

INITIATIVE

PROCESS

OUTCOMES

Healthy Food in Healthcare

1. Educated leadership and staff
2. Visited hospitals with similar initiatives and networked with local farmers to establish foundation for relationship, understanding of needs, and expectations
3. Altered recipes and menu, eliminated fryer

1. Increased knowledge of sources and benefits of fresh, local produce
2. Use of healthier products (e.g. hormone free milk, fair-trade coffee, all natural yogurt and locally grown produce)
3. Improved eating habits by incorporating more nutritious, less processed foods and creating healthier menus

Employee and Patient Health & Safety

1. Visited local farmers
2. Filtered out products that contain trans-fat
3. Provide nutrition facts for daily menu and café items
4. More use of whole grains in menu, and increased availability of whole grains to employees and patients
5. Made a change in vendors



1. Ensured safety and quality of food products
2. Reduce employee and patient exposure to harmful fats
3. Nutrition facts assist employees and patients in making informed, healthier choices
4. Increased consumption of whole grains, decreased consumption of refined grains
5. Less exposure to pesticides and hormones; use of environmentally friendly cleaning products

Sustainable and Local Agriculture

1. Collaborated with agriculture students
2. Sent letters to local farmers with produce specifications
3. Initiated a barter system with a local grower for food compost
4. Purchased a healthy food kiosk
5. Purchasing environmentally friendly, disposable products
6. Recycling cans, glass, and cardboard
7. Developed a vegetable garden on the hospital's campus

1. Purchasing fresh herbs from local high school
2. Purchasing fresh, locally grown produce
3. Receive fresh produce in return for our composting
4. Host a Farmer's Market on campus, which raises awareness and promotes local agriculture
5. No Styrofoam products used
6. Less rubbish
7. Use of the fresh vegetables in our kitchen



Fairview Hospital

BERKSHIRE HEALTH SYSTEMS