

# Hospital Healthy Food Initiative

## Partnership for a Healthier America 2014 Progress Report

For the past 3 years, 10 MaineHealth member and affiliate hospitals have been working together to advance the national Partnership for a Healthier America's *Hospital Healthy Food Initiative*. The goal of this initiative is to create healthier cafeteria environments and more nutritious patient meals. A national report on the impact of this program was released in May 2015.\*

### MaineHealth: Report Highlights from Across the System

- **8 of 10 hospitals** meet the healthier marketing criteria, which aim to include only healthy food and beverage options in advertising within cafeterias and on patient menus. All 10 hospitals are on track to meet this mark by September 2015.
- **10 of 10 hospitals** offer only healthy food options within 5 feet of cash register stations.
- **7 of 10 hospitals** label all items in the cafeteria with calories per serving.

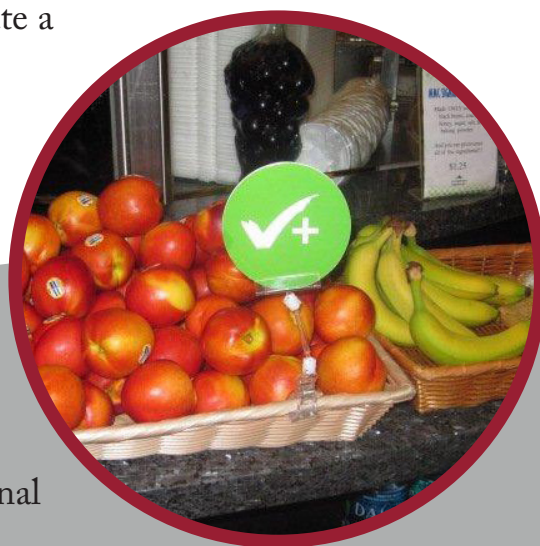
### Maine Medical Center

#### Local Successes:

- Offered a new healthy meal—freshly prepared vegetable stir fry with a choice of tofu, chicken, shrimp or plain—which became a favorite amongst consumers.
- Collaborated with the Portland Pie pizza company to create a low-sodium dough, which is utilized in the café and retail operations.
- Partnered with a new bread vendor to offer a greater variety of low sodium, nutritious bread and roll options.

#### Additional Accomplishments:

- Implemented a successful composting program with cafeteria food waste. The hospital now sells some of the final by-product to employees for use in home gardens.



## MaineHealth

Learn more at [www.CheckPlusChoices.org](http://www.CheckPlusChoices.org)

\*For full report and progress: <http://progressreports.ahealthieramerica.org/2014/partner/mainehhealth-2/>