

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.

Waldo County General Hospital

Local Successes:

- Provided calories on all daily cafeteria menus, which have been appreciated by employees. It took a couple of weeks to catch up and get the calories listed for new recipes on the summer offerings. Employees were asking when calories would be back on the menu!
- Keep bowls full of fresh fruit by the cash register, which have become more and more popular with customers and staff.
- Serve a whole grain in the café every day.

Additional Accomplishments:

- Recognized in October 2014 by the Wellness Council of Maine for their efforts to promote healthy eating.



MaineHealth

Learn more at www.CheckPlusChoices.org

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