



HEALTHY FOOD IN HEALTH CARE

CREATING A HEALTHY AND SUSTAINABLE FOOD
SYSTEM



EMMA SIROIS
CO-LEADER, HEALTHY FOOD IN HEALTH CARE,
HEALTH CARE WITHOUT HARM



Why Healthy Food in Health Care?

- National Health Crisis of diet related diseases
- Increasing understanding of linkages between industrialized food systems and human and environmental health
- Health Care in prime position to support a healthier **food system** and **food environments**:
 - Major employer
 - Health authority
 - Community member/leader
 - Large purchaser on food



Healthy Food in Health Care Program

National Initiative of Health Care Without Harm founded in 2005 to leverage the **massive purchasing power and health authority** of the healthcare sector to support healthy, sustainable food systems.

HFHC works with hospitals across the country to help improve the health and sustainability of their food services.

Key Strategies:

- Sustainable Food Policies and Action Plans
- Purchasing- Locally and Sustainably Produced Food
- Menu Changes to support whole, seasonal, meat reduced meals
- Farmers' Markets/ Farm Stands/ CSA's
- Hospital Gardens
- Healthy Vending and Healthy Beverage Programs
- Composting and Waste Reduction



www.healthyfoodinhealthcare.org

HFHC Program Initiatives



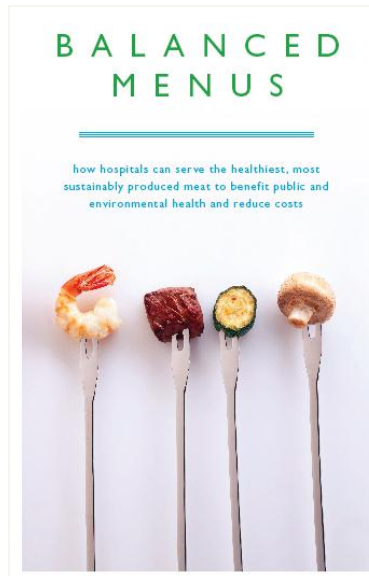
Healthy Food Pledge

GREEN GUIDE
for Health Care™ **GGHC**

Guide for Operating a Healthy
and Sustainable Food Service



HHI – Call to action
for the health care
sector – Healthier
Food Challenge



Balanced Menus
Initiative



Healthy Beverage
Initiative



Clinical Education &
Advocacy Program

Oregon Healthy Food in Health Care

- Regional rollout housed at Oregon PSR
- Robust local initiatives
 - Healthy Food Pledged signed by 21 Hospitals in OR
 - Sustainable Food Service Policy Development
 - Hospital Green Chef
 - 2011 Challenge
 - Menu Labeling
 - Oregon HFHC Workgroup
 - Sustainable/Local Procurement
 - Onsite Farmers Markets/Farm Stands/CSAs/Gardens
 - Quarterly Newsletters
- Opportunities for engagement
 - Attend a Workgroup meeting
 - Sign up for the newsletter
 - Contact Emma or Gretchen



Healthy Food Resources

- Community Food Partners Resource Guide
- Purchasing Direct Guide
- HFHC Pledge
- HHI Handout

Discussion

What healthy & sustainable food initiative would be an easy step (low hanging fruit) for your facility to take?

Who (or what position) can you share this information with at your facility to get things started or to support on-going projects?

Do you know any regional resources for sustainable food systems work that we have not mentioned? We can compile info and redistribute.

Save The Date!

Healthy Food in Health Care Webinar: *Balanced Menus - Meat Reduction and Sustainable Meat Procurement for Health Care*

November 8th , 12noon Pacific

For Details and to Register:

www.healthyfoodinhealthcare.org

Institutional Sustainable Procurement Intensive

February 7th, 1:00-5:00PM

At Organicology, Portland, OR

Topic: Environmental, economic, health, and justice
impact of sustainable food production and
procurement



Contact Info

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Oregon Healthy Food in Health Care Project

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