



LivingWell Bistro

Retailing Healthy & Sustainable Foods

Objectives

- Adventist Medical Center Overview
- Conceptual Idea for the Bistro
- Policies & Processes to Implement/Open
- Challenges
- Successes
- Inspiration to Implement Your Own



Adventist Medical Center

- 302-Licensed Beds (Avg Daily Census 118.6)
- 2,000 Employees
- Our mission, to demonstrate the human expression of the healing ministry of Jesus Christ, means that we're always striving to provide our community best in class care in a patient-centered environment.
- ~ 275,700 Meals per Year (Retail + Patient)

Where We Began...



- Vegetarian with a few vegan options
- Compostable disposables
- 10-15% of purchases local, sustainable

Concept for the LivingWell Bistro

- Plant-based (vegan), destination Bistro
- Organic and local products, as able, fair trade if applicable
- Resources to “re-create” the concept at home
- books, equipment, specialty foods
- Appeal to all dietary restrictions - Gluten-free, Nut-Free



Polices/Procedures to Open

- Purchase organic products – USDA Certified
- Find local companies with similar food ideology
- Teach “*Restaurant*” chefs, healthcare values



BLOSSOMING LOTUS
ORGANIC • VEGAN • SUSTAINABLE



Nutritional Guidelines

- Team included Vice President, Physician Director, Marketing, & Nutritional Services
 - Entree for breakfast = \leq 500 Calories, \leq 150 mg Chol
 - Entree for lunch and dinner = \leq 600 Calories, \leq 200 mg Chol, \leq 600 mg Sodium, \geq 3gms Fiber
 - Total fat = \leq 30%
 - Trans fat = 0 gms
 - Sodium –
 - Vegetables = \leq 100 mg
 - Starches = \leq 300 mg
 - Beverages = \leq 120 mg
 - Fruit Beverages = \geq 50% Fruit Juice, \leq 150 Cals/8 ounces



Challenges

- “Traditional food service industry” isn’t designed to support these concepts
- Staying on GPO Contracts
- Buying from small, local vendors in large quantities
- Finding small, local companies with necessary certification & labeling
- Finding excellent products that customers can relate to



Successes & Rewards




LivingWell Bistro

- Community Excitement
 - Appeals to unique groups that do not have a lot of options
- Promotes small, local companies and exposes them to a larger clientele
- Community Resource
 - People who want to make changes are not sure where to start, or how to prepare these items

Still to Come...

- Farmer's Market
- Community Garden on Campus
- Composting Ability on Campus
- Teaching – Cookbook Signings, Classes
- It is a journey...