



Practical strategies for embracing a sustainable farm-to-fork program in an institutional food service operation

MEDICAL CENTER



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UC Davis Health

Based in Sacramento

Teaching hospital (SOM & SON)

646 bed facility

3 retail cafes, patient care and catering services

Serving >6,500 meals daily

18,000 staff





UC Davis Health's Food and Nutrition Services is providing a climate friendly farm-to-fork food program and promoting "healthier" options.

- **The introduction of whole food, plant-based options has increased 300% year over year since 2017.**
- **UC Davis Health is looking to change the stigma of hospital food.**

A Vision and Mission to promote climate friendly foods

Vision: **Inspiring health and healing in our community through sustainable and nourishing food.**

Mission:

We provide food and nutrition services for UC Davis Health and our local community. Our **R.E.A.L.** food values guide us in accomplishing this mission for health and healing.

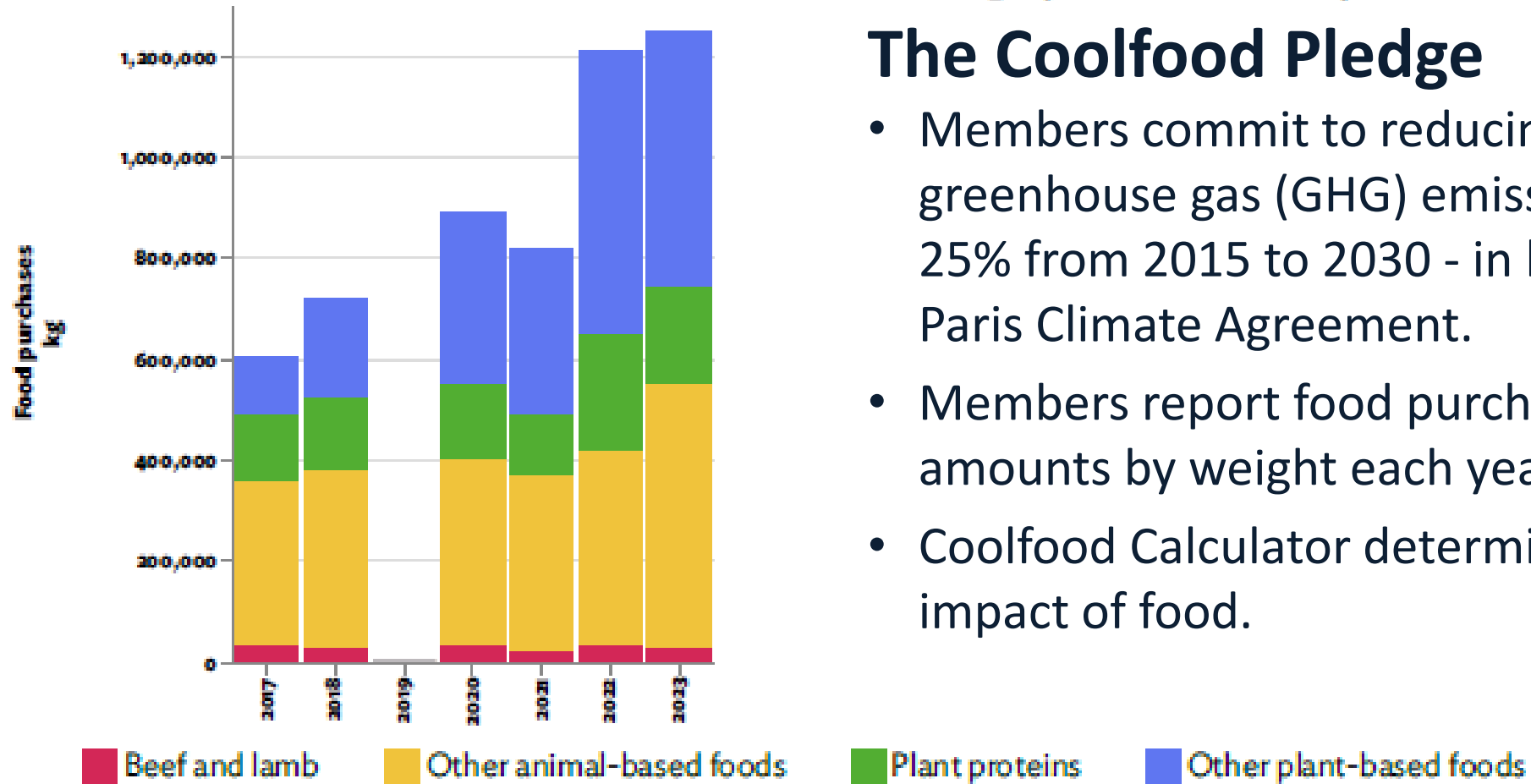
- **Responsible Food:** We value sustainable and local food that is minimally processed. We recognize the economic impact of our purchasing decisions.
- **Education:** We educate our community about sustainable nourishing food options to increase demand and awareness. We share knowledge to promote learning and development.
- **Active Engagement:** We actively engage and partner with our community to build a culture of compassion and learning.
- **Less Waste:** We take action to reduce waste and promote best practices for the environment.

