

Strategies to unlock the power of food in healthcare

Catarina Moreira de Sousa





Our Team



Nutrition and Dietetics Department
Hospital Lusíadas Lisboa





Food Sustainability in Hospital Lusíadas Lisboa





-USE IT-

Hospital Food Waste

In hospital setting, the food waste is 2 a 3 times bigger, when compared with food services as the ones who are present in restaurants, coffes 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 throught 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



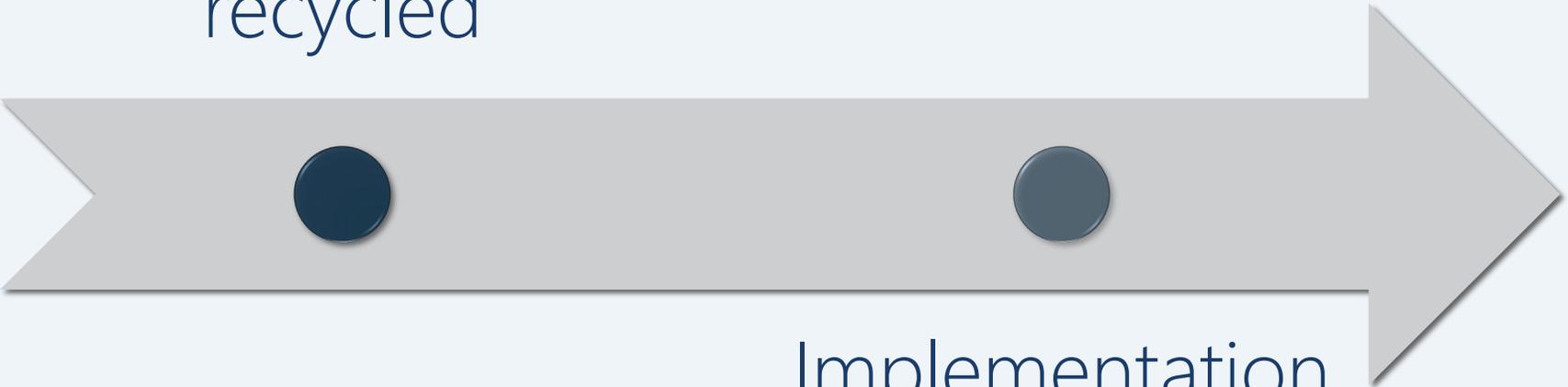
Estimated average anual savings
of 131 400 sheets of paper



The elimination of paper cutlery sachets in the
hospital cafeteria

Only 38% of urban waste generated in Portugal, is recycled

Recycling



Implementation of Eco points in the cafeteria





#CHALLENGE

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

European Health Culinary Contest



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



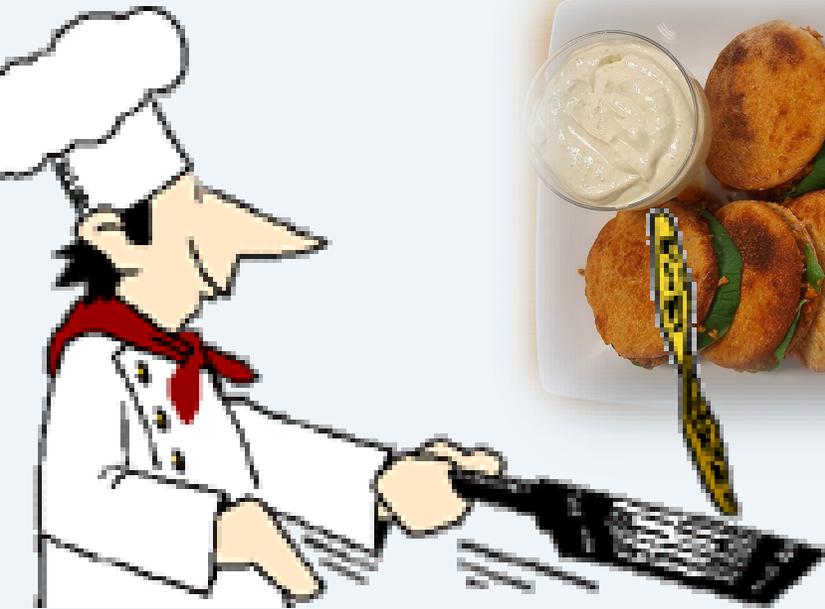
RULES

- *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*

European Health Culinary Contest – Our experience

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





European Health Culinary Contest

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

Side dressing

500g Quark cheese
125g Plain yogurt
40g Finely chopped fresh basil
15ml Lemon juice
5g Roasted garlic



European Health Culinary Contest

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



Dia Mundial da Alimentação





European Health Culinary Contest

Vegetarian Kebab: Social Media Publications



Lusíadas Saúde
 38,538 followers
 10m · 🌐

No Dia Mundial da Alimentação a Lusíadas Saúde juntou-se ao movimento **Health Care Without Harm Europe** que desafia os hospitais, em toda a Europa, a criar e divulgar uma receita saudável e sustentável. Criada pela equipa de Nutrição e Dietética do Hospital Lusíadas Lisboa, esta deliciosa receita foi hoje incluída na ementa de almoço do hospital.

#LusíadasSaúde #SabemosCuidar #Food #Healthcare #Climate #Seasonal #Local #Sustainable #ClimateChange #HospitalFood #HealthyFood #WorldFoodDay #FoodHeroes

[See translation](#)

DIA MUNDIAL DA ALIMENTAÇÃO
 Unidade de Dietética e Nutrição



Lusíadas Weekly ★ Não está a seguir HEALTH

Enviar por e-mail

WE HAVE JOINED THE EUROPEAN HEALTHCARE

HLL | Refeição sustentável vai assinalar Dia Mundial da Alimentação



Na próxima sexta-feira, 16 de outubro, celebramos o Dia Mundial da Alimentação. Todos sabemos da importância de manter um estilo de vida saudável, através de uma alimentação equilibrada e da prática regular de exercício físico. Mas, este ano, a Unidade de Dietética e Nutrição (UDN) do Hospital Lusíadas Lisboa quis ir mais além e acrescentar o ingrediente da sustentabilidade à alimentação saudável, pretendendo despertar Colaboradores e Clientes para a importância de um maior consumo de proteína de origem vegetal, alimentos da época e ingredientes minimamente processados.

Assim, em colaboração com a equipa de chefs responsável pelas refeições do Hospital Lusíadas Lisboa, a UDN juntou-se ao movimento European Healthcare Culinary Contest, promovido pela Organização Mundial da Saúde, que desafia equipas de alimentação de hospitais em todo o mundo a, no Dia Mundial da Alimentação, criar e divulgar uma receita saudável e sustentável. Já criada e aprovada, esta receita será incluída na ementa de almoço do refeitório do Hospital Lusíadas Lisboa, na próxima sexta-feira.

Desde já deixamos o convite para que venha provar esta criação secreta... para já. Caso não tenha possibilidade, na próxima semana faremos um apanhado da iniciativa e partilharemos a receita, para que possa replicar em sua casa.





Hospital
Lusiadas
Lisboa



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



Strategies to unlock the power of food in healthcare

Catarina Moreira de Sousa



Thank You

