

	<b>POLICY AND PROCEDURES</b>	<b>LD025 WR</b>
<u>POLICY TITLE:</u>	<b>Sustainable Food</b>	
<u>POLICY:</u>	To successfully execute our mission of providing highly satisfying food that sustains the health of ourselves, our community, and the earth, and in doing so, support the greater St. Luke's mission to improve the health of the people in our region.	
<u>DEFINITIONS:</u>	NA	

**PROCEDURES:**

I. **FOOD:**

- A. Minimum ingredient specifications: Appendix 1 provides a detailed list of specifications. Products may differ if alternative products free of these ingredients are unavailable or deemed prohibitively expensive, and they receive prior approval by the Lead Team.
- B. Menu: Patient and cafeteria menus will be synchronized so that they will offer the same items on the same daily menus with the exception of any therapeutic diets that cannot adhere to the recipes. The premise for these menus is to offer recipes that reflect seasonality, simplicity, freshness, and to be prepared from scratch. Minimize pre-prepared, processed and packaged foods.
  1. Seasonality Menus: 2 seasonal 2-week menus per year; "late Spring / Summer / Early Fall" and "Winter". Transition to occur in May and November.
  2. Fresh: We will use fresh, whole fruits and vegetables (with the exception of some frozen or canned when deemed appropriate), in place of processed or pre-cut.
  3. Recipes: Recipes will be based on simplicity, nutritional value and taste. Recipes will be established, tested, kept on file and followed by all staff. All food will be tasted by at least two staff prior to serving to ensure recipes were followed and for proper flavoring.
- C. Patient meals: Will follow preset hospital standards that are approved per the Dietitian. Therapeutic diets must be adhered to per the institution approved diet manual. *The diet manual can be found on Inside St. Luke's website – <http://inside.slrmc.org/clinical/>*
- D. Local Food: We will give priority to purchasing food, beverages and supplies from local producers, unless price, distribution or labor / handling requirements prevent us from doing so. Local is to be defined as products grown and processed in Idaho with an emphasis on products grown and /or produced within 150 miles. Regional food/products will be given next priority. Further, we will maintain minimum annual purchasing levels of local foods. We will strive to purchase at least 30% annual average of total cost of purchases from within the state of Idaho, increasing at a rate of 2% per year. We encourage ourselves to strive to exceed these minimums to the fullest extent economically possible.
- E. Healthy Food in Hospitals Pledge: We have signed and publicly posted the Healthy Food in Healthcare Pledge, therefore committing to the principles set forth within. *A copy of the pledge can be found in Appendix 2.*

The information contained in this document is for the purpose of providing guidance in the care of patients. It does not replace or preclude the use of clinical judgment and may not be applicable to all areas of the hospital, physician offices or system affiliates. Selected portions of reference materials may have been used in the development of this document.

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- F. Sustainable Seafood: 100% of seafood purchases will be procured in accordance with the Monterey Bay Aquarium "Seafood Watch" sustainable fisheries guide. An annually updated guide can be found at:  
[http://www.montereybayaquarium.org/cr/cr\\_seafoodwatch/download.aspx](http://www.montereybayaquarium.org/cr/cr_seafoodwatch/download.aspx)

II. FACILITIES:

- A. Recycling: Comply with and participate in all hospital recycling programs. Participate in all ERC pre- and post-consumer food waste diversion policies and programs.
- B. Composting: Create and execute a pre-consumer composting program for all qualify able kitchen waste.
- C. Minimizing disposables & packaging: Eliminate 50% of pre-packaged and individually packaged food based on level at programs inception and eliminate 75% of the disposable and carryout utensils and containers. For remaining containers, use only recyclable or compostable style and no Styrofoam products.
- D. Energy, water and natural resource consumption: When the need or opportunity arises, replace existing equipment with Energy Star rated or better energy efficient models. Audit water consumption and implement improvement opportunities when necessary.
- E. Cleaning products: Utilize sustainable or green cleaning products.

III. STAFF:

- A. Training: Conduct monthly training sessions for all Food Service staff regarding sustainable food, safety, culinary skills and information.
- B. Culinary Enhancement: The hospital will provide a culinary training program for cooks and food handlers. This may be in unison with College of Southern Idaho, local chefs, or other skilled trainers.
- C. Physical Activity: The hospital's Occupational Therapy office will be utilized initially and at least every year to consult with and conduct workflow, motion evaluation and training for the Nutrition Service staff so as to best economize motion and increase efficiency.
- D. Staff Engagement: Monthly topical questions related to the food program will be created by the Dietitian and posted for the Nutrition Service staff to establish a regular conversation and education.

IV. COMMUNICATION:

- A. Lead Team Commitment: The St. Luke's Green Cuisine Lead Team will continue to meet at least quarterly or as special needs require. Its purpose is to support all aspects of the program and provide direction and research, driven by the Mission and Vision, to ensure program success.
- B. Web Site: A comprehensive description and news presence for the St. Luke's Green Cuisine program will be established on the Nutrition Service link on the SLWR web site. Its purpose will include our mission, vision, policy, recipes, news info, photos and pertinent links. This will be kept up to date on a regular basis by PR / Marketing Department.
- C. Public Relations / Marketing: The PR / Marketing department will provide regular means of communicating and promoting the St. Luke's Green Cuisine program both internally to hospital staff, as well as externally to the surrounding community.

V. FISCAL RESPONSIBILITY:

- A. Operating Reports: Monthly Operating Reports will be conducted to monitor food purchasing, inventories, labor expenses, food costs and other indirect costs. These will be reviewed between the Nutrition Service Manager, the Director Support Services and the Chief Financial Officer. The monthly period will be based on the first through the last calendar day of each month.
- B. Inventory: Monthly inventory of all food, paper, and cleaning supplies will be conducted on the last calendar day of each month.

<u>RELATED DOCUMENTS:</u>	APPENDICES: Appendix 1: Minimum ingredient specifications Appendix 2: Healthy Food in Health Care Pledge
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<u>AUTHORIZED BY:</u>	Original signed by Sharon L. Kensinger, RN, MSN, NE-BC	10.21.09
	Vice President, Nursing and Patient Care Services/CNO	Date