

Webinar: Strategies to unlock the power of food in healthcare

Preventing food waste

Christina Schmidt

Coordinator for sustainable food management with uniform central monitoring of measures for Vienna Health Association

Kitchen Management Director Clinic Hietzing - Vienna

Fotocredit: Herwig Popelka



Fotocredit: R.Ettl



Fotocredit: Groll



Fotocredit: G. Steininger

Impressions:



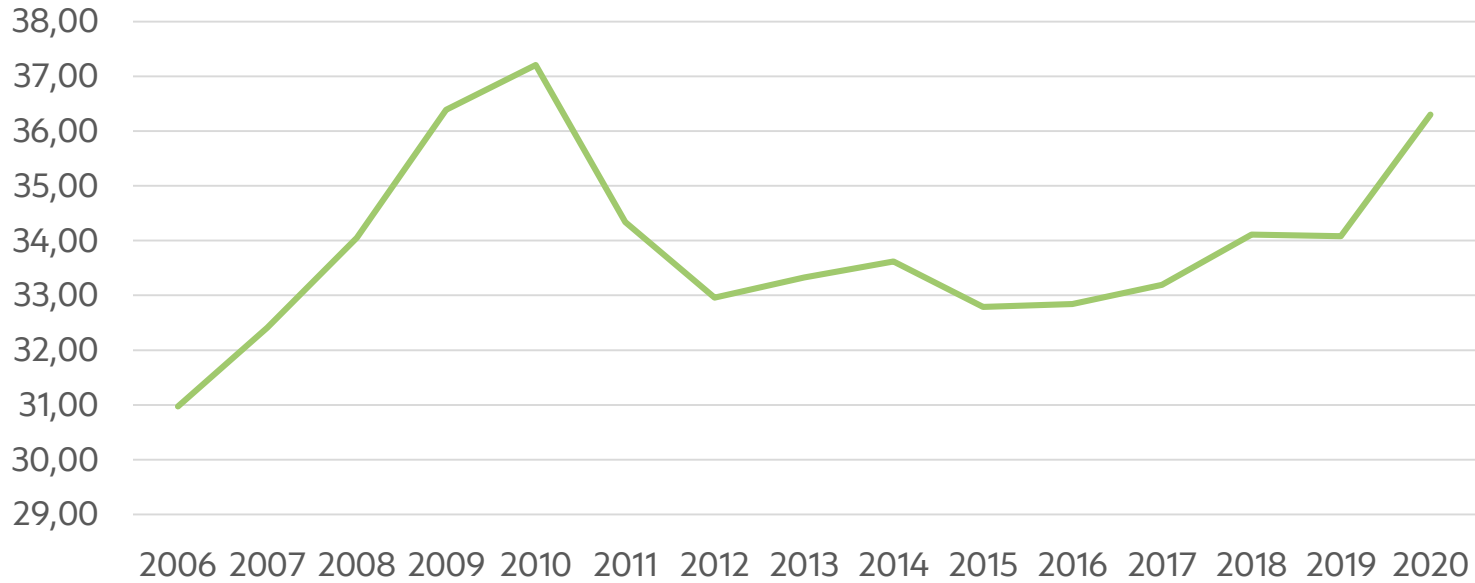
Fotocredits: KHI

Certification organic food

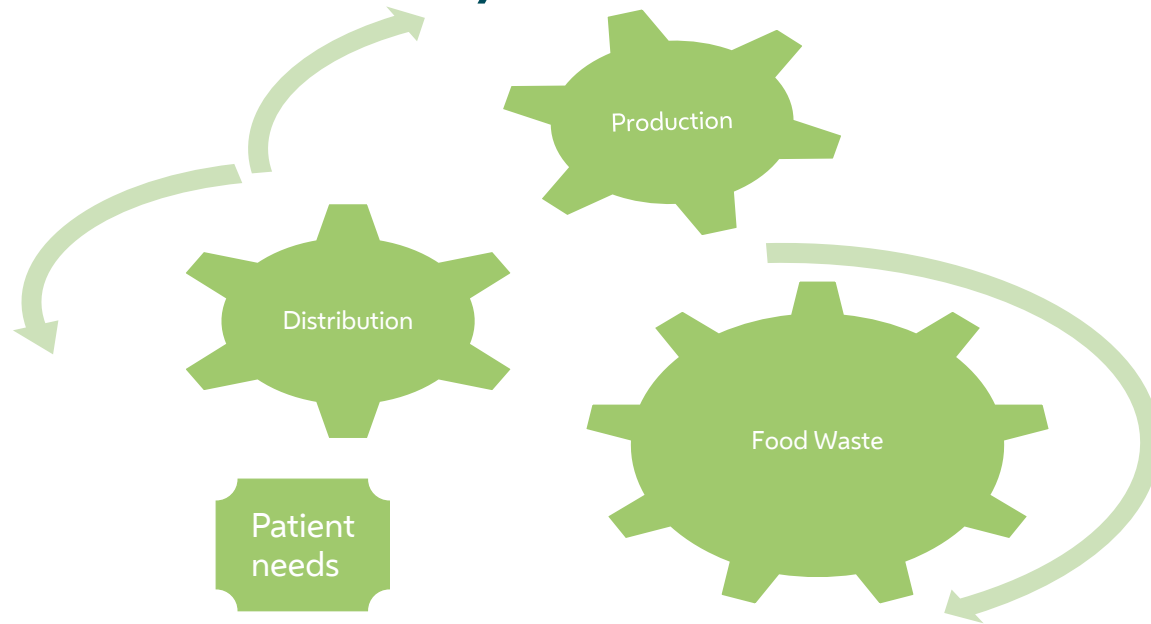
- All kitchens in clinics of the Vienna Health Association have been certified by the Austria Bio Garantie, since 2008



