

Rolling out the Program

Legacy Good Samaritan
Hospital

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FoodMed Conference
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Sustainable Food Program

- Legacy Good Samaritan Hospital
- Local purchasing
- Nutritional analysis
- Farm stands
- Recycling
- Food waste composting

Legacy Good Samaritan Hospital

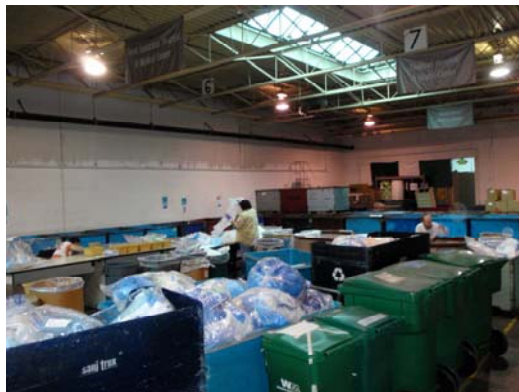


- NW Portland, Oregon
- Founded in 1875
- Provides a full range of inpatient and outpatient services
- Average patient count: 185
- Retail Sales- café, catering, espresso
 - 1,500 people/day
 - \$1,395,180 revenue/year

Legacy Good Samaritan Hospital: Foodservice 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.



Good Sam Sustainability

- Composting
- Recycling
 - Car seats
 - Glass
 - Plastic
 - Styrofoam
 - Metal
 - Electronics
- **Food**
- Farmers markets



Commitment to Sustainability

- Healthy food in Healthcare Pledge
- Sustainable food Policy
- Looking forward—
 - Balanced Menus?

Sustainable foods: Sending a message to consumers



- Integrating message into program
- Point of sale
- Informational pamphlets
- Trayliners
- Newsletter
- Video
- Menus

Sending a message: Consumers



- Who are we selling to?
- Hospital employees, volunteers, patient families, visitors
- Surrounding community
- Patients

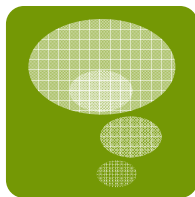
Sending a message: What have we done?



Tillamook

- rBST free dairy
- Hormone-free meats
- Organic produce
- Local businesses
- Updating recipes
- Nutritional analysis
- Farmers Market





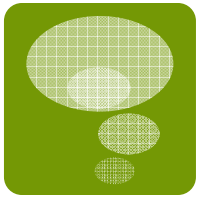
The following is a list of Food Alliance Certified and Northwest-grown produce available at the University of Washington Dining Services by United Salad Co., Duck Delivery Produce, Inc. and Duck Delivery Produce, Inc. The University of Washington Dining Services are constantly working to expand this list. Updates are always available.



FOOD ALLIANCE CERTIFIED FARMS	AVAILABLE ITEMS
Cal Farms	Beets, Bok Choy, Cabbage, Lettuce, Mustard, Onions
Delta Farms	Green Beans, Cabbage, C Squash, Zucchini,
Dickey Farms	Green Beans, Cabbage, Ch Spinach, Summer Squash, To
Inaba Farms	Green Beans, Cabbage, Corn, C Squash, Tomatoes, Winter Squash,
Pride Packing Co.	Apricots, Peaches, Nectarines
Siri Produce	Beets, Carrots, Chives, Herbs, Lettuce, Onions
Walter Wells and Sons	Apples, Cherries, Peaches, Pears
Yamhill Farms	Mushrooms
NORTHWEST FARMS	AVAILABLE ITEMS
Amstad Produce	Russet Potatoes
A.S. Burns Farms	Green and Red Cabbage
Basin Gold Cooperative	Russet Potatoes
CF Fresh	Apples, Onions, Pears, Potatoes-all organic
Columbia Gorge Organics	Apples, Pears-all organic
Curry & Company	Onions-Red, Sweet Hermiston, Sweet Spanish, White
Dagdagan Farms	Green Peppers
Fewell Farms	Cucumbers, Ornamental Items, Zucchini
HerbCo	Arugula, Basil-Italian, Basil-Thai, Chives, Dill, Flowers-Edible, Lemon Grass, Marjoram, Mint, Oregano, Parsley-Italian, Rosemary, Sage, Savory, Sorrel, Tarragon, Thyme, Thyme-Lemon
Hilltop Produce	Cabbage, Cabbage-Savoy, Rutabagas, Turnips
Pride Packing Co.	Apples, Cherries, Pears
Rainier Fruit	Apples, Cherries
Ralph's Greenhouse	Beets, Carrots, Chard, Kale, Leeks-conventional and organic
Trapold Farms	Brussel Sprouts, Cabbage, Corn, Hard Squash, Ornamental Items, Rhubarb
Tri Cities Produce	Russet Potatoes
Valley Pride Sales	Broccoli, Cauliflower, Cucumber

