

HEALTH CARE FOOD PURCHASING POWER

Hospitals and health care systems can use their substantial buying power to help build a healthier food system.



<https://noharm-uscanada.org/kp.org/green>



@HCWithoutHarm
@KPSHare

MAKING THE HEALTHY CHOICE THE EASY CHOICE

Purchasing fresh food from local producers

Farm Fresh Healthcare Project:

ten family farmers have sold nearly 84,000 pounds of local and organic produce to six San Francisco Bay Area hospitals.

HEALTH IMPACTS

- ↑ environmental quality
- ↑ local/rural economy
- ↑ social & economic health outcomes

Purchasing sustainably-grown produce

Kaiser Permanente:

590 tons of the fruits and vegetables served on patient menus are sustainably produced and/or locally grown — that's nearly 50% of fresh produce purchased annually.

HEALTH IMPACTS

- ↓ farm workers' exposure to harmful pesticides
- ↓ water pollution & soil contamination

Purchasing meat and poultry raised without antibiotics

Overlake Hospital, WA & Fletcher

Allen Health Care, VT: over 65% of the beef, poultry and pork products served are produced without the routine use of antibiotics.

HEALTH IMPACTS

- ↑ efficacy of antibiotics in human medicine
- ↑ healthier, more sustainable meat production practices

Purchasing hormone-free dairy

Emory Healthcare, GA: all milk and yogurt sold in cafeterias is free of recombinant Bovine Growth Hormone.

HEALTH IMPACTS

- ↓ udder infections & other health issues in cows
- ↓ antibiotics use in dairy cows to combat health problems



MAKING THE HEALTHY CHOICE THE EASY CHOICE

Serving healthy inpatient meals that meet nutritional standards

Health Care Without Harm: over 1,000 hospitals are committed to purchasing and serving more fresh, healthy food.

Implementing Balanced Menus

Less Meat, Better Meat: hundreds of hospitals are reducing the amount of meat they purchase and serve and buying more sustainably produced meat.

Offering vending machine healthy picks

Kaiser Permanente: more than 1,000 vending machines restocked so 75% of food and beverages meet Healthy Pick's criteria for being lower in fat, calories, sodium, and sugar.

Serving healthier cafeteria and cafe options

Partnership for a Healthier America's Hospital Healthier Food Initiative: more than 700 hospitals committed to healthy food practices that improve the nutrition of patient meals and cafeteria options.

Reducing or eliminating sugar-sweetened beverages

Vanguard Health's four, Chicago-area hospitals phased out all sugar-sweetened beverages from their facilities, in the implementation of Cook County's "**Rethink Your Drink**" program.

HEALTHIER HOSPITAL FOOD SERVICE

Every day, health care food service staff have an opportunity to encourage healthy habits and sustainable food choices.



HOSPITALS AS ANCHOR INSTITUTIONS IMPROVING COMMUNITY FOOD ENVIRONMENTS

- by modeling good nutrition and improving environmental health inside and outside their facilities
- by collaborating with community-based programs to support a healthy, regional food system and increased access to healthy food



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Hosting hospital-based farmers markets

Kaiser Permanente: founded one of the first hospital-based farmers market in 2003 and now hosts more than 50 farmers markets.

Reducing waste & donating unused food to the hungry

University of Iowa Hospitals and Clinics: reduced food waste by 40% in 2013 by eliminating less-popular menu items and cutting surplus servings. The hospital donated more food to organizations that feed the hungry and composted 77 tons of food.

Educating patients about healthy grocery shopping and meal preparation

Children's Hospital of Philadelphia: teamed up with the foodservices company Aramark to launch Home Plate, an innovative research study designed to combat childhood obesity, which teaches low-income parents the skills to cook healthy meals at home.

Supporting health professionals to be effective public policy advocates

Health Care Without Harm's Food Matters program: engages over 4,000 doctors, nurses, and dietitians across the country to become leaders and advocates for a more sustainable food system.

Writing healthy food "prescriptions"

Fresh Prescription, City of Detroit & the Ecology Center: An expanding network of health care sites across the city are connecting chronic disease patients, at risk pediatric patients and food insecure families with local healthy food resources by writing prescriptions for fresh, local fruits and vegetables.