VHA proportion of organic food in %



Food preparation/Food Save needs a sensitive system

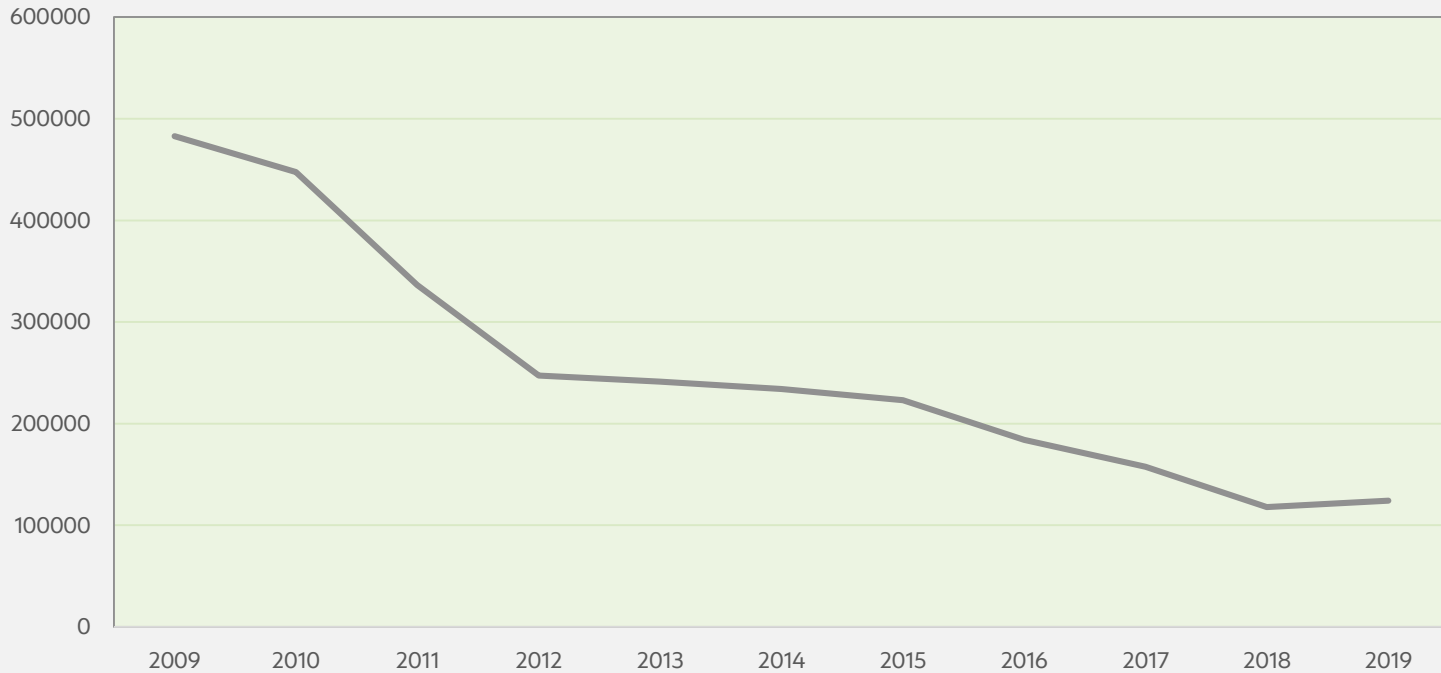


Activities in our FOOD WASTE Projects

- Monitoring: Recipe pool & Portion sizes: are periodic revised
- Cooking on demand (if possible)
- Compensation of production quantities in the employee canteen
- Black bread and wholegrain bread may be given to patients on the second day as "fresh"
- Range Optimizing: from 4 to 3 types by baked goods
- Ongoing optimization: Modify the menus
- Monitoring of Stations ordering
- Statistic- Information (periodic): about the consumption of breakfast ingredients, bread and pastries
- Communications project: Chefs routinely visit 1-2 / year each station
- Department meeting: Interdisciplinary discussion about the food (supply) with kitchen management, department head and the responsible dietitian



Development of food waste in recent years



Reasons why patients do not eat

- **Medical reasons:**

- Because of nausea / vomiting
- Fatigue
- Deficit of appetite or loss
- Motoric restrictions (= support necessary)
- Dysphagia (= difficulty swallowing or disturbing)

