

# KEY CONSIDERATIONS FOR HEALTHY FOOD VENUE SERVICES

One of the incredibly important but often overlooked functions of hospitals is their role in providing healthy food options for their patients, employees and visitors. Hospitals are the pinnacle of health care for most communities and therefore influence individual behaviors of patients, staff, families, and visitors who rely on hospital food venues (cafeterias, vending machines, snack bars) to provide healthy and affordable food options. The COVID-19 pandemic has caused

many hospitals to re-evaluate how they are meeting the nutritional needs of their community and how they are meeting the financial needs for the hospital's continued operations.

The following flowchart offers key considerations for hospital food service providers along with quick resources to guide hospital management to provide healthy, accessible meals in a safe and sustainable manner.

## ENSURE MISSION ALIGNMENT

**Provide affordable meals that promote the health of patients, visitors and employees and secure senior leadership support for the mission**

CDC: Food Service Guidelines for Federal Facilities

CDC: Creating Healthier Hospital Food, Beverage and Physical Activity Environments

### COST CONSIDERATIONS

- Food sourcing (vendors, local suppliers)
- Consumer pricing
- Marketing, messaging promotion and positioning
- Portion size

#### QUICK RESOURCES

Best Practices for Financial Sustainability of Healthy Food Service Guidelines in Hospital Cafeterias

A Cost Management Model for Hospital Food and Nutrition in a Public Hospital

### ACCESSIBILITY & AVAILABILITY CONSIDERATIONS

- Food availability and seasonality
- Infection control
- Nutritional labeling
- Pre-packaged/grab-n-go

#### QUICK RESOURCES

Partnering with Food Service to Reduce Sodium: A Toolkit for Public Health Practitioners

COVID-19 Guidance for Food Workers & Food Establishments

Improving the Design of Nutrition Labels to Promote Healthier Food Choices and Reasonable Portion Sizes

### ACCOUNTABILITY & ENGAGEMENT CONSIDERATIONS

- Staff input and engagement
- Testing and evaluation
- Implementation

#### QUICK RESOURCES

CDC: Step-By-Step Guide to Using the Healthy Hospitals Food, Beverage and Physical Activity Environment Scans

Smart Food Choices: How to Implement Food Service Guidelines in Public Facilities

Whole System Approaches to Improving the Health and Wellbeing of Healthcare Workers: A Systematic Review

### ORGANIZATIONAL CONSIDERATIONS

- Geographical and cultural needs
- Centralized and decentralized decision making
- Staff size, safety and organization

#### QUICK RESOURCES

Creating Healthy Food and Eating Environments: Policy and Environmental Approaches

Dynamics of Implementation and Maintenance of Organizational Health Interventions

Hospital-based Strategies for Creating a Culture of Health