WELCOME TO THE WORKSHOP ON SUSTAINABLE AND HEALTHY FOOD AT HEALTHCARE

Copenhagen, Denmark
18th October, 2016
Programme

13:30 – 13:40
Welcome & setting the scene
Grazia Cioci, Deputy Director, HCWH Europe, Belgium

13:40 – 15:10
Sustainable and healthy food challenges and opportunities: examples from the healthcare sector
• Bernhard Kromp, Head of Institut Bio Forschung Austria, The platform of knowledge and practice in organic farming, Austria
• Katarina Ask, Environmental controller, and Catarina Offe, Senior Adviser for Patients Food Services, Karolinska University Hospital, Sweden

15:40 - 17:10
Food waste challenges and opportunities: examples of food waste prevention and reduction methodologies in healthcare
• Joost Snels, Senior Scientist, Wageningen UR, The Netherlands
• Nina Johanne Spaabæk, Development Consultant, and Sisse Hørup Larsen, Clinical Dietician Specialist – Herlev and Gentofte Hospital, Denmark

17:10 - 17:30
Closing remarks and next steps
Grazia Cioci, Deputy Director, HCWH Europe, Belgium

** 15:10 – 15:40
Coffee break and networking
HCWH Europe Food Pledge

My institution will:

- Increase the number of fresh, seasonal, organic and locally produced **food products purchased**
- **Cook meals on-site**, and ensure new build includes kitchens
- Moderate the amount of animal-based products served to patients, staff and visitors and **promote other sources of protein**, such as peas, beans, pulses and nuts.
- **Limit the offer of processed food** and offer a broad range of healthy meals, where fruits and vegetables are constantly available, including in vending machines.
- Adopt **cooking methods** that reduce the use of salt, sugar, fats and artificial additives and preservatives.
- **Serve tap water** in preference to other beverages – particularly soft drinks.
- Set targets for **preventing and reducing food waste** both in the kitchen and wards.

To sign the pledge, please visit: [https://noharm-europe.org/issues/europe/healthy-sustainable-food-healthcare-pledge](https://noharm-europe.org/issues/europe/healthy-sustainable-food-healthcare-pledge)