Nutritional Analysis

- Actual serving sizes
- Changing ingredients, products
- Working with local businesses



Nutritional Analysis

Pizza- HOTLIPS Veggie Pizza Slice



Nutrition Facts

Serving Size 1 slice (1/8 of a pizza) (113g)			
Servings Per Container 1			
Amount Per Serving			
Calories 270		Calories from Fat 110	
% Daily Value*			
Total Fat 12g			18%
Saturated Fat 5g			25%
Trans Fat --g			
Cholesterol 25mg			8%
Sodium 490mg			20%
Total Carbohydrate 32g			11%
Dietary Fiber 2g			8%
Sugars --g			
Protein 11g			
Vitamin A 10%	•	Vitamin C 15%	
Calcium 30%	•	Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

Ingredients:

Shepherd's Grain flour, whole milk mozzarella cheese (pasteurized milk, cheese cultures, salt, enzymes, rice flour and cellulose flour to prevent caking, natamycin (a natural mold inhibitor)), tomato sauce (tomatoes, citric acid), filtered water, Button mushrooms, roast peppers (peppers, citric acid) basil pesto (organic basil, organic hazelnuts, extra virgin olive oil, parmesan, garlic, salt, pepper, crushed red pepper,) feta cheese, semolina flour, whole wheat flour, olive oil, rice oil, garlic, oregano, black pepper, salt, cane sugar, parsley.