- **Type of food distribution:**

- Portion size (too much on the plate)
- Food was too hot / cold

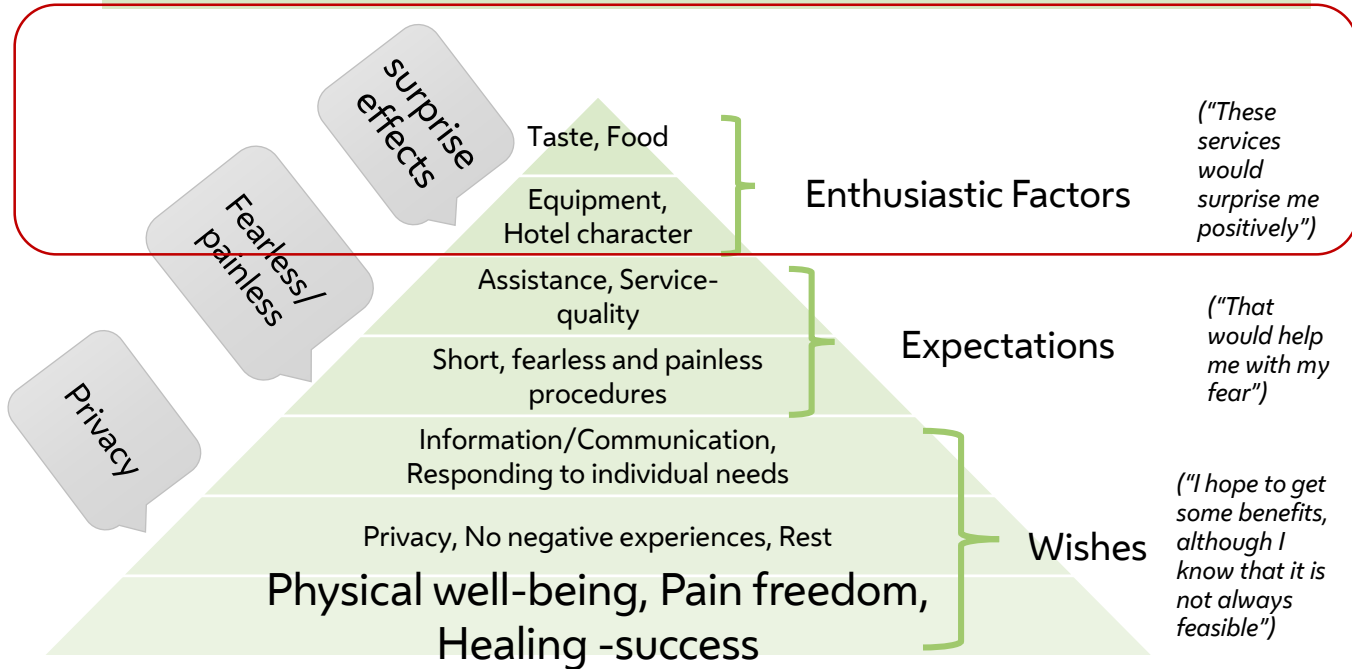
- **Aesthetics / personal feelings:**

- Optics
- Taste
- Smell

- **Administrative reasons:**

- Medical examination:
Meal failed
- Disturbance by visit,
instructions and suchlike
- Surgical preparation

Hierarchy of Needs - Pyramid patients



Core needs of patients:
Freedom from anxiety and pain as well as intimacy

We deal with the possibilities for Reduction in the amount of food purchased without impairing the quality of care for patients

Goals:

- Optimization of the ordering system
- Food use
- Information measures



Fotocredits:KHII

Encourage patients to eat to prevent malnutrition to support the recovery process

Collection of ideas:

- Stimulate the appetite (portion on the plate too much, too little?)
- Motoric freedom vs. restriction (help wanted - unwanted?)
- Difficulty swallowing / chewing known - not known?
- Eating too hot - too cold?
- Thirst?
- Appearance, taste, smell?
- Trouble-free eating

Food Waste Collection in Hietzing



The food waste disposal company brings it to the biogas plant



Portioning and distribution on the ward



Fotoredits:KHI

Return of food

Average:

- 34% Delivered soup will not be eaten
- 34% Delivered salads will not be eaten
- 5% Delivered desserts will not be eaten
- 👉 21% Delivered main courses will not be eaten



