUBSIDIZED FARM SHARE PROGRAM

Boxes of sustainable and locally grown foods available at a discounted cost for communities with support from hospital foundations or other external funding

FRESHRX PROGRAM

Clinicians "prescribing" produce through vouchers to be used at nearby farmer's markets; the redeemed vouchers are tracked through the hospital's electronic medical record system

CULINARY POP-UP EVENTS

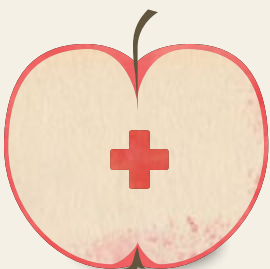
Nutrition demonstrations on how to utilize fresh ingredients; lunch and learns for staff and visitors

HOSPITALS GROWING FOOD

From herbs and select vegetables to a fully functioning farm

HARVEST FESTIVALS

Culinary events to celebrate seasonal eating



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.

