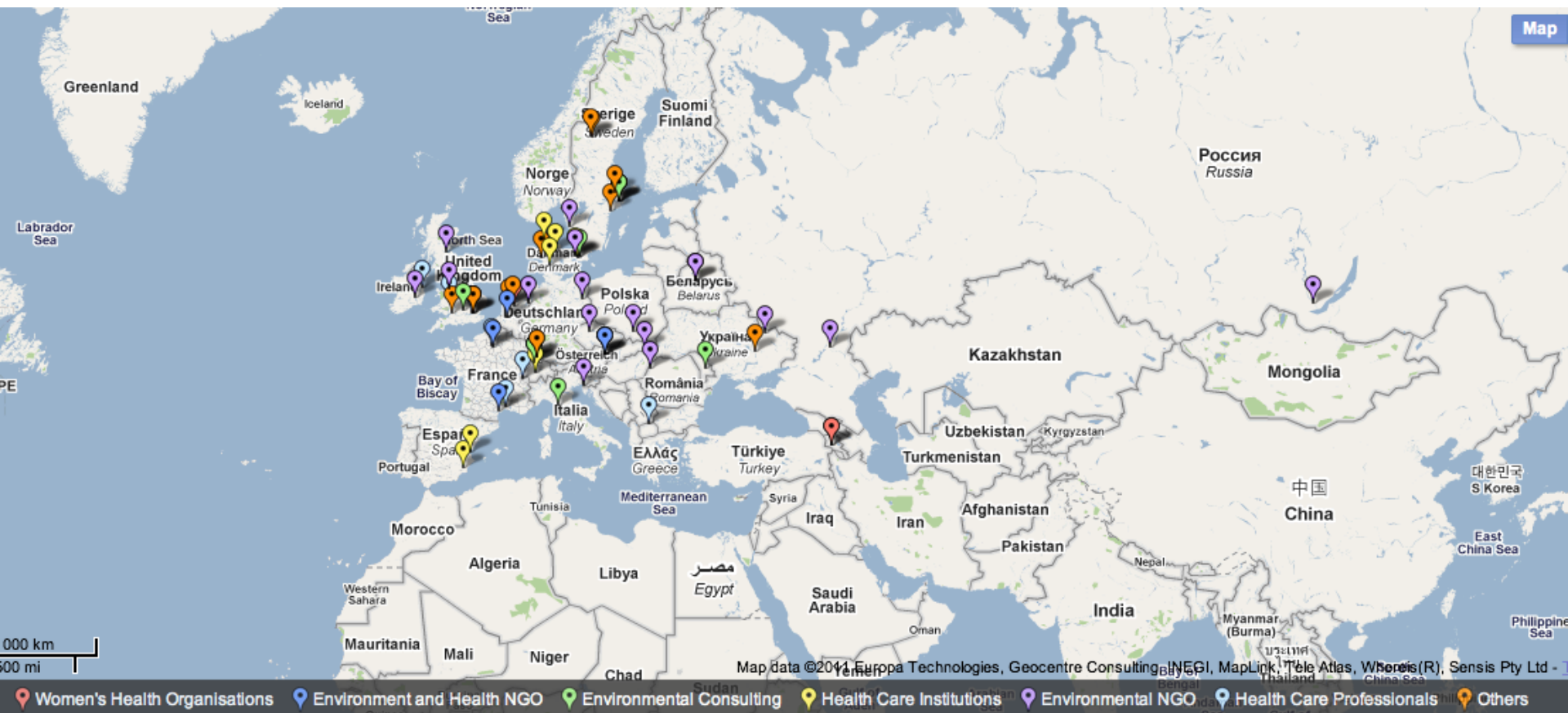


Challenges on Sustainable and Healthy Food for the Healthcare Sector

Grazia Cioci
Deputy Director
Health Care Without Harm Europe

Innovation Procurement Webinar

HCWH EUROPE MEMBERS



Health Care

North America

4 Hospitals and Health Centers, 10 Health Systems and 3 organizations representing the interest of 1462 Hospitals and Health Care Facilities

Without Harm

Europe

19 Hospitals and Health Care Facilities, 18 Health Systems and 8 Organizations, representing the interest of 6527 Hospitals and Health Centers

Asia

78 Hospitals and Health Care Facilities, 6 Health Systems and 9 Organizations, representing the interest of 8211 Hospitals and Health Centers

