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TEST PRACTICE GREENHEALTH - HEALTHCARE FACILITY  
WITH BEDS AND ORS #3 — no.1707362

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## Partner for Change - 2016: Food

### Introduction

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**Food systems** have a significant impact on the environment. The average piece of food travels between 1,500 and 2,500 miles from farm to plate, creating greenhouse gases through vehicle and plane transport. Agriculture is incredibly environmentally intensive, using huge volumes of water, pesticides, and in the case of **meat and poultry**—antibiotics. Additionally, more than 20% of an average hospital's waste is comprised of food waste. Please use this section of the application to showcase the facility's success stories and strategies on sustainable food procurement and food service operations.

### Policy and Plans

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**1.** Has the facility signed the **Healthy Food in Health Care Pledge**?

- Yes  
 No

The **Healthy Food in Health Care Pledge** is a framework that outlines a set of steps to be taken by health care facilities to support a more sustainable food system and improve the health of patients, communities and the environment.

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**2.** Has the facility developed and adopted a **Sustainable Food Service Policy**?

- Yes  
 No
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**2.a** Please attach:

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For more information on sustainable food topics, please see: [Healthy Food in Healthcare](#).

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**3.** Has the facility developed and implemented a comprehensive **nutrition policy**?

- Yes  
 No
- 

**3.a** Which of the following components are included in the nutrition policy? Please select all that apply:

- Fruit:** 50% of all menu items that include fruit utilize fresh or frozen varieties
- Vegetables:** A minimum of 75% of all menu items including vegetables utilize fresh or frozen varieties
- Grain:** Whole grain, options for minimum 50% of grains and breads (e.g., whole-wheat bread, whole-grain rolls, and brown rice)
- Scratch:** Other than for restricted diets menus, all patient and cafeteria soups are made from scratch with whole ingredients (with the exception of canned legumes and tomatoes).
- Added Sugar:** A minimum of 80% of all beverages purchased will be free of added sugar and artificial sweetener (see definition for healthy beverage below).
- Fat:** Eliminate all products that contain trans (partially hydrogenated) fats\* and fully hydrogenated fats ("Zero Trans Fats" should be the goal when total elimination is not possible.)
- Model Healthy Meal Guidelines** (from Balanced Menu Recipe Toolkit)
- Calories:** 700 calories or less
- Fat:** 25% of total calories or less
- Saturated Fat:** 5g or less
- Trans Fat:** 0g
- Cholesterol:** 90mg or less
- Fiber:** 3g or more
- Protein:** 10g or more
- Sodium:** 700 mg or less
- None** of these have been implemented

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**3.b** Please attach:

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**4.** Has the facility developed and implemented **contract and/or Request for Proposal (RFP) language** that includes local and sustainable food purchasing and other environmental stewardship goals with **food vendors**?

- Yes
- No

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**5.** Does the facility **outsource** its Food Services Department or management?

- Yes
- No

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**5.a** Who was the selected **vendor**?

- Aramark
- Compass Group (Morrison/Touchpoint)
- Sodexo
- Other

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**5.a.a** Which other contracted food services vendor is being utilized?

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Who is responsible for Food Services at your facility?

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6. Name:

7. Title:

8. Email:

### Less Meat, Better Meat

**Reducing the amount of meat and poultry** served in hospitals provides health, social, and environmental benefits that are consistent with prevention-based medicine. Hospitals can deliver an important preventive health message to patients, staff, and communities by reducing the amount of **meat and poultry** they serve and by purchasing sustainably-produced meats and poultry.

**Definition of Meat & Poultry:** Beef, pork, poultry, bison, sheep and goats - whole muscle and minimally-processed items including luncheon deli meats, pre-cooked fajita strips, pre-cooked breaded (frozen) nuggets, tenderloins and patties. Do not count convenience foods (e.g., pre-made lasagna).

**For more information on labeling and definitions, please see: Understanding Labels in Meat and Poultry.**

9. Has the facility **reduced** the amount of **meat and poultry purchased** for cafeteria/retail and patient service?

- Yes  
 No

Please fill out the following questions on **meat and poultry** purchasing data in baseline year (before implementation) and current year (after reduction program implementation):

**Pounds of meat and poultry** purchased annually in **baseline year**

**Pounds of meat and poultry** purchased in **2015**

**9.c** Please estimate annual **savings** (in dollars) from reduced meat procurement in 2015. (If costs have increased please indicate a negative number).

**Number of meals served** annually in baseline year

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Number of **meals served** in 2015.

If your facility utilizes a special methodology to calculate the **number of meals served**, please explain in the comment box. If there have been any changes to how the facility calculates the number of **meals served** since baseline year, please note this in the comment box as well.

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This is the facility's 2015 metric for **percent change in meat and poultry use** (by weight):

A positive number indicates a reduction in **meat and poultry** use per meal, while a negative number indicates an increase in meat use

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This is the facility's 2015 metric for **pounds of meat and poultry per meal served**:

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**9.h** Is your facility working to achieve the **Less Meat, Better Meat Challenge** of the Healthier Hospitals program?