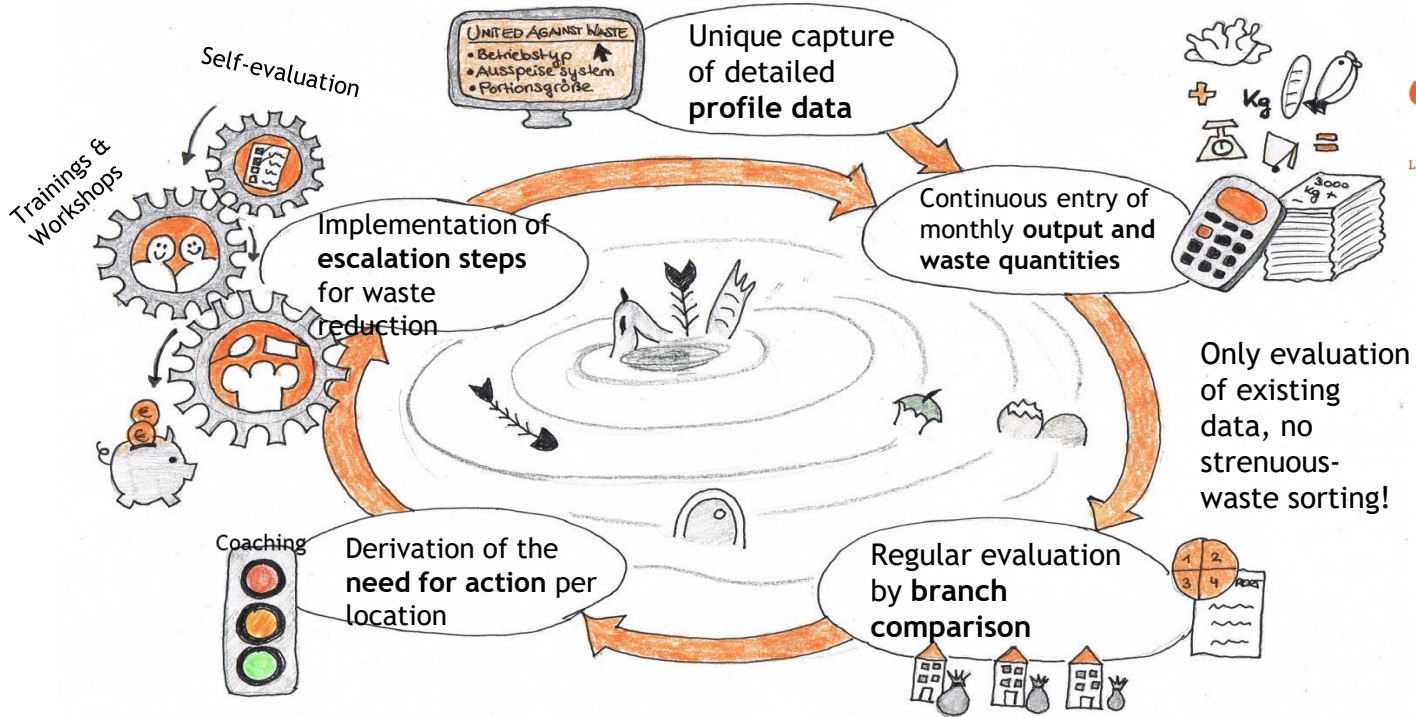
Fotocredits:KHII

Return of bakery products

Consumption
kilograms per day of care