Latin America

407 Hospitals and Health Centers, 26 Health Systems and 13 Organizations, representing the interest of 1427 Hospitals and Health Centers

Global

1 Health System and 3 Organizations representing the interest of 1040 Hospitals

Africa

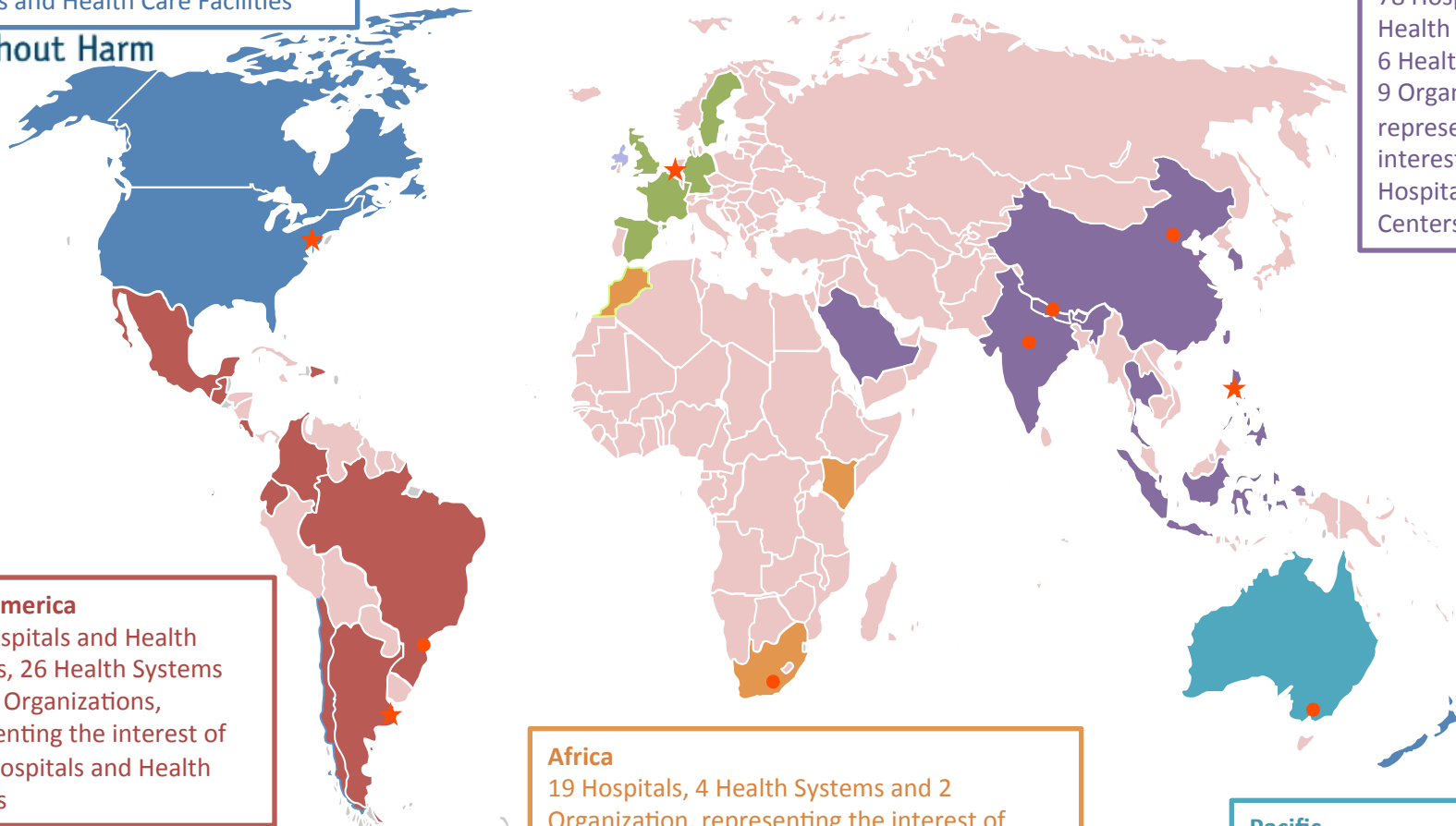
19 Hospitals, 4 Health Systems and 2 Organization, representing the interest of 1185 Hospitals and Health Centers

