

# 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.

## *Spring Harbor Hospital*

### Local Successes:

- Increased offering of whole foods by eliminating many pre-processed foods and cooking more recipes from scratch.
- Began a dried fruit program that has been extremely popular by offering dried out-of-season fruits as well as common staples—banana chips being the top seller.
- Lowered the overall sodium and fat levels in menu offerings.
- Increased ability to meet a broader variety of dietary needs for our patients.



### Additional Accomplishments:

- Implemented a successful composting program with cafeteria food waste.

MaineHealth

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

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