

# FoodforCare

## Innovative meal service

Dr. Manon van den Berg

Sustainable food is healthy food: Strategies in Healthcare, 12 March

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# Introduction



- Role of hospital meal services:
  - Necessity of life, essential for health
  - What is healthy? Differentiation for individual patients
  - Treatment of malnutrition
  - Patient satisfaction
  - Business card for hospitals



# Where do we come from?

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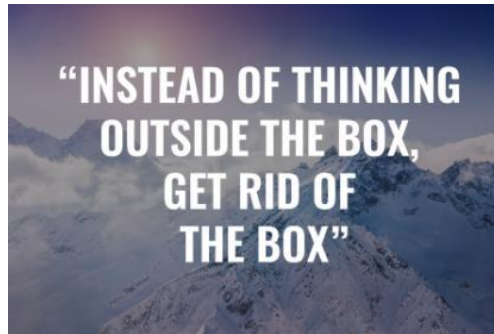


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# Development of FoodforCare

- + Patients,
- + Dietetics,
- + Logistics & Services
- + Food designer
- + Caterer



Wishes regarding:

Taste, Smell, Portion size, Sensation, Presentation,  
Diet, Healthy, Organisation, Logistics,  
Communication, Information,

Sustainable

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# What is FoodforCare?



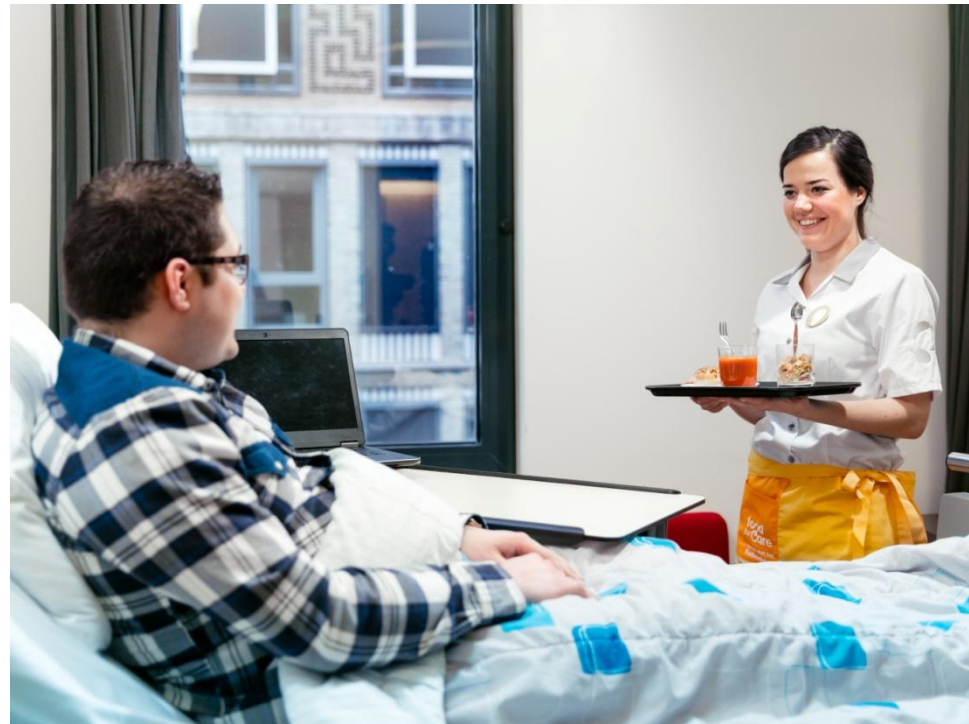
- Eating and drinking is an essential part of patients well-being
- FfC provides tailor-made solutions for hospital specialism and patients (with a diet) by providing 6 to 7 meal rounds per day with a choice of two to three dishes.
- Actively offering protein and energy-rich dishes or healthy food, depending on the patient group
- Nutritional assistant advise, encourage and nudge on best choices
- Fresh, pure ingredients are used with optimal nutritional values
- Eating and drinking is part of hospitable care
- More than 700 dishes
- Reducing food waste



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# Patient satisfaction

- Meals: 8.5
- Service: 9.5



# Research

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Malnutrition: 2-38% at admission



Complications ↑

Recovery ↓

Quality of life ↓

Hospital stay ↑

Costs ↑

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# Hypothesis

FoodforCare leads to an **improvement in protein and energy intake according to protein and energy requirements** in clinical patients.