Pacific

3 Hospitals, 14 Health Systems and 5 Organizations, representing the interest of 738 Hospitals and Health Centers

Totals: As of May 2016, GGHH has 656 members from 37 countries representing the interest of 20,590 Hospitals and Health Centers

★ HCWH Regional Offices
● Strategic Partners



Public Procurement, Healthy Diets and Sustainable Food Systems

“Governments have few sources of leverage over increasingly globalized food systems – but public procurement is one of them. When sourcing food for schools, hospitals and public administrations, governments have a rare opportunity to support more nutritious diets and more sustainable food systems in one fell swoop.” Olivier de Schutter,
UN Special Rapporteur on the right to food
(15th May 2014)

Why procurement of sustainable food in healthcare?

Healthcare facilities are major consumers of standard materials and products, including food, and therefore have a large purchasing power.

The healthcare sector should pave the way in procuring food that does:

- ☐ not compromise the world's capacity to produce food in the future,
- ☐ contribute to combating climate change, preserving biodiversity and protecting the ecosystem,
- ☐ not contribute to cause non-communicable diseases,
- ☐ prevent malnutrition and guarantee fast recovery of patients.

To do that the healthcare sector should serve meals that are:

- ☐ locally and organically produced,
- ☐ rich in vegetables, fruits, pulses, whole grains,
- ☐ low in meat, sugars and saturated fats and salt.

The healthcare sector should also educate towards a plant-based diet.

Policy Instruments

➤ Dietary guidelines

2016 FAO study: *"Plates, pyramid and planet"*: a few countries have issued dietary guidelines that secure good nutrition for all and address climate change and other environmental impacts

SDG2 – link between healthy nutrition and sustainable agriculture

➤ Sustainable Food Consumption and Production and Food Waste

In 2013 EC stakeholder consultation on the sustainability of the food system

→ Strategy expected in 2014 but blocked

Instead, CEP package encourages MS to adopt food waste reduction strategies in line with SDG12.4: "by 2030, halve per capita global food waste at the retail and consumer levels"

➤ Sustainable Public Procurement

Directive on public procurement (2014/24/EU)

Revision of GPP criteria for food and catering services

HCWH Europe Sustainable Food Survey

- Definition of sustainable food by HCWH Europe
- 320 hospitals and health systems were contacted and 18 healthcare institutions were selected on the basis of their work on sustainable food procurement
- The hospitals shared one of the two models:
 - Preparation in-house where staff employed by hospital
 - Preparation in-house where catering services outsourced to hospital catering providers
- 1 common characteristic: a **central operating kitchen**



Sustainable and Healthy Food Challenges

- ❖ Purchasing fresh, seasonal, local and organic food
- ❖ Menu planning
- ❖ Less reliance on meat based diets



Sustainable and Healthy Food Recommendations

- ❖ Central on-site operating kitchen
- ❖ Green procurement policy with priority for fresh, local, seasonal and, when possible, organic produce
- ❖ Rely on and support local, regional, and small-scale farmers, and rural communities: short supply chains
- ❖ Carry out regular satisfaction surveys
- ❖ Offer more plant-derived foods (fruits and vegetables, whole grains, pulses, and nuts)



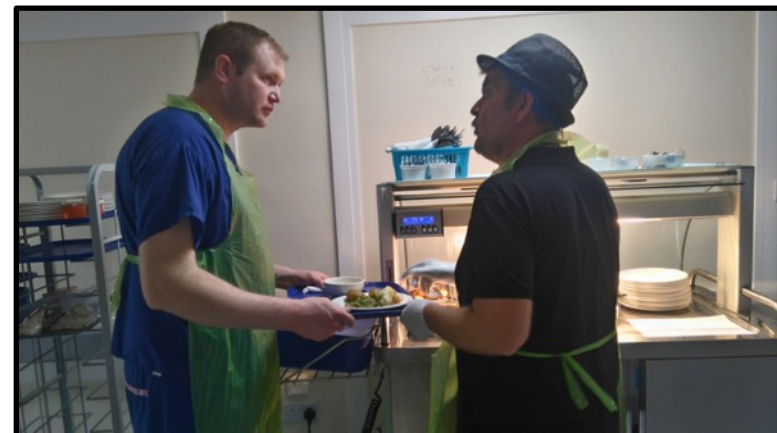
Food Waste Challenges

- ❖ Staff training and awareness raising
- ❖ Ordering systems
- ❖ Portion sizes and patients' preferences



