FoodforCare
Innovative meal service

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Sustainable food is healthy food: Strategies in Healthcare, 12 March
Introduction

• Role of hospital meal services:
  • Necessity of life, essential for health
  • What is healthy? Differentiation for individual patients
  • Treatment of malnutrition
  • Patient satisfaction
  • Business card for hospitals
Where do we come from?
Development of FoodforCare

+ Patients,
+ Dietetics,
+ Logistics & Services
+ Food designer
+ Caterer

Wishes regarding:

Taste, Smell, Portion size, Sensation, Presentation,
Diet, Healthy, Organisation, Logistics,
Communication, Information,
Sustainable
What is FoodforCare?

- Eating and drinking is an essential part of patients’ well-being.
- FfC provides tailor-made solutions for hospital specialism and patients (with a diet) by providing 6 to 7 meal rounds per day with a choice of two to three dishes.
- Actively offering protein and energy-rich dishes or healthy food, depending on the patient group.
- Nutritional assistant advise, encourage and nudge on best choices.
- Fresh, pure ingredients are used with optimal nutritional values.
- Eating and drinking is part of hospitable care.
- More than 700 dishes.
- Reducing food waste.
Patient satisfaction

- Meals: 8.5
- Service: 9.5
Malnutrition: 2-38% at admission

- Complications ↑
- Recovery ↓
- Quality of life ↓
- Hospital stay ↑
- Costs ↑
Hypothesis

FoodforCare leads to an improvement in protein and energy intake according to protein and energy requirements in clinical patients.
Design

Traditional meal service (n=326)

FoodforCare (n=311)

2015

2016

2016 January Implementation FoodforCare
Results

% reached protein requirements on day 1 and 4

Difference: 19% (p<0.05)

Difference: 14% (p<0.05)
Results

% reached energy requirements on day 1 and 4

difference: 18% (p<0.05)

\[ \begin{align*}
70 \pm 30 & \quad 88 \pm 34 \\
73 \pm 31 & \quad 84 \pm 40
\end{align*} \]

difference: 11% (p=0.05)
Food waste

• Reduction food waste from 37% to 11%

• 43% of our purchase has a sustainability label
<table>
<thead>
<tr>
<th></th>
<th>Sub total storage waste (A)</th>
<th>Sub total production waste (B)</th>
<th>Sub total storage waste (C)</th>
<th>Sub total waste after service (D)</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 2018</td>
<td>0.99%</td>
<td>0.42%</td>
<td>5.30%</td>
<td>4.70%</td>
<td>11.41%</td>
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<tr>
<td>June 2018</td>
<td>1.04%</td>
<td>0.52%</td>
<td>5.55%</td>
<td>4.75%</td>
<td>11.86%</td>
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<tr>
<td>July 2018</td>
<td>0.65%</td>
<td>0.22%</td>
<td>5.45%</td>
<td>4.65%</td>
<td>10.97%</td>
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<tr>
<td>August 2018</td>
<td>0.79%</td>
<td>0.38%</td>
<td>5.16%</td>
<td>5.24%</td>
<td>11.57%</td>
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</table>

- **A** Sub total storage waste (production facilities)
- **B** Sub total production waste (production facilities)
- **C** Sub total storage waste (hospital)
- **D** Sub total waste after service (hospital)
Future challenges- sustainable health care food

• Substitution of animal protein to plant based proteins within protein requirements
  • Volume issue
  • Attractive for patients
  • Acceptation by patients
Take home messages

• Meal services are essential part of hospital care.
• Implementation of FoodforCare (6 day meal services) improves protein and energy intake during hospital stay
• FoodforCare reduces food waste.
• https://vimeo.com/240381723