

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.

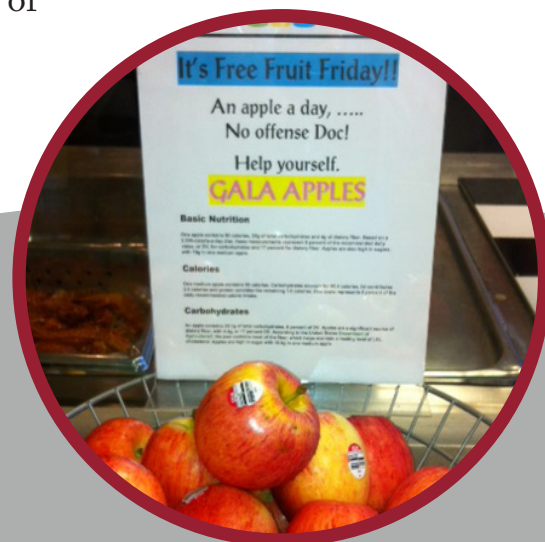
Southern Maine Health Care

Local Successes:

- Introduced "Bistro Wedges," a new menu offering using Maine-grown potatoes. Featured at least once per week, these are seasoned with olive oil, herbs and spices and oven baked to perfection!
- Offer "Free Fruit Fridays"—every Friday multiple varieties of fruit are given away to anyone who visits the café.
- Created a new WOW! healthy breakfast sandwich.
- Promote healthier beverages through re-organization of vending machines and coolers.

Additional Accomplishments:

- Implemented a successful composting program with cafeteria food waste.



MaineHealth

Learn more at www.CheckPlusChoices.org

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