What is our food program striving to do?

- In collaboration with executive leadership, we met with medical and clinical staff to understand current state.
- Evaluated environmental impact.
- When we looked at how far food was traveling, the quality of the foods diminished while also negatively impacting our environment.
- What is operationally feasible



UC Davis Health: total food purchases (2017-2023)



The Coolfood Pledge

- Members commit to reducing greenhouse gas (GHG) emissions by 25% from 2015 to 2030 - in line with the Paris Climate Agreement.
- Members report food purchase amounts by weight each year.
- Coolfood Calculator determines climate impact of food.



UCLA HEALTH MEDICAL CENTER
Summer Beet Poke Cups
[GS] [WFPB]
Roasted Red Beets / Wasabi /
Green Onion



“If it was cheap and easy, everyone would do it.

This is our opportunity to shift to a program that fully aligns with our health messaging via our patient care food program.”

- **Financial Impacts- Food Procurement/Source Transparency**
- **Financial Impacts- Labor Structure**
- **Community Engagement and Economic Benefits**
- **Sustainability Benefits**
- **Waste & Health Review**

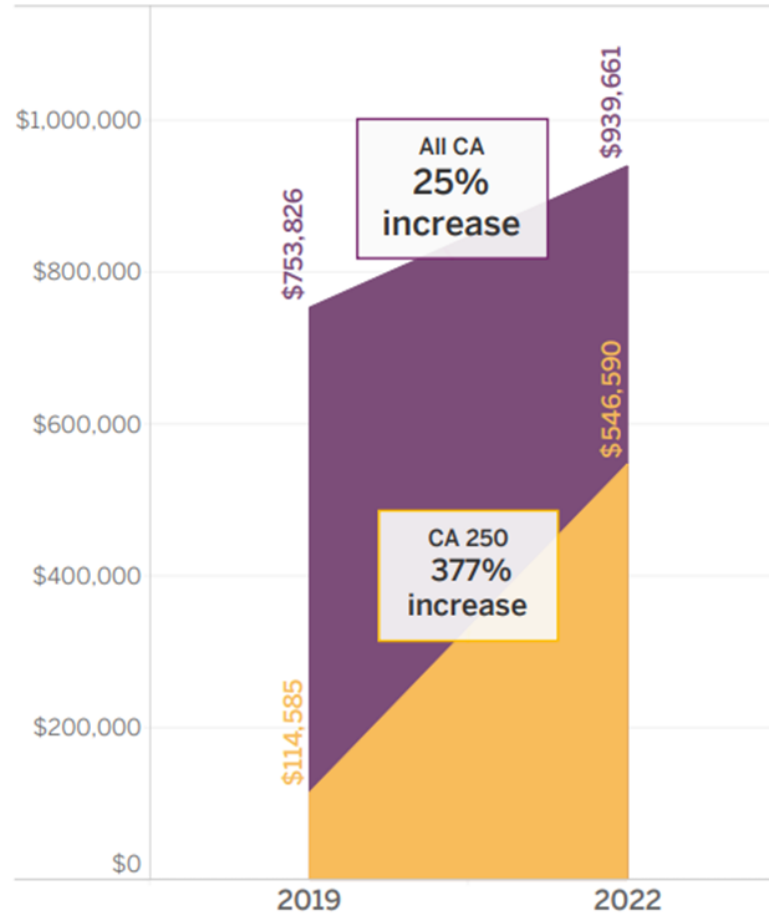
How do we fund a hospital Farm-to-Fork program?

