PREVENTING FOOD WASTE IN THE UK HEALTH SECTOR

Food Waste in Healthcare

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WRAP
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Preventing Food Waste in the UK Health Sector

Agenda:
• Composition and true cost of waste in the UK Health Sector
• WRAP’s resources
  • Measuring Food Waste
  • Opportunities in the Ward
  • Toolkit
  • Action Plans
• Taking Action
• Conclusion
Hospitality Sector: Composition of mixed waste

- Food (41%)
- Paper (13%)
- Glass (14%)
- Cardboard (9%)
- Dense Plastic (5%)
- Plastic Film (5%)
- Other (13%)

Healthcare Sector Food Waste = 70% of Waste
Healthcare: Composition of Food Waste

- Potato: 20%
- Bakery: 10%
- Pasta/Rice: 5%
- Fruit/Veg: 5%
- Meat/Fish: 5%
- Dairy/Eggs: 2%
- Whole servings: 2%
- Other: 10%
- Unavoidable...: 15%
Waste Disposal Costs per tonne

<table>
<thead>
<tr>
<th>Category</th>
<th>WRAP</th>
<th>EFPMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Landfill</td>
<td>£102</td>
<td>£161</td>
</tr>
<tr>
<td>Food waste</td>
<td>£45</td>
<td></td>
</tr>
<tr>
<td>Dry mixed</td>
<td></td>
<td>£455</td>
</tr>
<tr>
<td>Clinical</td>
<td>£25</td>
<td></td>
</tr>
</tbody>
</table>
Healthcare: True Cost of Food Waste

- WRAP estimates that 18% of food purchased by hospitals is wasted (equivalent to 1 in every 6 meals wasted)

- The total cost of food waste to the healthcare sector is £230 million per year (equivalent to the salaries of 1,500 Band 1 Nursing staff)

- Each tonne of food waste costs an average £1,900 per tonne (equivalent to 22p per meal for every meal served)
WRAP’s Resources for the Health Sector

- How to Take Action on Waste
- HCA Screencasts
- NHSS Waste Prevention & Re-use Guide
- Managing NHSS Food Waste
- NHS Food Waste Collection Guide
- Commercial Food Waste Collection
- Food Waste Recycling for your Business
### Results of food waste review

<table>
<thead>
<tr>
<th>Meal time:</th>
<th>No. meals ordered:</th>
<th>No. meals supplied</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spoilage (kg)</td>
<td>Prep waste (kg)</td>
<td>Plate waste (kg)</td>
</tr>
<tr>
<td>Total Spoilage</td>
<td>Total Preparation waste</td>
<td>Total plate waste</td>
</tr>
<tr>
<td>Total waste</td>
<td>Total waste per patient</td>
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</tbody>
</table>

Each tonne of food waste produced in healthcare costs an average of £1,900.

The best way to find out how much food is being wasted, is to conduct a food waste review to:

- identify how much food waste is produced;
- map out where it occurs;
- measure and monitor food waste; and
- use the results to identify savings.

Source: WRAP
Food Waste Prevention Review

- Total waste average ~ 0.5 kg/day/bed
- 24% of lunch main meal portions Unserved
- 42% of supper main meal portions Unserved
- Uneaten wastage (plate waste) can be 50% of total waste
Screencast - Opportunities in the Ward

Reducing plate waste
- Provide a choice of large, standard and small portions.
- Ensure patients can select the required portion size on the meal ordering system.
- Use standard serving utensils to ensure portion sizes can be accurately served.

Protected mealtimes
- Protected Mealtimes are an important part of creating a ward environment that encourages patients to eat and enjoy their meals.
- Compliance of the policy should be monitored by regular audits.

The meal ordering system
- Are meals ordered by patients translated into quantity of food sent to each ward?
- Are the menu choice forms actually used to generate the number of meals required?
- Is there enough assistance for patients to correctly fill in their menu choice forms?
- Do staff check that menu choice forms are completed properly?
WRAP’s Resources for the Health Sector

**Waste Prevention Toolkit:**

- Five steps to reduce food W.A.S.T.E.
- Checklist of root causes for waste and solutions
- Solutions to common food waste issues
- Training and communication ideas for engaging with hospital staff
- Examples of action plans developed with Health Boards in Wales
## Toolkit - Example Action Plan

