



The 4th International Conference on Healthy Food in Health Care

Solid Waste Reduction in Dietary Services

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Seattle, WA

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Providence Centralia Hospital



146,733SF Hospital
191 Licensed Beds

PSPH Campus

**157 Acre Campus with a –
715,781 SF Hospital
53,000 SF M.O.B
12,000 SF ‘Visitor’ Hotel**



Solid Waste Reduction

What has PCH done to reduce Solid Waste in Dietary?

- Eliminated Styrofoam take out wares and replaced with Biodegradable wares.
- Charged 25 Cents for Take out 'Clamshells' as a part of the 'Dine In' Campaign.
- Started Composting & Recycling in the Kitchen.
 - Less expensive to compost and recycle than to throw in garbage.
 - Public Composting in the Cafeteria to start on Oct. 24th.
 - We like to use different Phases to roll out new programs to ensure success.
- Buying more local foods has many benefits, one of which is less packaging.

Solid Waste Reduction

How do you make the Finances work?

- Composting & Recycling should be more cost effective than solid waste costs. If not, something is wrong.
 - Look @ composting on site if hauling it off site does not work financially.
- Cost Increases are generally for compostable take-out wares and compostable bags for receptacles.
 - We eliminated paper tray inserts for the Patient Tower meals and charged for take out wares.
 - And we save money on composting and recycling.

Solid Waste Reduction

How do we handle composting & recycling?

- For composting we use 20 gallon cans in the kitchen with biodegradable bags and transfer them to 96 gallon totes in a locked container on the loading dock.
 - The bags eliminate the need to wash the bins every day and infection control has approved of this process.
 - The 96 gallon totes are picked up every week @ \$20 a month for 1 tote.
 - We compost between 600 and 1000 pounds a week. We are on pace to compost 12,000 lbs of compost for 2011.
- For recycling, we have a comingled process where all recycling goes into 1 container.



Creating Culture Change

- Sustainable ideas have to improve the employees life or at least keep in neutral
 - for the hospital it's a win-win-win if it makes the process more efficient, better infection control and saves energy.



Creating Culture Change

- Just be you...the passionate you!
- Sharing with others what your sustainable ideas are will create change
- form individual relationships with your peers and allow each person to have their own reason for helping reduce waste.



Creating Culture Change

- Give people permission to help.
- Allow staff to take Ownership of a Sustainable Program.
- Don't include people who don't want to participate.
- Policies don't create change.



Creating Culture Change



Branding is so important for creating culture change

Solid Waste Reduction



Take
a green step
and Dine-In!

Step #1
New Biodegradable Take Out Containers

Step #2
Use your own mug and **SAVE!**
\$1 Soda and Free Refills when you use your own mug (20oz maximum mug size)

Step #3
DISCOUNT on Coffee!
15¢ discount on coffee when you use your own mug (20oz maximum mug size)

Place all Bioware on the Tray Return. Place all garbage in garbage cans.

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Take
a green step
Stewards for a Sustainable environment - S2E

Create Incentives for Employees

Creating Culture Change

Why
Recycle and compost?

 Garbage **10 cents** per pound

Composting **3 cents** per pound

 Recycling **2 cents** per pound

PCH generates about 400,000 pounds of solid waste a year (cost = \$40,000 per year).
 PCH projected to do 35,000 pounds of compost (saving \$2,450 in solid waste reduction).
 PCH projected to recycle 50,000 pounds (saving \$4,000 in solid waste reduction).

You do the math!

 

Composting, or ...
Food Waste

What you can COMPOST:

- Food scraps
- Food-soiled paper

What you can RECYCLE:

- Cans
- Paper
- Cardboard
- Plastic
- Things with recycle triangle 

"When in doubt, throw it out!"
It's OK, really ... use the GARBAGE

Take a green step 



Signage and Education is very important!

Solid Waste Reduction

Why should we compost and recycle our waste in Dietary?

- Most in not all sustainable ideas should save an organization money.
- When you save money, you have a chance to increase efficiency in your daily processes.
- As a healthcare organization, we should be focused on sustainable practices because in doing so we actually will make our community and planet a healthier place to live.



Do you have money to burn?

Creating Culture Change



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