Webinar
How to lower food waste – a case

More organic food but same budget – how?

Herlev and Gentofte Hospital


Nina Johanne Spaabæk, M.Sc. Agro, development consultant
The concept

- Kitchen staff serving all three meals on weekdays, and the amount for the next day is calculated by kitchen staff
- New plates and servings of food, decorated in the kitchen
- Snack cart twice a day, all days
- Delivery of menus

= Powerful service

- Actions paid by wards
Before...
Now!

Breakfast

Lunch
Dinner
**Middagsmad**

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**Dagens varme ret**
- ☐ Kødboller med stuvning af selleri, gujerød og kartofler
- ☐ Kartoffelmos med gujerød

**Dagens lune vegetar**
- ☐ Forårssrulle med grønsagsfylde

**Dagens suppe**
- ☐ Sød kartoffelsuppe

**Sandwich**
- ☐ Ægge-rejesalat

**Dagens grønne salat eller råkost**
- ☐ Hvidkål med rød løg, mynte og peanuts

**Dagens dessert**
- ☐ Kokos pannacotta med lime og appelsingelé
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This is what we see when we prepare the menu...

Skank af gris med kompot af gule ærter, hvidkål med løgtoppe og topping af estragon, peberrod og citron

This is what we see when we prepare the menu…
This is what the patient see…
Snack cart
Snack cart

- 2 carts
- 2 routes
- 2 persons

(Bachelor in nutrition and a Dietician)

- All patients
  - and relatives
1 glass

1000 kJ (240 kcal)
10 grams of protein
What have we learned?

- Need for high professionalism among staff serving
- Knowledge about the language / tone / processes in a clinical department
- Isolation?
- Need for diabetes friendly snacks
- Relatives
- Staff knowledge / involvement are important
- The patients love it!
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The food waste at the wards – The amount of food that has been ordered, minus the amount of food that has been served (in percentage)
Box to collect leftovers
The Bio-Tank

Collected appx. every 3rd week.
Food waste is rich in Phosphate
Future

• Increase the professionalism (Meal hosts)
• Continue developing the concept
• Provide money for more organic food
• Cooking methods
• Reduce the use of plastic
• …
More Organic food but the same budget - how?

Currently 80% organic food
Conversion vs Restructuring

**Conversion**

The *Only* change: The products are organic

The same kind of products and recipies are used

**Restructuring**

Rethink your way of cooking
Spend no more than 3 € per kg on average
Use fresh produce rather than semi-/finished products
Need new tools?

We like our Vegetable peeling machine… 😊

1 kg of pre-peeled non-organic potatoes: approx 2 €
1 kg of raw Organic potatoes: 1 €
Replace more expensive products with good but cheaper AND organic alternatives

• Eg.
  White wine in sauces → Local organic Apple juice

  Olive oil → Local organic cold pressed canola oil

  Tenderloin → Meat cuts suitable for slow cooking
Serve food by the season: Vegetables, fruit (and fish...) Cheaper and more fresh!
Bake your own bread and cakes
- Better quality, cheaper and stimulates the appetite

Have your own butcher
- make your own cold cuts etc
Use more lentils, beans and grains

Organic rice: 4€/kg, organic local pearl barley: 2€/kg
Avoid food waste...
What is food waste?
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Reduce the selection/menu choice and save money: Use good old **LEAN**

From 2 → 1

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**James Paget University Hospitals NHS**

**Monday Lunch**
- Steak & Kidney Pie & Gravy
- Broccoli & Herb Quiche
- Cheese Roughmarie’s Egg & Tomato Sandwich

**WITH**—Choose One
- Jacket Potato with Butter
- Creamed Potatoes
- Carrots

**MAIN COURSE**—Choose One
- Homemade Vegetable & Lentil Soup with a Roll
- Cheese & Tomato Omelette with Side Salad [ ] Bread Roll
- Ham Salad [ ] Bread Roll [ ] Coleslaw

**PLoS**—Choose One
- Coleslaw
- [ ] Jacket Potato with (pick one)
- [ ] Tuna [ ] Cheese [ ] Baked Beans

**PLUS Desserts**—Choose One
- Homemade Fruit Cake [ ] Jelly & Ice Cream [ ] Banana
- [ ] Fresh Fruit

**STANDARD DIET** Menu 1

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**HOT SUPPER**—Choose One
- Homemade Vegetable & Lentil Soup with a Roll
- Cheese & Tomato Omelette with Side Salad [ ] Bread Roll
- Ham Salad [ ] Bread Roll [ ] Coleslaw
- [ ] Jacket Potato with (pick one)
- [ ] Tuna [ ] Cheese [ ] Baked Beans

**PLUS Desserts**—Choose One
- Homemade Fruit Cake [ ] Jelly & Ice Cream [ ] Banana
- [ ] Fresh Fruit

**STANDARD DIET** Menu 1

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**Tuesday Breakfast**
- Shredded Wheat
-toast
- Cornflakes
- Porridge

**ACCOMPANIMENTS**
- Prunes
- White Bread
- Wholesome Bread
- Butter
- Low Fat Spread
- Jam
- Marmalade

Fruit Juice is served daily by the Beverage Team

See information overhead

**STANDARD DIET** Menu 2
Food is not nutrition until it is eaten

And ask yourself:

Is your food updated according to nutrition recommendations?
Do you serve too much meat? Too few veggies? Too low fat food?
Also used a lot outside Denmark?
Remember the high energy snacks in between the main meals - and who gets to eat them?
Also think about...

• Make a strategy; how will you do it? And who should be in charge?
• It takes time: prioritize it + Be patient
• Need for continuing education of the staff?
  • Need fresh ideas for delicious cooking of food? With unprocessed products?
What you pay for is what you get...

Thank you!

vs.