# Design

Traditional mealservice  
(n=326)



FoodforCare  
(n=311)



2015

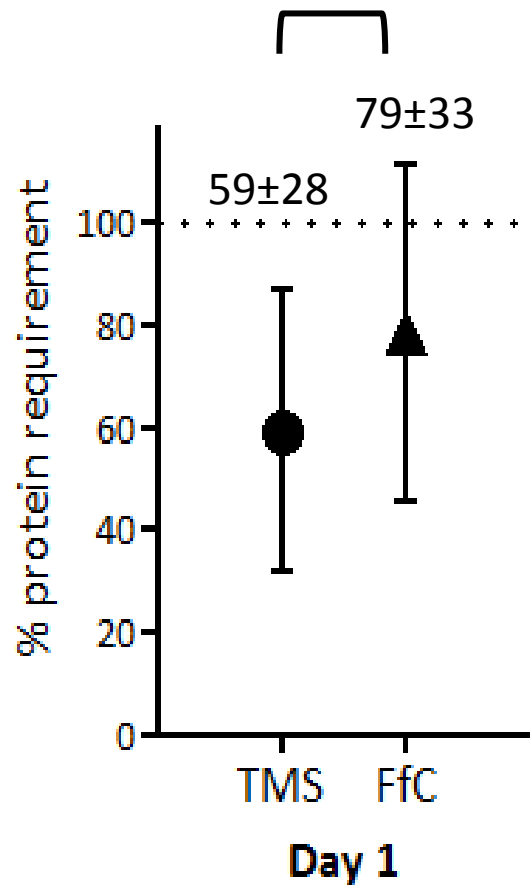
2016

2016 January  
Implementation FoodforCare

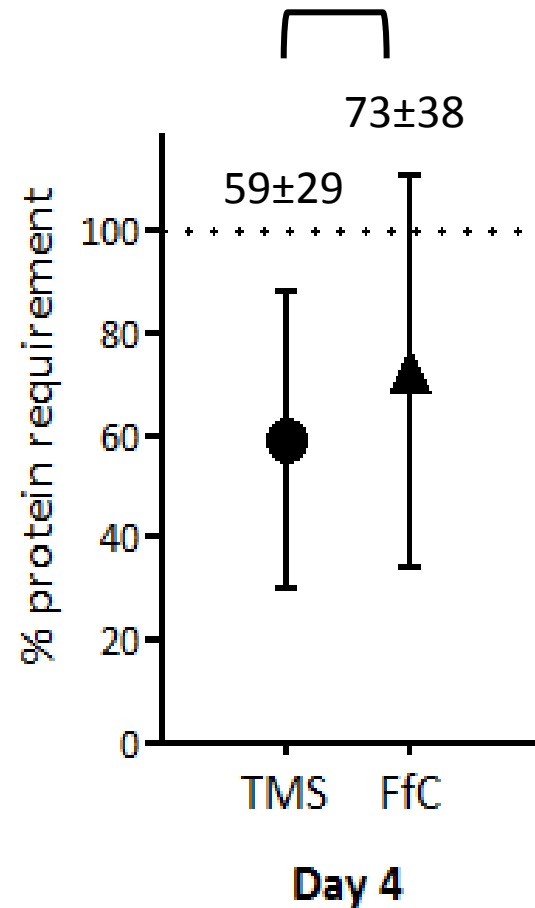
# Results

% reached protein requirements on day 1 and 4

Difference: 19% ( $p < 0.05$ )



