

# Menu of Change

## HEALTHY FOOD IN HEALTH CARE

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A 2015 **Northwest** Program Report with Highlights and Survey



# NORTHWEST HEALTHY FOOD IN HEALTH CARE

The Northwest Healthy Food in Health Care program engages a robust network of participating healthcare systems spanning Washington and Oregon State with 61 healthcare facilities that have signed the HFHC Pledge. This region is a leader in sustainable food systems with many active partners working to support a stronger and more resilient regional food system. We strive to conserve and protect our bountiful natural resources and strengthen regional farming communities to create prosperous local food economies.

A Northwest Region Hospital Leadership Team, comprised of representatives from 45 facilities from across this large two-state region, provides a space for the sharing of best practices and key strategies for supporting regional and sustainable growers and producers, as well as a forum for learning about critical food systems issues and impacts. A few highlights over the past two years have included:



Executive Chef Chris Linaman preparing a Farm to Table lunch at Overlake Hospital Medical Center in WA. (Chris Linaman)

## Better Meat

The Northwest team works actively with local and regional policy advocates to protect the efficacy of antibiotics. We rely on a committed group of large hospitals and stakeholders to increase the procurement and availability of meat and

## NORTHWEST HIGHLIGHTS

(9 Facilities Reporting)

### FACILITY DETAILS

2014 Food & Beverage Budget  
\$13,904,921 (9/9)

### SUSTAINABLE FOOD PURCHASING AND POLICIES

#### Local/Sustainable Purchasing

Purchases locally and sustainably produced foods  
89% (8/9)

#### Average Percentage of Local/Sustainable food purchased in 2014

These facilities reported an average percentage of their food purchased was from local and/or sustainable sources.  
(Range varies from .5 - 59%)

15% (7/9) (1 - 27%)

### HEALTHY BEVERAGES

#### Healthy Beverages Increase

Increased the percentage of healthy beverages purchased and served  
100% (9/9)

#### Percentage of Spending on Healthy Beverages

Percentage of spending on healthy beverages  
(Range varies from 15% - 87%)

69% (4/9) (range: 46% - 87%)

#### Public Drinking Water Increase

Increased access to and promotion of public drinking water  
67% (6/9)

### LESS MEAT, BETTER MEAT

#### Meat Reduction

Reduced meat (beef, poultry, pork and lunch meat) options and/or serving sizes on the menu for cafeteria/retail and patient service

56% (5/9)

#### Percentage of facilities purchasing meat produced without Antibiotics

Preferentially purchase meat (beef, poultry, pork and lunch meat) produced without the use of nontherapeutic antibiotics

67% (6/9)

#### Not-Raised-with-Antibiotics Purchasing Policy

Developed a supporting policy or resolution to purchase meat (beef, poultry, pork and lunch meat) produced without the use of nontherapeutic antibiotics.

50% (3/6)

#### Percentage of Meat Not Raised with Antibiotics Purchased

Average percentage of meat (beef, poultry, pork) purchases produced without the use of nontherapeutic antibiotics  
(Range from 1% to 100%)

51% (2/6) (Range from 45% to 57%)

poultry raised without routine antibiotics and to advocate for the regulation of antibiotics in our protein supply chains. Key accomplishment included:

- In 2015, in collaboration with the Washington chapter of the Association for Healthcare Foodservice, the Northwest Meat Meeting convened a large group of Northwest hospitals, large distributors, and growers including Perdue Farms. This meeting gave stakeholders an opportunity to discuss supply challenges and learn more about new sources of sustainable protein coming to the institutional market in 2016.
- University of Washington Medical Center celebrated the first year of their commitment to maintaining the effectiveness of medically important antibiotics through the procurement of 40,000 lbs. of meat and poultry raised without routine antibiotics. The medical center hosted a large educational forum attended by over 50 top medical center clinicians to educate staff about the importance of getting involved in advocacy around the issue.
- Between 2014 and 2015 the City of Seattle, King County, and the City of Bellevue all passed local purchasing resolutions. In addition, Multnomah County is currently working on an internal purchasing resolution for all city events that will guide procurement of meat and poultry raised without routine antibiotics.
- Despite a year of organizational transition in many of our large healthcare networks, 17 facilities participated in Food Day serving an average of 200–300 lbs. of meat raised without routine antibiotics, purchased and served throughout the Northwest region.

**Regional Organics**

This year Health Care Without Harm successfully completed the planning phase of the Northwest Sustainable Food in Health Care project, building momentum and assessing key



Wild Coho Salmon BLT served at Overlake Medical Center in Seattle, WA. (Chris Linaman)

opportunities and strategies to increase hospital purchasing of regional and organic products. More than 40 healthcare facilities participated in the pilot resulting in: hospital buyers gaining knowledge of organic production and the regional organic sector including the challenges of selling to the institutional market; comprehensive purchasing baselines; assessment of target crops that mutually benefit regional organic producers and hospital buyers and align with hospital buyers’ purchasing budgets; and the beginning of buying shifts. This project will continue in 2016 aiming to increase participation and clinician engagement.



“Local Link: Connecting regional producers and institutional buyer,” a 2015 vendor fair hosted by the Northwest Food Buyer’s Alliance. (Jenna Newbrey)

**Cross-Sector Collaboration**

The Northwest is home to a large number of active institutional partners. In Oregon, HFHC sits on the steering committee for the Northwest Food Buyer’s Alliance, a membership organization comprised of municipalities, corporate dining, school food service, universities, health care, nonprofits, and correctional facilities. This group works together on institutional purchasing projects that further the development of the regional food sector promoting regionally-grown products and restorative food infrastructure projects. In 2015 we hosted a large vendor fair attended by vendors and institutional food buyers.

**New Resources & Reports**



Expanding Regional Organic Purchasing - A guide to increasing the purchasing of regionally produced organic foods.

Alternative Purchasing Pathways, Case Study - Highlights from hospitals sourcing organic through a variety of purchasing pathways.

Health Care Without Harm seeks to transform the health sector worldwide, without compromising patient safety or care, so that it becomes ecologically sustainable and a leading advocate for environmental health and justice.



With offices in the United States, Europe, Latin America, and Asia, HCWH is an international coalition of hospitals and health care systems, medical professionals, community groups, health-affected constituencies, labor unions, environmental and environmental health organizations, and religious groups.

This report was produced by Health Care Without Harm's national Healthy Food in Health Care program, which harnesses the purchasing power and expertise of the health care sector to advance the development of a sustainable food system.

Visit [www.no-harm.org](http://www.no-harm.org) for more information.

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