Waste monitoring for large-scale kitchens : How it works!



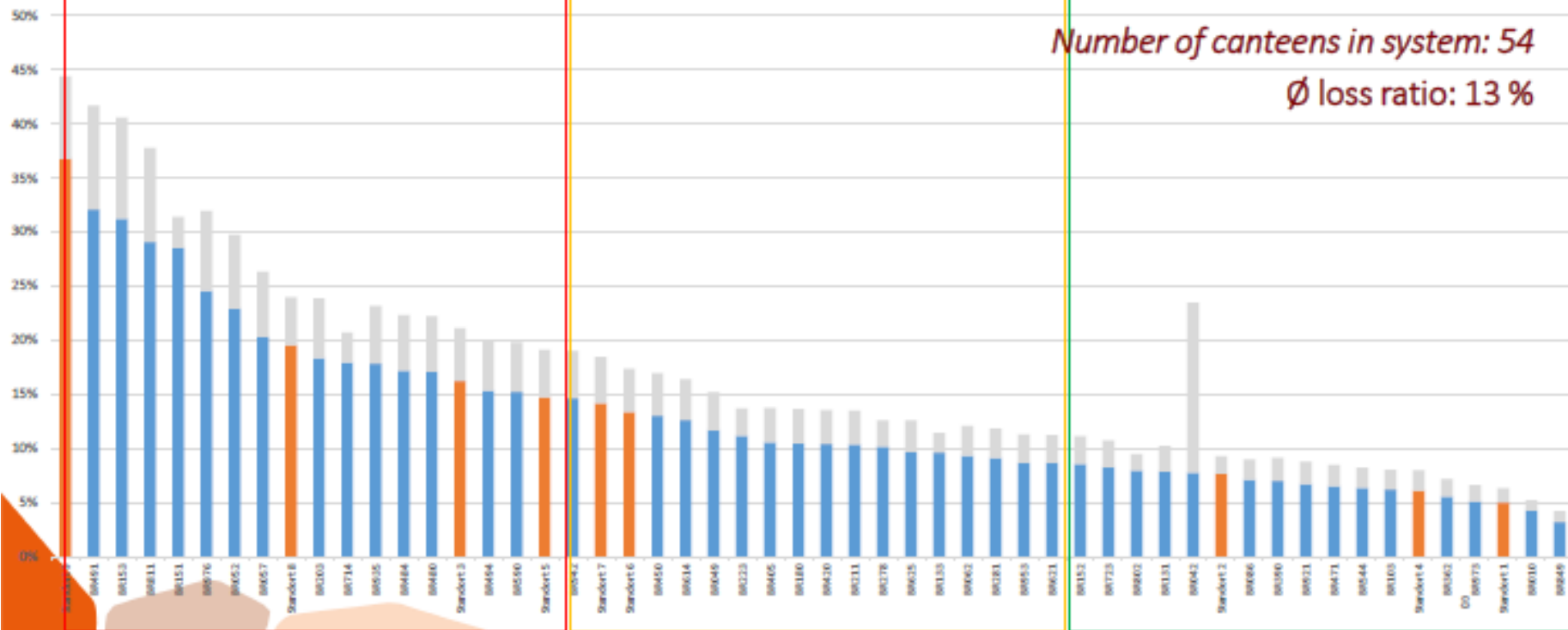
Example for reporting – Loss ratios:



