



WELCOME TO THE WORKSHOP ON SUSTAINABLE AND HEALTHY FOOD AT HEALTHCARE



**Gentofte
Hospital**

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

** 15:10 – 15:40

Coffee break and networking

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

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>