Aiming Towards Sustainable Patient Food at Karolinska University Hospital

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and

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Aiming Towards Sustainable Patient Food at Karolinska University Hospital

• Two main sites: Huddinge and Solna
• One company supplies the food for patients from an off-site kitchen
The Future Karolinska University Hospital

New Karolinska University Hospital in Solna

Several sustainability initiatives

On-site kitchen by 2018, but run by an outside company

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Sustainability goals in regards to patient food

Environmental goals today at Karolinska;
- Ecologically produced patient food
- Recycling food waste

General aim of reducing the patient food’s negative impact on Climate Change
Foods Impact on Climate Change and Sustainability

- Transportation
- Monocultures
- Pesticides and chemical usage
- Meat production
- Ecological production
- Antibiotics
- Packaging
- Food waste
- Quality
- Durability
- Over-fishing
- Animals rights

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Focus

# 1: The Patient First – the right food, at the right amount and at the right time

Influence the market – make demands through public procurement

Evaluate and monitor – are we getting what we asked for?
Food Waste Project

• Study conducted at both hospital sites this spring
• Theoretical daily need compared with real requests
• Weighed food waste every day during one week, at 20 departments/wards
• Interviews, surveys and visits conducted
• Result: the food waste was even bigger than estimated
• Action plan to reduce food waste
Action plan

"How much can be saved while still maintaining quality and patient safety?"

• Don’t serve more food than needed
• Don’t automatically throw away on expiration date – check the quality
• Methods for offering meals in order of expiration
• Reduction of grocery stock at departments
• Reduction of nutritional drinks and bottled water
• Clear routines and delimitations between food for patients, relatives and staff
Reduced waste

Vision: 35 %
Goal: 25 %

126 tonnes and 3 million euros a year

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How to be successful

Right skills and education

Great engagement

Enthusiasm
Contact information

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