- Yes  
 No

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**9.h.a** Please describe progress toward this goal:

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**Definition of Meat & Poultry Raised without the Routine Use of Antibiotics:** **Meat and poultry** approved to carry one or more of the following labels:

• **Third-Party Certifications:** American Grassfed Certified, Animal Welfare Approved, Certified Humane (raised and Handled), Certified Organic, Certified Responsible Antibiotic Use (CRAU), Food Alliance Certified, Global Animal Partnership, Schools Food FOCUS- Certified responsible antibiotic use.

• **Label Claims Allowed by USDA:** "Raised without antibiotics", "No antibiotics administered", "Never-Ever 3", "Raised with therapeutic antibiotics only". Look for "USDA Process Verified" shield along with these label claims.

Visit [Understanding Labels in Meat and Poultry](#) to learn more.

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**10.** Does the facility preferentially **purchase meat and poultry** produced **without the use of routine, non-therapeutic antibiotics**?

Please fill out the following questions on the purchase of **meat and poultry** raised without the routine use of non-therapeutic antibiotics in 2015:

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**Pounds of meat and poultry** purchased in 2015 that were produced **without the use of routine, non-therapeutic antibiotics**.

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**Total pounds of meat and poultry** purchased in 2015

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This is the facility's metric for **percent of meat and poultry raised without the routine use of non-therapeutic antibiotics**:

0

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**10.d** Based on the information above, has your facility achieved **20%** of **meat and poultry** produced **without the use of routine, non-therapeutic antibiotics** in 2015?

- Yes  
 No

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**10.e** Please describe highlights of these efforts:

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**10.f** Has the facility developed a supporting **policy or resolution** regarding the purchase of **meat and poultry** raised without the routine use of non-therapeutic antibiotics?

- Yes  
 No

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**10.f.a** Please attach:

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For more information on the public and environmental health impacts of the use of routine, non-therapeutic antibiotics in food animals, visit [Antibiotics](#).

## Healthy Beverages

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It is well established that **sugar-sweetened beverages (SSBs)** contribute to the increased prevalence of obesity and associated chronic diseases that go along with weight gain. Hospitals throughout the country have begun to implement **Healthy Beverages** programming to transform their beverage environments using strategies like creating healthy vending criteria, reducing advertising of unhealthy beverages, increasing access and signage for public drinking water on hospital grounds, and shifting pricing structures to encourage healthy beverage choices.

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**11.** Has the facility **increased healthy beverage options** in at least 3 of the following: cafeteria/retail, patient, vending and catering?

Yes

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Please answer these questions to help us calculate the facility's **% spend on healthy beverages**.

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\$ spent on **healthy beverages** in 2015

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\$ spent on **all beverages** in 2015 [Do not include liquid nutritional supplement spend in total spend on all beverages (e.g. Boost, Ensure)]

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**% Healthy Beverage Spend**

0

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**11.d** Based on the data above, has the facility achieved **at least a 40% spend** on healthier beverages?

- Yes  
 No

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**12.** Has your facility participated in the **Reducing Sugar-Sweetened Beverages Challenge** of the Healthier Hospitals program?

- Yes  
 No

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**12.a** Please describe progress toward this goal:

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**13.** Which of the following activities has the facility implemented to increase access and **promote the use of tap water**?

- Provided and promoted reusable beverage containers  
 Eliminated bottled water from patient menus and cafeteria  
 Installed filtered water stations, 'spa water' and/or installed water bottle filling stations throughout the facility or in cafeterias  
 Provided free 'spa water' or pitchers at functions and meetings instead of bottled water  
 Changed the relative price of healthy vs. unhealthy beverages to make healthy choices more affordable and desirable  
 Other  
 None of these have been implemented

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**13.a** Please describe other activities to promote the use of tap water:

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**Local and Sustainable Food Purchasing**

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**Procurement of sustainably produced foods** has many far reaching effects. The way food is **produced, processed, and distributed** has significant impacts on human health, air and water pollution, climate change, and the viability of future agricultural production. Purchasing sustainable foods can **reduce many harmful effects** related to food growth and distribution that contribute to public and environmental health problems.

For information on **local and sustainable food procurement**, see: [Healthier Food](#)

For information on **local and sustainable food definitions**, see: [Sustainable Food Definitions](#)

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For help with Tracking and Traceability, download the worksheet: [Local and Sustainable Tracking Tool](#)

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**14.** Has the facility **encouraged their food suppliers** (including distributors and GPOs) to **improve tracking and traceability** of local and

sustainable foods in their ordering, invoicing, and reporting systems?

- Yes
- No

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**15.** Has the facility **purchased locally and/or sustainably grown and produced foods**? **Local** is defined as grown/raised and processed less than **250 miles** from the facility. **Sustainable** is defined as a product that has an **allowed sustainability certification or label claim**, and/or meets the definition of local.

