



**OVERLAKE** Hospital Medical Center  
Medical excellence every day™

## Hospitality Dining Services



“Striving for Good Health, Great Food, and a Better World”



**Childhood Obesity  
Prevention Coalition**  
*Building a Healthier Generation*

November 15, 2011

**Obesity Prevention Summit:  
Policy Solutions for a Healthier Washington**

# Healthy Food in Health Care Pledge

This Healthy Food in Health Care Pledge is a framework that outlines steps to be taken by the health care industry to improve the health of patients, communities and the environment.

As a responsible provider of health care services, we are committed to the health of our patients, our staff and the local and global community. We are aware that food production and distribution methods can have adverse impacts on public environmental health. As a result, we recognize that for the consumers who eat it, the workers who produce it and the ecosystems that sustain us, healthy food must be defined not only by nutritional quality, but equally by a food system that is economically viable, environmentally sustainable, and supportive of human dignity and justice. We are committed to the goal of providing local, nutritious and sustainable food.

Specifically, we are committed to the following healthy food in health care measures for our institution. We pledge to:

**Increase** our offering of fruit and vegetables, nutritionally dense and minimally processed, unrefined foods and reduce unhealthy (trans and saturated) fats and sweetened foods.

**Implement** a stepwise program to identify and adopt sustainable food procurement. Begin where fewer barriers exist and immediate steps can be taken, such as the adoption of rBGH free milk, fair trade coffee, or selections of organic and/or local fresh produce in the cafeteria.

**Work** with local farmers, community-based organizations and food suppliers to increase the availability of fresh, locally-produced food.

**Encourage** our vendors and/or food management companies to supply us with food that is produced in systems that, among other attributes, eliminate the use of toxic pesticides, prohibit the use of hormones and non-therapeutic antibiotics, support farmer and farm worker health and welfare, and use ecologically protective and restorative agriculture.

**Communicate** to our Group Purchasing Organizations our interest in foods whose source and production practices (i.e. protect biodiversity, antibiotic and hormone use, local, pesticide use, etc) are identified, so that we may have informed consent and choice about the foods we purchase.

**Develop** a program to promote and source from producers and processors which uphold the dignity of family, farmers, workers and their communities and support sustainable and humane agriculture systems.

**Educate** and communicate within our system and with our patients and community about our nutritious, socially just and ecologically sustainable healthy food practices and procedures.

**Minimize** and beneficially reuse food waste and support the use of food packaging and products that are ecologically protective.

**Report** annually on implementation of this Pledge.

*Rianna Reely, V.P.*  
Signed

*12.4.2007*  
Date



## Stanzas Story

Stanzas Café offers a high-quality dining experience that features a freshly prepared, seasonally inspired menu of Northwest favorites. We believe delicious and satisfying food should be nutritious and environmentally sustainable. To support our holistic approach, we select premier vendor partners to provide us with local, organic produce and milk, whole-grain and organic baked goods, natural and organic meats, fair-trade coffee and natural and organic beverages, all available in compostable, recyclable or reusable packaging.

Striving for good health, great food and a better world.

Stanzas Café

## Balanced Menus

Serve healthy food.  
Mitigate climate change.  
Reduce costs.



# What were we thinking???

- Desire to offer more Organic & Natural beverages.
- Wanted to eliminate all artificial ingredients and HFCS in Stanzas Café.



# What could we do?

- Many healthier alternatives are available.



# What are we doing?

- Elimination of all bottled beverages that contained artificial flavors and/or HFCS.
- Allow beverages that are sweetened with “pure cane sugar” or “sugar.”
  - Currently working on getting rid of even more “sugar” sweetened beverages that use GE sugar sources for sweetener (i.e. sugar beets).
- Wrote and are currently preparing to implement a new Comprehensive Food Policy calling for the elimination of all HFCS beverages on campus.
  - Including fountain dispensers.

It sounds so easy, but...

- Little time to do homework on options.
- Still relatively new in many markets.
- Economic commitments with vendors.
- “Political” relationships with vendors.
- “Sweetening” of the American palate.
- We are addicted not only to sugar, but also to its marketing.
- Customers still love their Coke®.

# Sounds good, now what?

- Pick a small change to start with.
  - Offer healthier drink options in coolers.
  - Public must be given a choice, at first.
- Find a “champion” within your team.
- Reach out to current vendors - they want to keep your business.
- Seek out new relationships with those that are already doing what you want to do.
- Garner support from organizational leadership by supplying them with real data – not theory.
  - Food & Drink are VERY emotional for people.
- Create policy calling out your plans.
  - Gives direction and holds you accountable.
- **GO FOR IT!**

# Get your name out there...





Together...we can make a Difference!



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# Questions?

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