Food Waste Recommendations

- ❖ System in place to measure food waste
- ❖ Staff training and education
- ❖ Simplified and flexible food ordering system with reduced time between orders
- ❖ Possibility to choose different portion sizes
- ❖ Protected meal times
- ❖ Communication between kitchen and ward staff
- ❖ Food donation

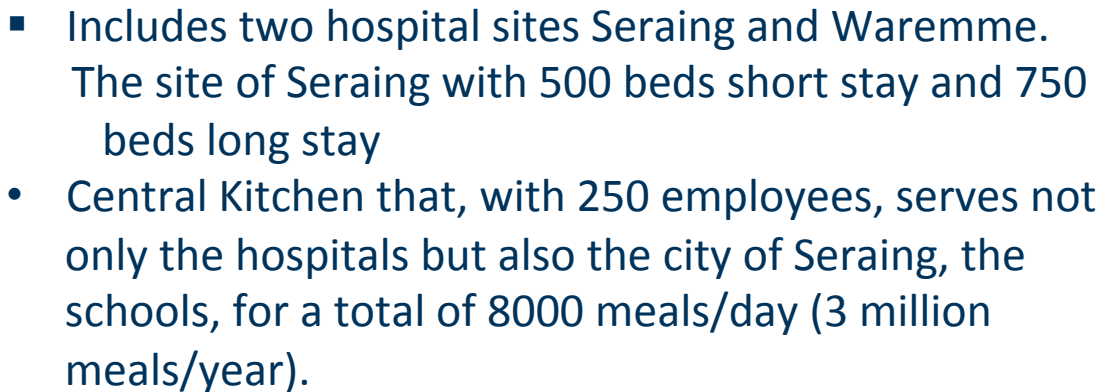


BEST PRACTICE: Gentofte Hospital (DK)

- 227 beds, 20,000 inpatients and 200,000 outpatients per year, serving about 328,500 meals annually.
- Purchase fresh, seasonal and organic (75%) food produced exclusively in Denmark.
- On-site handmade meals in central kitchen, including marmalades, bread, and cakes.
- Make smaller portions of the food that is served.



- Kitchen staff instead of nurses serves food to patients.
- Costs are reduced because they focus on fresh and handmade food directly from raw ingredients.
- Expect to reduce costs of €100.000 per year in the next few years.
- Reduced packaging and plastic by serving meals in china plates



- 06/10/16

BEST PRACTICE: The New Meyer Children's Hospital (IT)

- 220 beds and serves 160,000 fresh meals/year
- Meals are homemade, using organic fruits, vegetables, oil and meat, bought locally and following the seasonal calendar



- One meal costs on average €7,70
- Two weeks menu turnover instead of four weeks
- Vegetable garden for therapy
- Cooking classes for parents



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Health Care Without Harm (HCWH) Europe
Rue de la Populaire 1
1000 Brussels, Belgium
E: europe@hcwh.org
T: +32 2523 4311
www.noharm-europe.org
gharmenvironment.org
@HCWHEurope HCWHEurope

Health Care Without Harm (HCWH) Europe is the European arm of a global not for profit NGO whose mission is to transform healthcare worldwide so that it reduces its environmental footprint, becomes a community anchor for sustainability, and a leader in the global movement for environmental health and justice. HCWH's vision is that healthcare embodies its ethical, economic, and political influence to create an ecologically sustainable, equitable, and healthy world.

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Food waste in European healthcare settings

Case studies from around Europe and recommendations about preventing and reducing food waste in healthcare.



Health Care Without Harm (HCWH) Europe gratefully acknowledges the financial support of the European Commission. HCWH Europe is solely responsible for the content of this publication and related materials. The views expressed in the publication do not reflect the official views of the European Commission.



HCWH Europe
1 Rue de la Populaire, 1000 Brussels, Belgium
Phone: +32 2523 4311
Email: europe@hcwh.org
Web: noharm-europe.org
Facebook: HCWH Europe
Twitter: @HCWHEurope



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Fresh, healthy and sustainable food

Best practices in European healthcare



THANK YOU FOR YOUR ATTENTION!

grazia.cioci@hcwh.org