- Waste diversion cost. We are curbing the initial food waste of 2017 by over **\$150,000.**
- Labor structure. Rewrote all kitchen production job outline to align with sustainability goals. **Net \$0.00.**
- Inventory process review. Identified cost saving opportunities within existing PARS and processes. **\$200,000.**
- Evaluation of retail pricing. Added combos and other cost-effective measures to increase margins for profit. “Menu engineering.” Average Net Gain of **\$0.25** per combo or **\$42,000** per year.
- Patient care disposable diet kit evaluation. YOY reallocated savings from disposables budget moved to food. Net **\$110,000. *Still in review***
- Retail single-use flatware to reusable dining ware. YOY reallocated savings from disposables budget moved to food. Estimated **\$46,000. *Still in review***

Additional Funding Opportunities: Grants

- The California Department of Food and Agriculture's Specialty Crop Block Grant Program awarded \$450,000 to UC Davis *Center for Precision Medicine and Data Sciences (CPMDS)*
- Enhanced the competitiveness of California specialty crops (i.e. fruits, vegetables, tree nuts and dried fruit).

Total Fresh Spend by Source, 2019 and 2022
CA 250 and All CA



Priority Fresh Spend by Source, 2019 and 2022
CA 250 and All CA

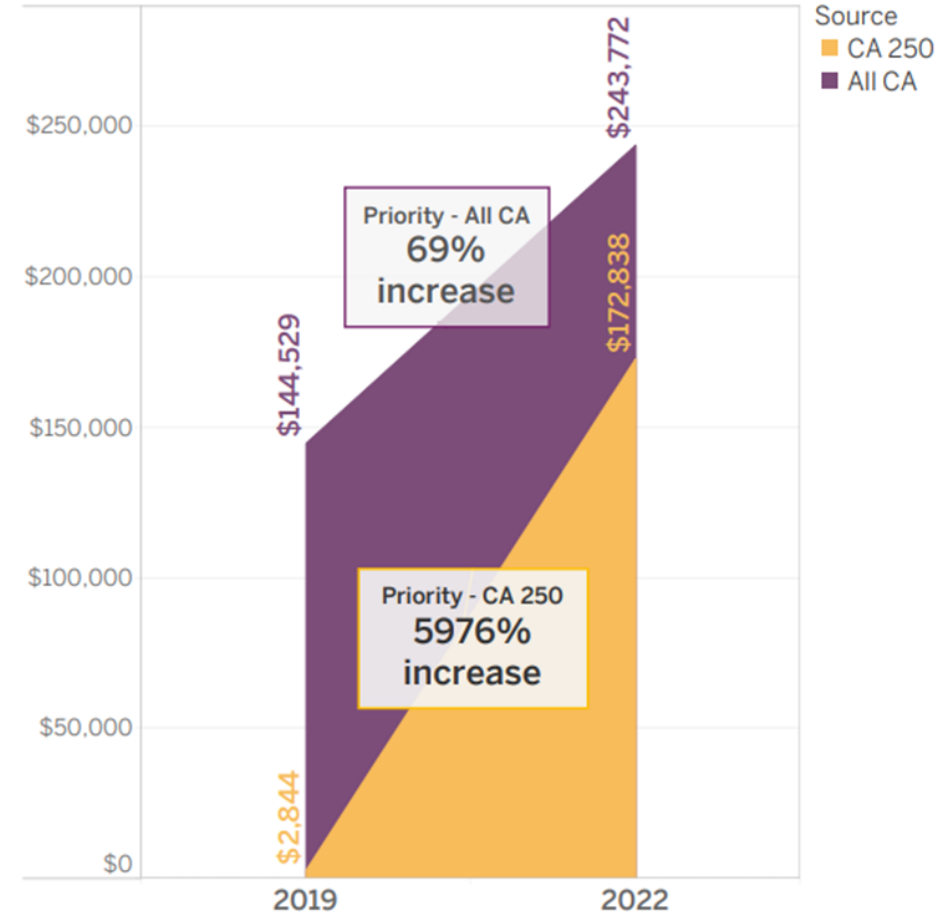


Figure 3. Total spent by UC Davis Medical Center on all California-grown fresh specialty crops and priority fresh specialty crops from 2019 to 2022.
Note: The CA 250 category is included in All CA

Educational Opportunities with staff and patients

Food and Nutrition Services developed educational handouts for FNS staff ahead of each seasonal menu rollout. Handouts feature grower information, location, specialty crop highlight as well as plating and basic nutritional information.



Did you learn something from this season's menu rollout? Please take one minute to scan this QR code and complete a VERY SHORT survey.

Thank you!

Spring 2022 Rotisserie Menu - WEDNESDAY

UC DAVIS
HEALTH

Food and
Nutrition Services



Located in Oregon House, CA, Richards Regenerative is certified by the American Grassfed Association and was the first beef company on the west coast to receive the Savory Institute's Ecological Outcome Verified certificate.

