



# Reducing Single Use Plastics in Catering at Newcastle Hospitals

**Amy Johnston** 

Sustainability Officer

**HCWH Towards Plastic-Free Healthcare** 







## Introduction to Newcastle Hospitals



Seven main sites and community services serving a population of up to 3million people



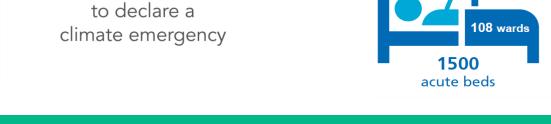
of non-clinical waste





1st NHS Trust to declare a













### **Energy**

Using energy more efficiently and transitioning to lower carbon energy sources



#### Waste

Moving up the waste hierarchy: dispose of less, reuse and recycle more



#### Water

Eliminating wasteful use of this precious resource



#### **Buildings & Land**

Providing healthy and biodiverse spaces for patient and staff wellbeing



### Journeys

Encouraging active and sustainable travel for all



### **Purchasing**

Working with our supply chain to deliver ethical and sustainable procurement



#### Care

Developing low carbon care pathways and adapting our services with climate change in mind



#### **People**

Inspiring, empowering and motivating our people to embrace sustainable healthcare







# NHS Single Use Plastic Pledge

By April 2020: no longer purchase single-use plastic stirrers and straws

By April 2021: no longer purchase single-use plastic cutlery, plates or cups made of expanded polystyrene or oxo-degradable plastics

By April 2021: go beyond these commitments in reducing single-use plastic food containers and other plastic cups for beverages







### **Staff and Visitor Catering**

- Over 340,000 visits to the Freeman restaurant each year
- Two staff-only Bistros



### **Patient Catering**

Spread across 2 main sites we have approximately:

- 1800 beds
- 100 wards
- 2 million patient meals served per year







# Re-Use and Disposables

We are moving away from disposables and back to re-use where possible

- Reusable coffee cups and drinks bottles for sale
- Incentives for re-use
- No plastic straws
- Sugar cane take away boxes
- Wooden cutlery (take away only)









# Coffee Cups

- First drink free + 25p discount thereafter
- Made from rice husk, a waste material not adding more cheap plastic to the problem
- Introduced in combination with information about single use coffee cups
- Income generation
- Promotion opportunity









# **RVI Patient Catering – Single Use Plastic Reduction Project**

- Wards received reusable plates, bowls and cutlery for use at breakfast time
- Reusable bowls for soup and desserts
- The initial outlay = £12k; savings achieved = £80K annually
- Payback of just 2 months









# **RVI Patient Catering**

Single use plastic items avoided annually:

- 513,600 polypropylene bowls
- 490,800 polypropylene lids for bowls
- 312,000 polystyrene bowls
- 371,000 plastic spoons
- 216,000 plastic knives







### **Future Plans**



- NHS Plastic Pledge commitments
- Work with the food outlets in our hospitals to reduce their plastic use
- Increase options for drinks in cans
- Remove single use coffee cups from staff Bistro altogether







### **Contact Details**

### **Amy Johnston**

Sustainability Officer

amy.johnston6@nhs.net

Twitter: @SustainableNUTH

