

# Beaumont<sup>®</sup>

Subject <b>GREEN POLICY: HEALTHY SUSTAINABLE FOOD</b>		No. <b>109</b>	Page <b>1 of 4</b>
Content Expert(s) <b>Nutrition Services/Green Team</b>	Prior Issue Date	Issue Date <b>04/01/14</b>	

## POLICY:

It is the policy of Beaumont Health System to create an environment that supports disease prevention, promotes attainment of optimal health and models healthful nutrition practices. Good nutrition is associated with the prevention of chronic diseases such as obesity, diabetes, heart disease, and cancer. Beaumont Health System will embrace healthy eating and sustainability measures when providing food and beverages to patients, visitors, staff, and physicians. Criteria for this policy are based on guidelines established by the USDA Dietary Guidelines for Americans, Academy of Nutrition and Dietetics, and the American Heart Association. This policy also supports the initiatives of the Healthy Food in Healthcare Pledge and Healthier Hospitals Initiatives to which Beaumont Health System has committed. Beaumont Health System will support and promote healthy food choices through education, communication, placement, and availability.

## PURPOSE:

Nutrition related chronic diseases are placing new demands on an already overburdened health care system, and taking their toll on human productivity and quality of life. The current large scale, industrial food system favors animal products and highly refined, preservative laden, calorie dense foods, rather than fresh fruits and vegetables, whole grains and other high fiber foods important for health. The way food is produced and distributed impacts the community's health and the environment in which they live.

As a responsible provider of health care services, Beaumont Health System is committed to the health of our patients, our staff and local and global community. We are aware that food production and distribution methods can have adverse impacts on public environmental health. As a result, we recognize that for the consumers who eat it, the workers who produce it and the ecosystems that sustain us, healthy food must be defined not only by nutritional quality, but equally by a food system that is economically viable, environmentally sustainable, and supportive of human dignity and justice. We are committed to the goal of providing local, nutritious and sustainable food.

## SCOPE:

This policy applies to food and beverages prepared, served, supplied, or reimbursed by Beaumont Health System, with the following exclusions as necessary:

- Patients
- Donor-sponsored events
- Community events
- Celebrations and recognition events
- On-site licensed/franchised services except as designated in contract

## DEFINITIONS:

**Guidelines** shall mean the current USDA Dietary Guidelines for Americans, Academy of Nutrition and Dietetics, and the American Heart Association, as amended from time to time.

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# Beaumont<sup>®</sup>

Subject <b>GREEN POLICY: HEALTHY SUSTAINABLE FOOD</b>		No. <b>109</b>	Page <b>2 of 4</b>
Content Expert(s) <b>Nutrition Services/Green Team</b>	Prior Issue Date	Issue Date <b>04/01/14</b>	
<b>DEFINITIONS: (Cont'd)</b>			
<b>Appropriate portion size</b> shall be the serving size for the identified food as designated by the United States Department of Agriculture, ChooseMyPlate.gov, as amended from time to time.			
<b>Nutritious foods</b> shall describe foods such as colorful fruits and vegetables, whole, fortified and fiber-rich grain foods, fat-free and low-fat dairy products and lean meats, poultry, fish, eggs, beans, and nuts.			
<b>my Healthier Choice</b> shall be defined by the following criteria for:			
<div>✓ <b>Retail Food Service Items per serving</b> ≤30% total kcal from fat The contribution of calories from nuts, seeds, olive oil and fatty fish may exceed guidelines. ≤ 2 gm. saturated fat 0 gm. industrial Trans fat Sodium &lt;500 mg per entrée, 300-350 mg side/dessert</div>			
<div>✓ <b>Snack Vending items per serving</b> Retail food service criteria plus ≤8 gm added sugar and ≥2 gm fiber</div>			
<div>✓ <b>Snack Selections for Gift Shops and Retail Food Service items per serving</b> Retail food service criteria plus ≤8 gm added sugar and ≥2 gm fiber</div>			
<b>Balanced menu</b> shall mean to decrease percentage of meat purchased by 20% over 2012 baseline year (Meat = beef, pork, poultry and lunch meat).			
<b>Healthy Beverage</b> shall mean water (filtered tap, unsweetened, 100% fruit-infused, seltzer or flavored); 100% fruit juice (optimal 4oz serving); 100% vegetable juice (optimal sodium less than 140 mg); milk (unflavored AND Certified Organic or rBGH-free); non-dairy milk alternatives (unsweetened); teas and coffee (unsweetened with only naturally occurring caffeine). Beverages should be locally sourced, sustainably produced and organic when possible (See Definitions for Local/Sustainable). Beverages should be dispensed by tap or fountain AND reusable beverage containers encouraged when possible.			
<b>Discretionary calories</b> shall mean the difference between the total established daily energy requirements and essential calories which is between 5-15% of total daily intake, between 100-300 calories. These items may be low-nutrient, calorie-dense foods and are not required to meet my Healthier Choice criteria.			
<b>Local-sustainable</b> shall mean			
<div>✓ <b>Local:</b> Farms, ranches and production/processing facilities located within a 250-mile radius of the Facility. (Note: For processed foods with multiple ingredients [e.g.: breads], the product must have the majority of ingredients [greater than 50% by weight] produced within the 250-mile radius.)</div> <div>✓</div> <div>✓ <b>Sustainable:</b> Approved to carry one or more of the following independent third party certified eco- labels: USDA Certified Organic, Food Alliance Certified, Rainforest Alliance Certified,</div>			

