

# Legacy Good Samaritan Hospital



Founded in 1875

Located in Portland's "Alphabet District"

Provides a full range of inpatient and outpatient services

Average patient count, February 2009: **185 patients**

- Number of employees: 1,635
- Daily patient meals: ~530
- Daily cafeteria meals: ~960



## **Lovejoy Station**

### **Mission Statement**

We strive to consistently provide nutritious meals, education and promotion of healthy choices, and excellent customer service to our patients, visitors, staff, and the community.



# Retail Foodservice at Good Sam

- Grab n' Go
- Salad Bar
- Grill
- Coffee
- Farm Stand
- Fresh Plate Station
- Composting



# Who's involved?

- Customers
- Healthy Food Team
  - Café Supervisors
  - Chef
  - Manager
  - Dietitian
  - Guests: Marketing, waste management
- Purchasing Team- multiple sites

# Where we began...

- Visual change to entrance of cafeteria
- Highlight healthy choices
- Emphasize local, organic, and/or sustainable foods
- Little/no impact on previous production
- Cost effective
- Increase customer satisfaction
- Introduce composting

# Visual Change



# Fresh Plate



- Guidelines- Highlight healthy choices
  - FDA guidelines for “healthy” restaurant foods
  - No more than 13g fat, 4g saturated fat, 60mg cholesterol, and 360mg sodium for food items
  - Serve more items grown sustainably, locally, and/or organically
  - <http://www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/FoodLabelingNutrition/FoodLabelingGuide/ucm064908.htm>
  - Or [www.fda.gov](http://www.fda.gov) → food → guidance, compliance & regulatory information → guidance documents → section N18

# Nutrient Analysis

- Computation

The screenshot displays the 'Nutrients' tab of the Hospitality Suite NCM Select software. The recipe is 'Roasted Potatoes with Rosemary' with a yield of 575 and 4 ounces. The analysis is accepted on 17-MAY-11. The table below shows the nutrient breakdown for each ingredient and the totals per portion.

Finished Product Contains	Amount Consumed	Grams	Calories (kcal)	Protein (gm)	Fat (gm)	Carbs (gm)	Fiber/Dtry (gm)	Cholesterol (mg)	Calcium (mg)	S
Potato, Frozen, Cubed	142 lb	64410	50240	1533.0	803.1	11252.4	772.9	0	5153	
Oil, Olive Extra Virgin, Italian	5 cup	1080	9547	0.0	1880.0	0.0	0.0	0	11	
Garlic Minced In Water	2-1/2 cup	340	507	31.6	1.7	112.4	7.1	0	615	
Rosemary-Poblano Seasoning	1-3/4 tsp (sp)	5	8	0.2	0.2	1.2	0.7	0	0	
<b>Totals Per Portion</b>		<b>114</b>	<b>105</b>	<b>2.7</b>	<b>2.1</b>	<b>19.6</b>	<b>1.4</b>	<b>0</b>	<b>10</b>	

At the bottom of the window, there are buttons for 'Print', 'Setup...', and 'Label View'. The Windows taskbar at the very bottom shows the Start button and several open applications including IHS Applications, Outlook, and Word.

- Introducing Composting



# Fresh Plate



- Three week rotation
- Sampling
- Sample Menu:
  - Cilantro Lime Chicken with Mango Pico de Gallo
  - Garbanzo and Tofu Masala
  - Brown Rice or Jasmine Rice Blend
  - Roasted Potato Medley
  - Chicken Pasta Primavera

# Processes & Challenges

- Adding new vendors
- Working with current vendors
- Changes in food production
- Nutrient analysis
- Prioritizing
- Coordinating through Healthy Foods Group

# How-To

- Field trips
- Develop concept
- Recipes/Menu/Food sources
- Teaching
- Sampling
- Move forward!