Regenerative agriculture creates a thriving ecosystem that sustains itself over time, uses less resources, and promotes biodiversity. The soil becomes rich and fertile, captures water instead of allowing it to run off, and is rich in nutrients. It takes time, effort, and attention, but the result is a thriving ranch that sequesters carbon and is better for people and the planet. This is in stark contrast to how most beef is produced today.



We source our organic asparagus from Durst Organic Growers, a mid-sized family farm in Esparto, CA. Durst also specializes in melons, squash, and heirloom and cherry tomatoes.

Did you know?

- California has three primary asparagus production areas, the principal one being the Sacramento-San Joaquin River Delta. The Sacramento and Delta asparagus season runs from late February to May.
- Asparagus prefers to grow in temperate regions with moderate rainfall and temperatures. High temperatures can cause the spear tips to "feather" or open prematurely and thus reduce overall quality.
- California only grows green asparagus; the white varieties are no longer grown here.



Spring 2022 Rotisserie Menu - TUESDAY

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:: Culinary Lingo ::

Picadillo is a traditional dish in many Latin American countries and the Philippines. It is similar to hash and typically made with ground beef, tomatoes, and other ingredients that vary by region. The name comes from the Spanish word "picar," which means "to mince" or "to chop."

:: Source Map ::



Spring 2022 Rotisserie Menu - TUESDAY

Awards & National Recognitions



- UC Davis Health Food and Nutrition Services has been recognized by Health Care Without Harm and Practice Green Health since 2020 as a sustainable food service program and received Top 10 Sustainable Food Procurement notoriety (Food Circle of Excellence) in 2022 and 2023 as a part of the Top 25 overall healthcare programs in the nation:

First and only hospital to be recognized by The Good Food 100 List for sustainable food procurement in the nation since 2019:



Awards & National
Recognition

Awards & National Recognition



- First and only hospital to be recognized by The James Beard Foundation for sustainable seafood procurement as a Smart Catch Leader in the nation since 2019:



Future Directions

- Medically Tailored Meals
 - Diet-specific studies identifying food access and patient outcomes
- Room Service
 - Continue to reduce food waste
 - Provide patients food they want when they are ready to eat



Discussion