Advertising Nutrition Information



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**D E L I
G R A B & G O**

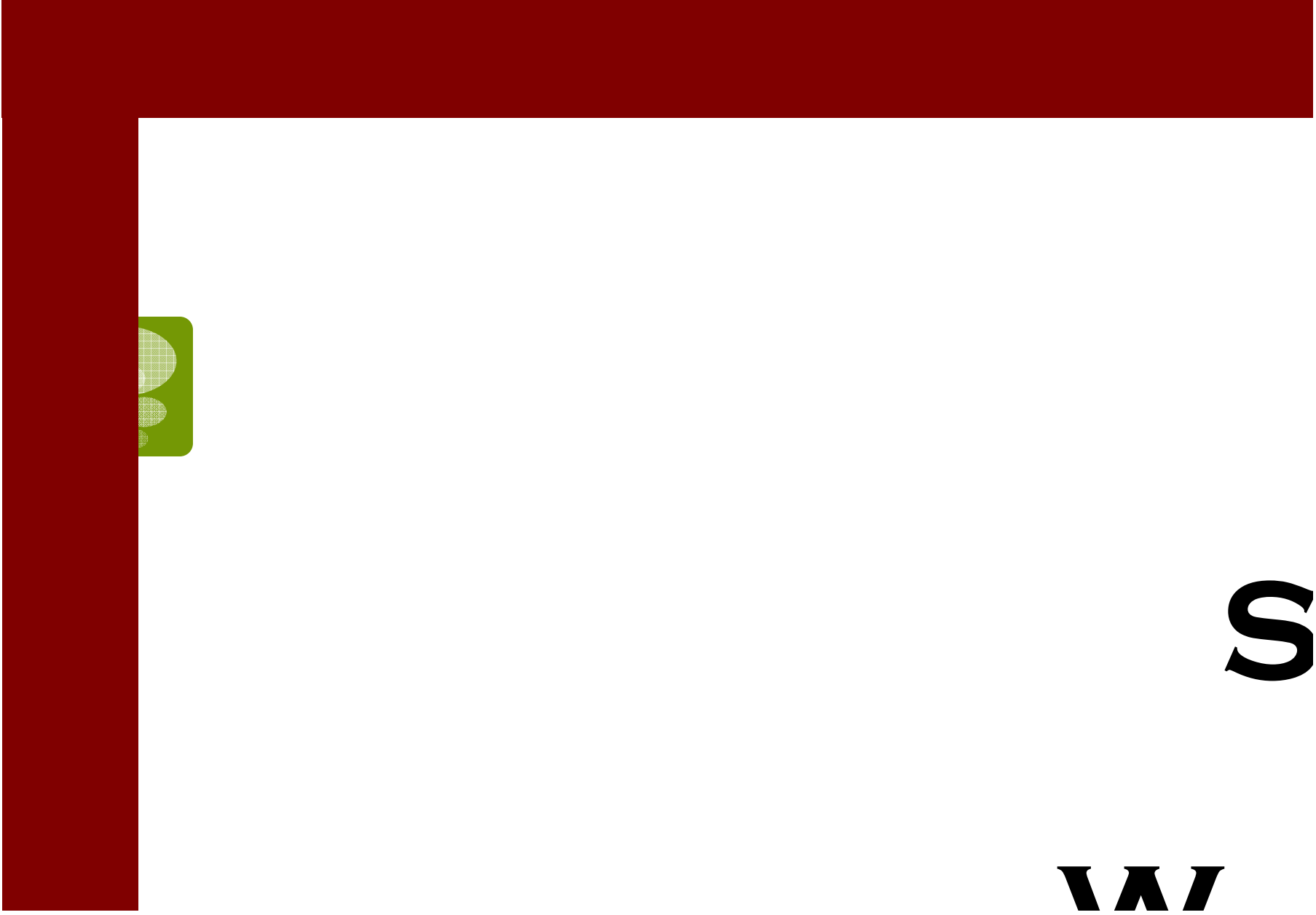
Don't have time to have a sandwich made to order? Grab one of our pre-made sandwiches, made fresh every day on both white and wheat bread.

**LEGACY HEALTH SYSTEM
FOOD & NUTRITION
SERVICES**



Our
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Food Item	Serving Size	Calories	Fat(g)	CHO(g)	Pro
Ham Sandwich	1 each	540	23	45	
Ham 1/2 Sandwich	1 each	270	12	23	
Roast Beef Sandwich	1 each	490	18	42	
Roast Beef 1/2 Sandwich	1 each	250	9	21	
Turkey Sandwich	1 each	470	19	46	
Turkey 1/2 Sandwich	1 each	240	8	23	
Asian Chicken Salad	1 each	570	23	55	
Bow Thai Pasta Salad with Chicken	1 each	780	28	93	
Chicken Caesar Salad	1 each	520	37	14	
Lovejoy Chef Salad	1 each	450	32	16	
Apples with Caramel	1 each	190	0	48	
Chicken Salad	1 each	270	16	7	
Citrus Sections	1 each	70	0	18	
Hard Boiled Egg	1 each	70	4.5	1	



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S U B S
W R A P S
& P I Z Z A



Our deli sub sandwiches are
made to order and served on
your choice of white or whole
wheat bread.

Food Item



Farmers Market

- Thompson Farms
- Thursdays in the Healing Garden
- Coordination with hospital programs





Resources

- Local recycling center
- Composting
- Healthcare without harm
 - Noharm.org