Urgent need for action

Average need for action

No immediate need for action

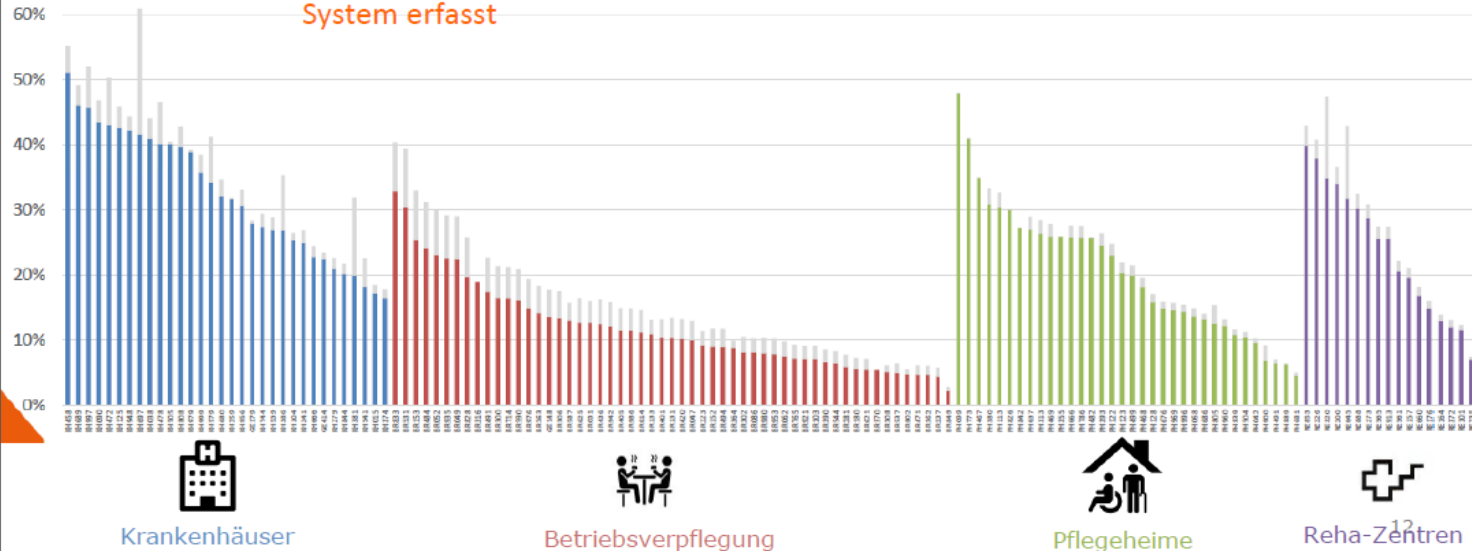


Überblick 1. Halbjahr 2020

Durchschnittliche Verlustquote:
21 %



Im 1. HJ 2020 wurden 160 österr. Großküchenstandorte von 17 Betreibern im System erfasst



MONEYTOR

GROßKÜCHENABFALL
VERGLEICHEN & EINSPAREN

**„MONEYTOR“ –
Food Waste
monitoring and
management
system for large-
scale kitchens**

“MONEYTOR” is an easy to use food waste monitoring tool that allows large scale kitchens (in company canteens, hospitals, retirement homes etc.) to **keep track of their “loss ratio”** – the ratio of food served per month and their organic / food waste with a minimum effort and maximum result – and have a **benchmarking-system** to compare themselves with other kitchens/institutions.

What we have learned

- FoodSave is an important policy goal and can be a business opportunity for the food service sector – **but the companies require assistance.**
- **The sector is highly diverse** ranging from highly standardised corporations to a large number of SMEs (who make up a high percentage of waste)
- **Standardised tools, methods and services** proved to help companies realise the food save potentials.
- Umbrella-organisations (such as UAW) can **help deliver this value to food service companies** and can support in adapting tools and methods to national or even regional needs.



Fotocredits: Ch. Schmidt



Contact:
Christina Schmidt, Kitchen Management Director
Vienna Health Association
Clinic Hietzing
Wolkersbergenstraße 1
Austria -1130 Vienna
Phone: +43 1 80110-2211
Mobil phone: +43 664- 85 60 873
Email: christina.schmidt@gesundheitsverbund.at