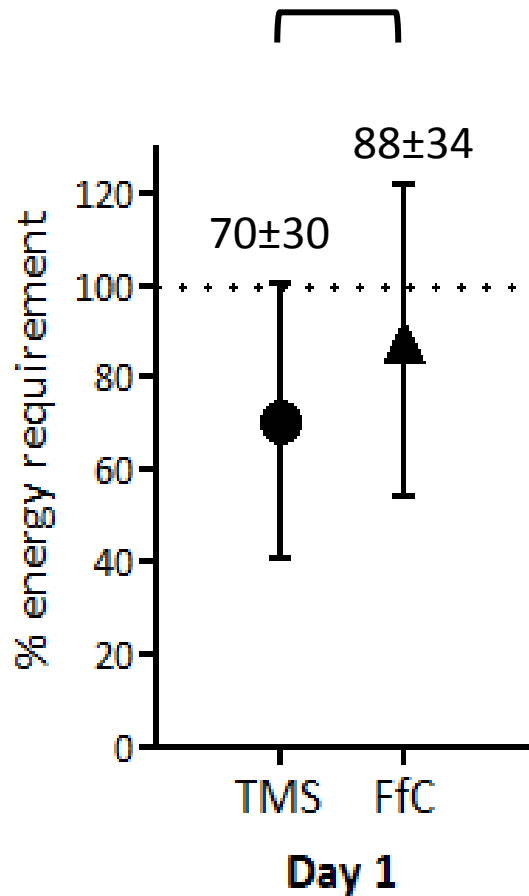
Difference: 14% ( $p < 0.05$ )



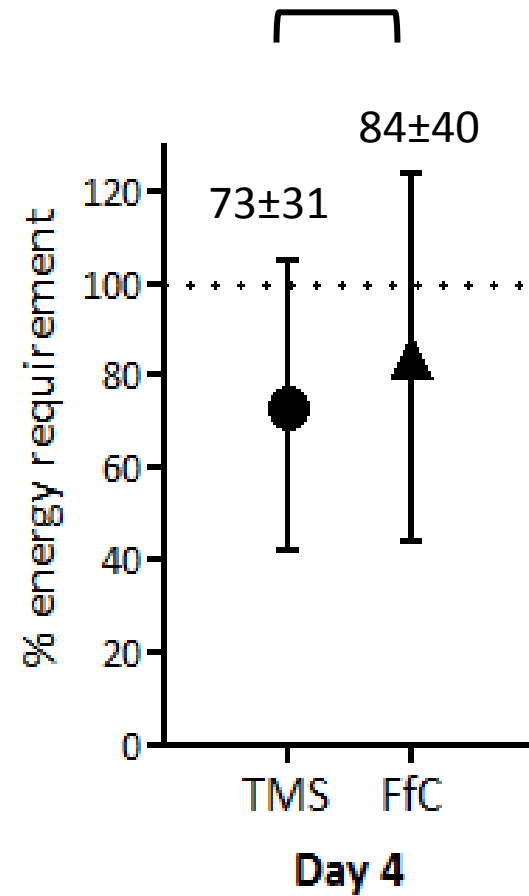
# Results

% reached energy requirements on day 1 and 4

difference: 18% ( $p < 0.05$ )



difference: 11% ( $p = 0.05$ )



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# Food waste

- Reduction food waste from 37% to 11%
- 43% of our purchase has a sustainability label



	<b>Sub total storage waste (A)</b>	<b>Sub total production waste (B)</b>	<b>Sub total storage waste (C)</b>	<b>Sub total waste after service (D)</b>	<b>Total</b>
may 2018	0,99%	0,42%	5,30%	4,70%	11,41%
june 2018	1,04%	0,52%	5,55%	4,75%	11,86%
july 2018	0,65%	0,22%	5,45%	4,65%	10,97%
aug 2018	0,79%	0,38%	5,16%	5,24%	11,57%

- A** Sub total storage waste (production facilities)
- B** Sub total production waste (production facilities)
- C** Sub total storage waste (hospital)
- D** Sub total waste after service (hospital)

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# Future challenges- sustainable health care food

- Substitution of animal protein to plant based proteins within protein requirements
  - Volume issue
  - Attractive for patients
  - Acceptation by patients



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# Take home messages

- Meal services are essential part of hospital care.
- Implementation of FoodforCare (6 day meal services) improves protein and energy intake during hospital stay
- FoodforCare reduces food waste.



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- <https://vimeo.com/240381723>