



## *What Does it Take?*

Serving Healthier Food in SSH for  
Patients, Families and Staff



*“South Shore Health will serve as a role model  
and set the standard for providing and  
promoting the healthiest food possible within  
its organization. This will be accomplished  
through the development and implementation  
of an organizational healthy food policy.”*

SSH Position Statement on Food, 2012



- *“South Shore Health is committed to providing leadership within our organization and in our community, to improve food environments and therefore will not promote nor provide foods known to contribute to poor health and chronic illness.”*

SSH Position Statement on Food, 2012

## Food service in SSH



- Staffing
- Cafeteria hours
- Vending
- Menus
- Site differences
- Food products and tracking of nutrients

## Moving Implementation Forward



- How much of a nutritional difference will be made from our current food with the new policy?
- Will it cost more to make healthier food changes for our patients, staff and community according to the SSH policy?
- What system and infrastructure changes are required to make changes feasible?

## What does it take? Part A



- Menu and food product review
- Pilot testing of food items
  - Time studies
  - Recipe development/adaptations
  - Nutritional comparisons
  - Costs
  - Taste testing and feedback
  - Promotion ('homemade')
  - Consumer satisfaction

## Result



- Currently not serving all healthy foods to patients, staff and community
- Product Replacement Not Always an Option
- Healthy Food Menu Changes Can Improve Patient Safety and Address Chronic Disease Management
- Healthy Food Menu Changes Can Create Efficiencies and Patient Satisfaction
- Quality Improvement and Accreditation

## Nutritional comparison



<i>McCain Ellio's Three Cheese Pizza</i>	
<b>Nutrition Facts</b>	
Serving Size <i>1 pizza (150g)</i>	
Amount Per Serving	
Calories <i>350</i>	
Total Fat	13 g
Saturated Fat	5 g
Sodium	740 mg

<i>Cheese Pizza-Thrive Recipe</i>	
<b>Nutrition Facts</b>	
Serving Size <i>1 pizza</i>	
Amount Per Serving	
Calories <i>139.62</i>	
Total Fat	1.1g
Saturated Fat	0.3g
Sodium	498 mg









## Nutritional comparison

<i>Lasagna Classico with Meat</i>		<i>HM Meat Lasagna</i>	
<b>Nutrition Facts</b>		<b>Nutrition Facts</b>	
Serving Size <i>1/12 tray (227g)</i>		Serving Size <i>1/15 tray ( 4 inch deep ½ pan)</i>	
Amount Per Serving		Amount Per Serving	
Calories <i>280</i>		Calories <i>194</i>	
Total Fat	8g	Total Fat	4.5g
Saturated Fat	4g	Saturated Fat	1.7g
Sodium	770mg	Sodium	442mg

## Nutritional comparison

<i>Vegetable Lasagna (Sysco)</i>		<i>HM Vegetable Lasagna</i>	
<b>Nutrition Facts</b>		<b>Nutrition Facts</b>	
Serving Size <i>1/12 tray (218 g)</i>		Serving Size <i>1/12 tray( 4 inch ½ pan)</i>	
Amount Per Serving		Amount Per Serving	
Calories <i>230</i>		Calories <i>145</i>	
Total Fat	7g	Total Fat	4g
Saturated Fat	4g	Saturated Fat	2g
Sodium	850mg	Sodium	523mg

## Production feasibility

Recipe	Production Feasibility	Potential for Incorporating Into Menus
Macaroni and Cheese	Needs more recipe development as it doesn't hold well and has a grainy texture	
Vegetable Lasagna	Good to go-although needs some testing with higher quantities	
Meat Lasagna	Good to go although needs some testing with higher quantities	
Cheese Pizza	Does not hold well , Consider removing from the menu	
Works pizza	Does not hold well, Consider removing from the menu	
French toast	Works well in the rationale oven however only have this oven at SSRH	
Shepherd's pie	Great ready to go	
Chicken Stew	Ready to go	

## Consumer results



- Homemade is marketable
- Taste testing built engagement

## Consumer Response



- One staff member mentioned how appreciative they were that SSH was putting the health of their staff and patients as a priority
- “This is great! I don’t even like mac & cheese!”

## Summary



- Cooking from scratch is healthier
- Some food pilot items were not feasible.
- Pilot testing process requires people power.
- Identification of computer software infrastructure items.

## To implement the policy



- We need agreement:
  - Leadership
    - Rewards for staff
    - Special events
    - Fundraising
  - Consistent Communication
    - With managers, staff
  - Information technologies
    - For inputting nutrient content of products and recipes
    - Human resource time for inputting the initial database
  - More home made products and products that meet the criteria
    - More cooking hours

## Part B



- What system and infrastructure changes are required to make sustained changes feasible?
- What process and communication is necessary to fully implement the food service changes?
- What are the health, patient safety, economic and organizational impacts of making these changes?
- What is the transferability of the findings?



## Communication - Our Newsletters

- <http://wdhaintranet.swndha.nshealth.ca/ssdha/Documents/Healthy%20Food%20Matters%2007.pdf> – Issue 1
- [http://wdhaintranet.swndha.nshealth.ca/ssdha/Documents/Healthy%20Food%20Matters%200%20%20Volume%201%20%20Issue%202\\_%200final.pdf](http://wdhaintranet.swndha.nshealth.ca/ssdha/Documents/Healthy%20Food%20Matters%200%20%20Volume%201%20%20Issue%202_%200final.pdf) – Issue 2