Strategies to unlock the power of food in healthcare

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Food Sustainability in Hospital Lusíadas Lisboa
Hospital Food Waste

In hospital setting, the food waste is 2 to 3 times bigger, when compared with food services as the ones who are present in restaurants, coffee and schools.

Optimization of the prescription of diets and a closer contact with the client in order to understand their needs, preferences and difficulties.

In 2016, Hospital Lusiadas Lisboa associated to Parish Council of São Domingos de Benfica, donating the surplus meals daily produced in the hospital. This initiative, was carried out through a partnership with the movement ZeroDesperdício.
Seasonal Foods

Dessert menu, for patients, with seasonal fruits

- Better nutritional and organoleptic characteristics
- Promotion of the local economy and improvement of the environment
- Most affordable prices
Vegetarian option available to all patients who require it.

Vegetarian option available everyday in our cafeteria.
Reduced Plastic Consumption

Plastic is the packaging material most used by the Portuguese population.
In Portugal, 77 thousand tons of plastic are produced every year.

- Availability of water jugs, glass cups and water point.
- Decrease consumption of plastic cups and bottles.
- Replace plastic straws, that are used in coffee in vending machines, for wooden straws.
- In vending machines, replace the plastic cups for paper ones.
Reduced Paper Consumption

In 2014, we adopt a computer system “Diet”
• Enables informatic registration of diets
• Replace old ones printed on paper

The elimination of paper cutlery sachets in the hospital cafeteria

Estimated average annual savings of 131,400 sheets of paper
Only 38% of urban waste generated in Portugal is recycled.

Implementation of Eco points in the cafeteria.
2021 Challenges

- In cafeteria, replace the take-away plastic boxes for more ecological alternatives
- Use recycled paper in the production of wipes that are used in the trays to serve the meals to our clients
- Use recyclable paper napkins for internment and cafeteria
- Reduce the use of individual dose packs in the area reserved for clinical staff and cafeteria
- Review the menus in the cafeteria, in order to reduce the food options based on read meat and increasing the number of dishes with vegetable protein source
1. Submit a recipe that (...)emphasizes and celebrates, but is not limited to, **foods from plant sources**—fruits and vegetables (produce), whole grains, legumes (pulses), nuts and seeds, plant oils, and herbs and spices—and reflects evidence-based principles of **health and sustainability**

2. Promote the dish on social media
European Health Culinary Contest

RULES

• The entry must be plant-forward, a style of cooking and eating that emphasizes and celebrates, but is not limited to, foods from plant sources (…) and reflects evidence-based principles of health and sustainability. For this contest, animal proteins make up no more than 50g per serving;
• The entry must be replicable for other hospitals;
• The entry must contain at least 1 qualifying legume, seed or nut;
• The entry must be served in your facility on World Food Day 2020
The recipe was created by our team and was tested by Chef Marco António, who is responsible for cooking all the dishes in our hospital.

Vegetarian Kebab
**Vegetarian Kebab: The recipe and ingredients**

**Bread**
- 1kg Cauliflower
- 450g Wheat flour
- 135g Flaxseed flour
- 100g Cashew nut
- 60g Nutritional yeast (optional)
- 40mL Olive oil
- 12g Baker’s yeast
- 9g *Herbes de Provence* (Dried herbs mix: rosemary, savory, marjoram, oregano, basil and thyme)
- 2g Salt
- 1g Garlic powder

**Filling (Soya Chilli)**
- 800g Dried Red beans
- 500g Textured soy protein
- 300g Pumpkin
- 200g Champignon
- 200g Onions
- 150g Carrots
- 60mL Olive oil
- 50g Smoked paprika
- 2 “Pak-choi” cabbages
- 15g Garlic
- 10g Fresh red chilli peppers (seedless)
- 5g Salt
- 2g Ground black pepper
- Side dressing
- 500g Quark cheese
- 125g Plain yogurt
- 40g Finely chopped fresh basil
- 15ml Lemon juice
- 5g Roasted garlic

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Vegetarian Kebab: The recipe and preparation mode

Bread
1. Grate the cauliflower very finely using a food processor;
2. Cook the cauliflower in a bowl, cover it with plastic wrap, poke small holes on it and microwave it for 10 minutes;
3. Drain the excess water;
4. Grind the cashew nuts and the nutritional yeast (optional) all together and add seasoning (garlic powder and salt). Add it to the cauliflower mixture;
5. Add the wheat flour, the activated baker’s yeast (put the yeast in lukewarm water for 15 minutes) and the Herbs de Provence to the prepared cauliflower mixture and mix it all together;
6. Add the flax “egg” (60g of flaxseed flour with 50mL of water) and mix it again;
7. Knead the dough and let it rest for 1 hour;
8. Shape 15 breads and let it rest for 40 minutes;
9. Put the breads in a tray with parchment paper and brush them with olive oil. Then, put it in the pre-heated (at 180°C) oven for 30 minutes.

Filling
1. Soak the red beans for 12h and then cook it in water for 1 hour and 40 minutes;
2. Fry the sliced onions and sliced garlic with olive oil;
3. When the red beans are cooked, add them together with the textured soy protein (previously hydrated on water for 20 minutes) to the sautéed and then add the paprika and the carrots. Add the seasoning and let it simmer;
4. Add the pumpkin dices and the sliced champignon;
5. Assemble both the confections and mix.

Side dressing
1. Add the Quark cheese, the plain yogurt and the seasoning (basil, lemon juice and roasted garlic) to a bowl and mix it all together.

For the kebab’s assembling
1. Parboil a *Pak-choi* leaf (dip the leaf in boiling water for one minute and remove it right after);
2. Remove the breads from the oven and cut them in half;
3. Place a Pak-choi leaf on one half of the bread;
4. Fill it with the soya chilli;
5. Close the kebab and serve it with the Quark cheese side dressing.
European Health Culinary Contest

Vegetarian Kebab: World Food Day Comemorations
European Health Culinary Contest
Vegetarian Kebab: Social Media Publications
Oh, that’s a pity, but you are one of the winners of the Contest together with a hospital in Barcelona. You get both the same points!

WE’VE JOINED THE

EUROPEAN HEALTHCARE CULINARY CONTEST

LET’S REIMAGINE HOSPITAL FOOD
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Thank You

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