

# Prevent and reduce food waste in the healthcare sector

Paola Hernández Olivan, Food Project Officer, Health Care Without Harm (HCWH) Europe



# Food waste: policy context

#### **Objective**

Reach SDG 12.3 to halve food waste by 2030

today around 100 million tonnes of food are wasted every year in the EU

#### **Key actions – EU Platform on Food Losses and Food Waste**

https://ec.europa.eu/food/safety/food\_waste/eu\_actions/eu-platform\_en

- Develop an EU methodology to measure food waste
- Clarify EU legislation on waste, food and feed, and encourage food donation
- Improve the use and understanding of <u>date marking</u> along the food chain
- Create a platform for the SDG on food waste and share best practices and results achieved



## **HCWH Europe work**

**Interviews** with European hospitals and healthcare systems about their strategies to prevent and reduce food waste:

- -**7 hospitals** from four European countries (Denmark, France, Spain, and the UK),
- -2 regional programmes from Denmark and Sweden, and
- -2 national initiatives from Ireland and The Netherlands, and

Examples can serve as a role model and inspire others to gives the problem of food waste the recognition it deserves in the healthcare sector





# Prevent and reduce food waste in the healthcare sector: why is it important?

Reducing the **high wastage rates** at healthcare is a priority and an opportunity to:

- Invest in better and healthier meals
- Reduce complications and increase speed recovery
- Fight against climate change and generate social and economic benefits (e.g. by supporting direct marketing or short-supply chains)
- Change the old model of doing things

The healthcare sector is adopting preventive and resource efficiency approaches:

- Awareness around smart purchasing, storage and preparation of food
- Optimizing their <u>ordering system</u>
- Establishing protected mealtimes,
- Offering different portion sizes (i.e. large, standard, or small), or
- Improving coordination, education, and communication (internally and externally)



# Recommendations



**Know your suppliers** and incorporate sustainable criteria in your public procurement



**Cook meals on-site**, and ensure new build includes kitchens



Establish protected mealtimes



Ensure patients can select different **portion sizes** 



Do **satisfaction surveys** to change menus, if needed



**Check your fridge** 



**Train your staff**, in prior phases and adequate separation of waste



Use transparent waste bins



Focus on **prevention and explore some alternatives** to redistribute surplus food



**Organise focus or work groups** for testing different culinary innovations, consistencies or presentations



## **Challenges ahead**

- Procurement process <u>maximise opportunities for sustainability</u> -Consider the best outset (LCA) and clarify requirements to include them in contracts
- Make sure you have board support, clinical engagement, and a good patient representation in the team
- Train and raise awareness change the mindset in the hospital



Image: Irish Green Healthcare programme on food waste

- Look for solutions / innovative technologies to forecast your demand
  - reduction of cost and wastage
- Stop and reflect throughout the project stages to make sure you are delivering the project – how to transform good practice into standard practice?



#### **HCWH Europe Food Pledge**

#### My institution will:

- Improve the food we serve to patients, staff, and visitors
- Offer more plant-derived foods instead of serving energy-dense and highly processed and packaged products.
- Foster the educational role of healthcare providers
- Ensure better coordination and communication between health professionals, administration, and catering staff
- Strengthen the local economy by purchasing more fresh, seasonal, local and, where possible, organic produce
- Be open to opportunities for innovation
- Prevent and decrease food waste and explore alternatives at our healthcare facility
- Work in partnership with other food service providers and commit to sharing best practices with other healthcare and public health institutions

#### To sign the pledge, please visit:



## Food report (forthcoming)

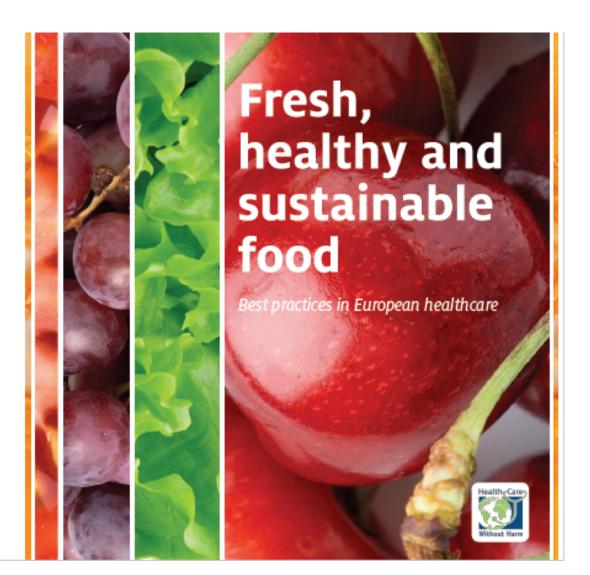


HCWH Earope 1 Rue de la Pepiniane, Brocco Stramels, Sidgiura

Phone: +32.2302 callh Enail: europe@fcwh.og Web: nohome-europe.ceg Facebook: HCMH Burope Twizer: @HCMH Europe



Health Care Mitchous Harm (MCMH) Europe grantfully actionalisation for manacial support oil the Surspeas Commission. HCMH Europe is solely sesponsible for the common of this publication and related manaciat. The views expressed in the publication do not nellect the official views of the Surspeas Commission.





#### Thank you for your attention!

#### For further information:

paola.hernandezolivan@hcwh.org

www.noharm-europe.org