Yes

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Please fill out the following information to calculate the facility's **% of Local and/or Sustainable Food Spend**.

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\$ spent on **local and/or sustainable food and beverages** in 2015

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\$ spent on **all food and beverages** in 2015

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% Local and Sustainable Spend:

0

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For detailed **definitions of local and sustainable**, please see: [Sustainable Food Definitions: Criteria Checklist](#).

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**16.** Is your facility participating in the **Local/Sustainable Food Purchasing Challenge** of the Healthier Hospitals program?

- Yes
- No

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**16.a** Please describe progress toward this goal:

### Supporting Local Farms and Increasing Healthy Food Access

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**17.** Does your facility **purchase food from local farmers** (local is defined as less than 250 miles)?

- Yes
- No

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**17.a** How does your facility purchase food from local farmers? Please select all that apply:

- Food hubs
- Farm-direct purchasing
- Farmers cooperatives
- Other

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**18.** Please use this space to describe **collaboration** with local farms in greater detail, if appropriate:

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**19.** How does your facility **increase access to healthy food**? Please select all that apply:

- Hosted local farmers market
- Hosted on-site Community Supported Agriculture (CSA) food box program for patients, employees and/or community residents
- Supported on-site hospital farm and/or garden
- Supported off-site community garden or farm
- Developed and offered a fruit & vegetable prescription program
- Other

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**20.** Please use this space to describe any of the food access programs in greater detail, if appropriate:

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**21.** Does your hospital use **Community Benefit investments** to support healthy food access/healthy food systems in your community?

- Yes
- No

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**21.a** Please describe:

## Food and Beverage Environments: Education & Promotion

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Hospitals can be **excellent models and drivers for healthier food environments** through their education and promotion of healthy foods and beverages. There is an emerging understanding that the “health” of a food choice is a combination of the nutritional benefits it provides, and the way in which that food was produced, transported and prepared.

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**22.** Does the facility use strategies for **promotion and placement** of healthy and sustainable food options to increase their sales?

- Yes
- No

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**22.a** Please select all that apply:

- Pricing incentives on healthy and sustainable food options
- Placement of healthier food options
- Food sampling
- Other promotions

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**22.a.a** Please describe other strategies:



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**23.** Does the facility include **sustainability information** (reference eco-labels and foods grown locally/regionally) on **menu labeling** for **meals served** in retail or patient service?

- Yes
- No

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**24.** Has the facility conducted a **facility-wide education campaign** that improves the visibility of **healthy beverages and/or tap water** choices?

- Yes
- No

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**24.a** Please select all that apply:

- Cafeteria signage
- Internal newsletters
- Featured events
- Removing advertisements for unhealthy beverages in facility (including on vending machine facades)
- Other

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**24.a.a** Please describe other strategies:

## Food Waste Reduction

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**25.** Is the facility purchasing **reusable food service ware** for cafeteria/retail and patient meals wherever possible?

- Yes
- No

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**26.** Is the facility purchasing **certified commercially compostable food serviceware** (such as certified by Biodegradable Products Institute (BPI)) where single-use/disposable items are necessary?

Yes

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**26.a** Is the facility composting these compostable single-use items?

- Yes
- No

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**27.** Does the facility purchase and use **recyclable to-go containers**?

Yes

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**27.a** Does the facility offer the option to **recycle these to-go containers on-site** (as part of commingled or other **recycling** program)?

- Yes
- No

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**28.** Has the facility **eliminated polystyrene** (Styrofoam) purchase and usage in food service?

- Yes
- No

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Procurement guidelines and a preferred hierarchy for food serviceware selection are provided in **Choosing Environmentally Preferable Food Service Ware**.

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**29.** Does the facility have a **food waste reduction plan/policy** that is being implemented and tracked?

- Yes
- No

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**29.a** Please attach:

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**30.** Does the facility have a **food waste donation policy/plan** that is being implemented and tracked?

- Yes
- No

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**30.a** Please attach:

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**31.** Does the facility have a **food waste composting** program and tracking system?

- Yes
- No

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**31.a** Check all areas where food waste is **composted** at the facility:

- Cafeteria/retail
- Food preparation areas
- Catering
- Patient meals

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**31.b** Does the facility **track** weight or volume of compost?

- Yes
- No

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What is the annual tonnage composted?

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Number of **meals served** in 2015:

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According to your data, this is your 2015 metric for **pounds of food waste composted per meal served**:

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Please ensure composted **food waste tonnage and cost** is indicated in **Appendix A**.

### Other Food Program Successes

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Please describe any innovative food programs or successes at the facility this past year that you would like to share in the spaces below.

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**32.** Success 1: Please describe

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**33.** Please attach any additional documentation (optional):

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**34.** Success 2: Please describe

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**35.** Please attach any additional documentation (optional):

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**36.** Success 3: Please describe

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**37.** Please attach any additional documentation (optional):

