



Getting Started Sparrow Hospital

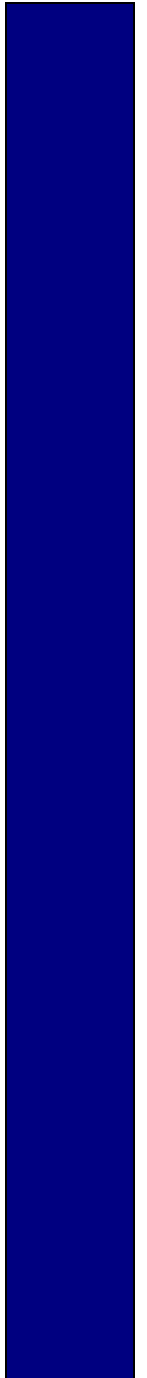
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Sparrow Hospital
Lansing, Michigan



Objectives

- How we started
- Inventory of our current environment
- A Good Start
- Speed Bumps/Maintenance
- Our future plans





Background

- Unhealthy Healthcare providers
- When surveying staff, requests include:
 - “Need more fast food like options”
 - “Bring back the wing bar”
 - “Night staff never gets Taco Bar or Potato Skins like day shift”
- Meanwhile, “Healthy Choice” option did not sell and created a lot of food waste



How we started

- Great ideas and little support
- Needed Buy In
 - Economic standing of Michigan
 - MSU - Agricultural School
 - Community support/image
- The Amazing Ruth Blackburn



Getting Started

1. Start conversations about food
2. Contract with a GPO, Distributor or Food Service Provider that Supports Healthy Food in Health Care.
3. Implement purchasing policies for meat and poultry raised without non-therapeutic antibiotics.
4. Model Local, Nutritious, Sustainable Food at Conferences, Meetings and Workshops
5. Buy milk produced without recombinant Bovine Growth Hormone.
6. Buy organic and other certified food.
7. Consider establishing an overarching food policy.
8. Buy from local producers.
9. Become a fast-food free zone.
10. Limit use of vending machines and replace unhealthy snacks with healthy choices.
11. Host a farmers market on hospital grounds.
12. Create hospital gardens to grow fresh produce and flowers.
13. Compost, divert and reduce food waste.
14. Buy certified coffee.






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A Good Start

- *  buys locally as a priority by policy
- *  does not use rGBH hormone
- * Pulper to reduce waste physical space and begin breakdown process (removed incinerator)
- *  is a Lansing company providing Sparrow with organic, fair trade coffee
- * Local vending company – more control
- * Fast Food (company) Free Zone



Other Departments

just a few highlights...

- Environmental Services
 - Microfiber mops and 3M green seal cleaning products has saved 50,000 gallons of water annually
 - Reusable surgical supplies, H2E awards, washable mattress pads
- Materials Management
 - Mercury free health system, Electronics disposal, large number of donations in effort to recycle
- Facilities Development
 - “Green” paint, avoid PVC in new building projects, DEHP free flooring, LEED award



Our Next Step

- Bi-weekly Newsletter “green corner”
- Create purchasing review committee with purchasing policy
 - Buy local
 - Buy Organic
 - Support sustainability – global impact
- Aesthetic functional herb garden
- Farmer’s Market (CSA)



Speed Bumps

- Dietitians were resistant
- Bi-weekly newsletter inconsistent
- Purchasing committee/policy not utilized
- Herb garden turned over to grounds and maintenance...
- Lack of marketing and public awareness
- Lack of dedicated resources



Maintenance

- Plan accountability into implementation
- Recruit appropriate support staff
- Utilize current systems



Future Plans

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Future Plans

- Involvement with Michigan Green Health through Michigan Hospital Association for support and leverage
- Community garden adjacent to Hospital property to involve community
- Creating wheelchair accessible growing areas to be incorporated in therapy



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