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# Beaumont<sup>®</sup>

Subject <b>GREEN POLICY: HEALTHY SUSTAINABLE FOOD</b>		No. <b>109</b>	Page <b>3 of 4</b>
Content Expert(s) <b>Nutrition Services/Green Team</b>		Prior Issue Date	Issue Date <b>04/01/14</b>
<p>Protected Harvest, Fair Trade Certified, Bird Friendly, Certified Humane Raised and Handled, Animal Welfare Approved, Salmon Safe, Marine Stewardship Council or other eco-label that has transparent and meaningful standards and independent verification processes; AND/OR Carries one of the following label claims allowed by USDA or FDA: "Raised without antibiotics" or "No antibiotics administered" (poultry and meat products); "Raised without antibiotics that cause antibiotic resistance in humans" (poultry); "Raised without added hormones" or "No hormones added" (beef and lamb only); "No genetically engineered ingredients" (products made from corn, soy, canola or their derivatives); "rBGH-free", "rBST-free", or a statement such as "Our farmers pledge not to use rBGH or rBST"/"Our farmers pledge not to use artificial hormones" (milk, butter, cheese, yogurt, ice cream, sour cream, cottage cheese); "Grass-fed" (products from ruminants such as beef cattle, dairy cattle, lamb).</p> <p><b>PROCEDURE:</b></p> <ol style="list-style-type: none"> <li>1. Menus are planned with nutritious foods in appropriate portion sizes and with the intent of meeting healthy eating guidelines based on individual item selection</li> <li>2. Individual food and beverage selections in retail food service areas will have the goal of meeting my Healthier Choice criteria 80% of the time.</li> <li>3. Whole grain options will be provided whenever available.</li> <li>4. Items meeting my Healthier Choice criteria will be identified and promoted through signage and placement.</li> <li>5. Calories, fat, and sodium content of food items will be labeled or available whenever possible.</li> <li>6. my Healthier Choice and other nutritious foods will be competitively priced.</li> <li>7. Healthy food preparation methods – baking, broiling, stewing and roasting will be utilized. Deep fried foods will not be available in retail food service areas.</li> <li>8. Foods and beverages providing discretionary calories are allowed in appropriate portion sizes, with education being provided regarding healthy choices and appropriateness of discretionary calories.</li> <li>9. Foods and beverages will be locally sourced and sustainably produced whenever possible and within budget requirements. Production processes are designed to avoid overproduction and minimize waste. If overproduction occurs and products meet quality standards, but they cannot be provided to patients or sold to retail customers, these products may be donated.</li> </ol> <p><b>OPPORTUNITIES:</b></p>			

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Content Expert(s) <b>Nutrition Services/Green Team</b>	Prior Issue Date	Issue Date <b>04/01/14</b>
<p>❖ <b>Retail Food Service Areas</b>          Menu item selections will have the goal of meeting my Healthier Choice guidelines 80% of the time          Menus will be planned with the intent of meeting the balanced menu challenge of the Healthier Hospitals Initiative          Beverage offerings will be selected with the intent of achieving 80% of healthy beverages purchased to meet the beverage challenge of the Healthier Hospitals Initiative          Food purchases will focus on local/sustainable food items with the intent of achieving 15% local/sustainable food purchases to meet the challenge of the Healthier Hospitals Initiative</p> <p>❖ <b>Vending</b>          Vending snack items will meet my Healthier Choice vending criteria 100% of the time          Vending beverage offerings will be selected with the intent of achieving 80% of healthy beverages purchased to meet the beverage challenge of the Healthier Hospitals Initiative</p> <p>❖ <b>Snack Selections for Gift Shops and Retail Food Service Areas</b>          Snack selections will meet my Healthier Choice snack criteria 80% of the time          Additional items allowed include:</p> <ul style="list-style-type: none"> <li>○ Dark chocolate items with nuts and/or dried fruit</li> <li>○ Packaged/boxed gift candy no smaller than ¼ pound</li> <li>○ Individual bite size/fun size/mini candies</li> <li>○ Bakes chips or pretzels that meet criteria</li> <li>○ Regular gum, mints, hard candy</li> <li>○ Sugar free gum, mints, hard candy</li> </ul> <p>❖ <b>Catering Events</b>          Menu item selections being purchased with Beaumont funds will have the goal of meeting my Healthier Choice guidelines 100% of the time. Additional items that do not meet criteria will be available for purchase with cash or credit card, and will not be reimbursable.          To the extent that low-nutrient, calorie dense food or beverage items are offered, such items must be offered in appropriate portion sizes          Limit offering food at mid-morning or mid-afternoon meetings or events, unless such meeting or event exceeds three hours          Internal catering services shall have the right of first refusal for all hospital sponsored catering events. Vendors used for any external catering must meet hospital established criteria.</p> <p>❖ <b>Common Employee Areas</b>          Encourage employees to bring in only healthy foods and beverages to share. Items used for employee fundraisers must meet the healthy food policy criteria.          Encourage use of non-food items for fundraisers and employee rewards and recognition.</p>		

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