<table>
<thead>
<tr>
<th>Root Cause of Waste Generation</th>
<th>Waste Prevention Action</th>
<th>Investigate (Date)</th>
<th>Action complete (Date)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lack of understanding on size of small portion</td>
<td>Provide training on how much of a normal portion constitutes a small portion (ensure compliance with nutritional standards) UNDER CONSIDERATION</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Not regenerating the correct multi-portion pack sizes</td>
<td>Bed plans to be checked randomly by supervisors and staff reminded of procedures.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Large range of hot lunch meals and hot dessert choices leading to spare portions, since minimum regeneration size pack is x2 portions</td>
<td>Consider revising menu to limit number of choices at lunch UNDER CONSIDERATION</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soups only available in a minimum x4 portion pack</td>
<td>Hospital is changing supplier of soups which will be available in single portions.</td>
<td></td>
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<tr>
<td>Unable to use up all beans decanted from large tin stored in fridge, increasing spoilage waste</td>
<td>Small tins available. Share if only large tins available.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lack of standardised portion sizes for chips, beans and vegetables</td>
<td>Training staff on portion sizes. Correct utensil available for accurate measurements.</td>
<td></td>
<td></td>
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<tr>
<td><strong>Stock at ward level</strong></td>
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<tr>
<td>Overstocked fridge can lead to increased risk of items becoming out of date and discarded as waste</td>
<td>Agree type of food to be contained within the ward level fridge and stock levels for out of hours catering (i.e. diabetics, soft items, sandwiches, snacks) Patient orders and shopping list to correspond. Regular monitoring by supervisors</td>
<td></td>
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<tr>
<td><strong>Behaviour</strong></td>
<td></td>
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</tbody>
</table>
| Lack of awareness and training can cause waste generation                                     | Increase awareness and information sharing on how to prevent waste and benefits of waste prevention  
  • ‘Refresher sessions’ – hold either straight after break (kitchen 10.30), stay behind for 10 mins end of day                                                                                                   |                     |                        |
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<tr>
<td><strong>Menu consistency</strong></td>
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<tr>
<td>Lack of consistency between patient and dining room menu contributing to preparation and production waste</td>
<td>Patient menus will be aligned with hot dining menus, reducing waste.</td>
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<tr>
<td><strong>Over-catering</strong></td>
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<tr>
<td>Cooking a large number of portions towards the end of dining room service ‘just in case’</td>
<td>Catering Manager to administer stocking policy to allow items to “run out” towards end of service, providing there are alternative choices available.</td>
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</tr>
<tr>
<td>Multiple salad choice (e.g. ready portioned, self-serve salad bar) and too much cut salad contributing to waste at the end of service in the dining room</td>
<td>Salads to be prepared in clear packs ready for takeaway or eat in dining rooms.</td>
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<tr>
<td>Making up of gravy, custard and sides without reviewing menu creating production waste</td>
<td>Review menu in relation to gravy and custard to match demand</td>
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<tr>
<td>Cake portions served in dining room discarded as waste (a contributing factor could have been portion size)</td>
<td>Cold desserts are to be sold in containers, with better control of portion size</td>
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<tr>
<td>Overproduction of porridge resulting in large quantities being returned to the kitchen</td>
<td>Reduced the amount of porridge prepared by half for wards that repeatedly return porridge waste to the main kitchen</td>
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<tr>
<td><strong>Waste during kitchen preparation</strong></td>
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<td>Significant quantities of lettuce discarded during preparation including useable outer leaves</td>
<td>Reduce waste and use suitable outer leaves</td>
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<tr>
<td>Familiarity with recipes means ingredients ‘weighed’ by eye.</td>
<td>Adapt recipes using bags/tins of ingredients rather than weights</td>
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<tr>
<td>Limited number of batch size recipe sheets</td>
<td>Development of additional recipe sheets for intermediate quantities to allow chefs to work to recipe, rather than just adding a bit more or less for intermediate quantities.</td>
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</table>
WRAP’s Resources for the Health Sector

Your Workplace Without Waste (YWWWW):

• For manufacturers/ CPUs/ kitchens
• Everything you need to engage employees on waste

"Puffin’s staff really took to the ‘Your Workplace Without Waste’ approach and it’s given us a great kick-start for our new focus on waste. We’ve taken a number of actions to tackle waste already and we are planning to roll out ‘Your Workplace Without Waste’ more extensively across the company."

Mererid Jones, Sustainability Executive, Puffin Produce
Links to WRAP’s Resources

• Supporting resources for the Health Sector
  http://www.wrap.org.uk/content/supporting-resources-hospitality-and-food-service-sector-2

• Hospital Caterers Association Screencasts
  http://www.wrap.org.uk/content/preventing-waste-healthcare-sector

• Waste Prevention Toolkit

• Your Workplace Without Waste (YWWW)
  http://www.wrap.org.uk/content/your-workplace-without-waste-how-does-it-work
Taking Action

What the Health Sector can do:

- Identify principal causes of food and packaging waste arising
- Develop action plan to tackle main areas in which waste arises
- Engage staff, patients and visitors on preventing food waste
- Work with suppliers to reduce food waste and optimise packaging
Taking Action

Waste Prevention: The Power of Three + 1

Good To Talk

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