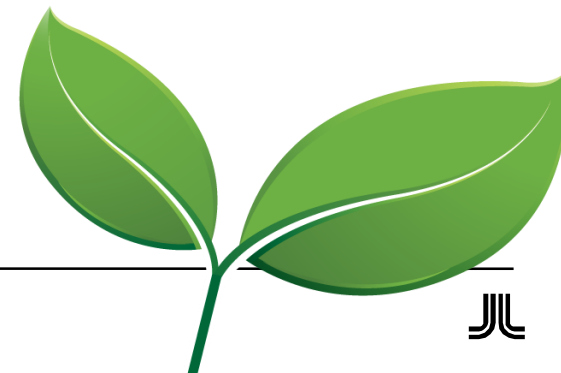


# Aiming Towards Sustainable Patient Food at Karolinska University Hospital

Katarina Ask, Environmental Controller

and

Catarina Offe, Expert and Senior Adviser for patient food services



# 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



# 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

Meat production

Antibiotics

Monocultures

Ecological production

Packaging

Food waste

Quality

Pesticides and chemical usage

Durability

Production Conditions

Over-fishing

Animals rights

# 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

**How to be successful**

**Right skills and education**

**Great engagement**

**Enthusiasm**



# Contact information

Katarina Ask; [katarina.ask@karolinska.se](mailto:katarina.ask@karolinska.se)

