

Northwell Health's Food Transformation Journey: *6 Months Later*

Teaching Kitchen Collaborative Meeting

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Northwell
Health®

Transforming Hospital Food



Our Transformation Journey

Organizational Commitment



The Northwell Health Food and Nutrition Commitment

Northwell Health has transformed the way we buy, cook and serve food throughout our organization to support the healing and well-being of our patients, team members and community, elevating the taste and quality of foods we serve. Food is our most basic way to maintain good health, prevent sickness and maximize clinical benefit. At Northwell, we see food as health, and as medicine.

As the largest healthcare system in New York State, and as obesity and chronic disease continue to escalate, we have an imperative to provide fresh, healthy, and great tasting food to the millions of lives we touch each year. We know that even small shifts in food choices over time, including environmental reinforcement, can support maintenance of healthy weights and reduce the risk for chronic disease.

Our goal is to change how people think about food.

The transformation of our nutrition environment is strategically focused on sourcing fresh products, reducing the amount of processed and frozen convenience foods served, and incorporating healthy, restaurant-quality cuisine that offers more nutritious and delicious choices that support health and healing for every community we serve.

We're committed to replacing freezers with refrigerators; removing fryers; and replacing sources of added sugar with healthier options. To further advance our goals, we have implemented the following initiatives:

Northwell Healthy Choice

Our nutrition criteria embrace national recommendations with delicious options available daily in our cafeterias, coffee shops, vending machines and catering. It is our pledge to serve food that tastes good, is good for you, and supports the environment.

- Northwell Healthy Choice options provide:
- Better quality calories. Better choices.
 - Whole foods. Minimally processed.
 - Fresh baked. Never fried.
 - More fiber. Less salt, less sugar and less saturated fat.
 - More water, seltzer and unsweetened beverages.

Chef Excellence

We are raising the bar for chef development, recruiting the future generation of chefs, applying hospitality industry practices to our food preparation, and celebrating the flavors of whole, fresh ingredients. Our registered dietitians are an integral part of the team to meet the healing and well-being needs of our patients, visitors and team members.

Education

We understand that healthy habits begin in the home. That's why we provide our communities with opportunities to learn how to prepare foods in healthy ways, taste new dishes, and learn about good nutrition throughout their lifespan. Our teaching kitchens are a popular, accessible tool to expand cooking confidence and learn about nutrition.

Community

We are assisting patients who have food insecurity by providing hospital-based access to emergency food, supporting their nutritional-related conditions, and helping them navigate government and community resources. We further extend our reach to our community through policy and collaborations with local organizations, farmers, farmers markets, and Community Supported Agriculture offerings.

Michael J. Dowling
Michael J. Dowling
President and CEO



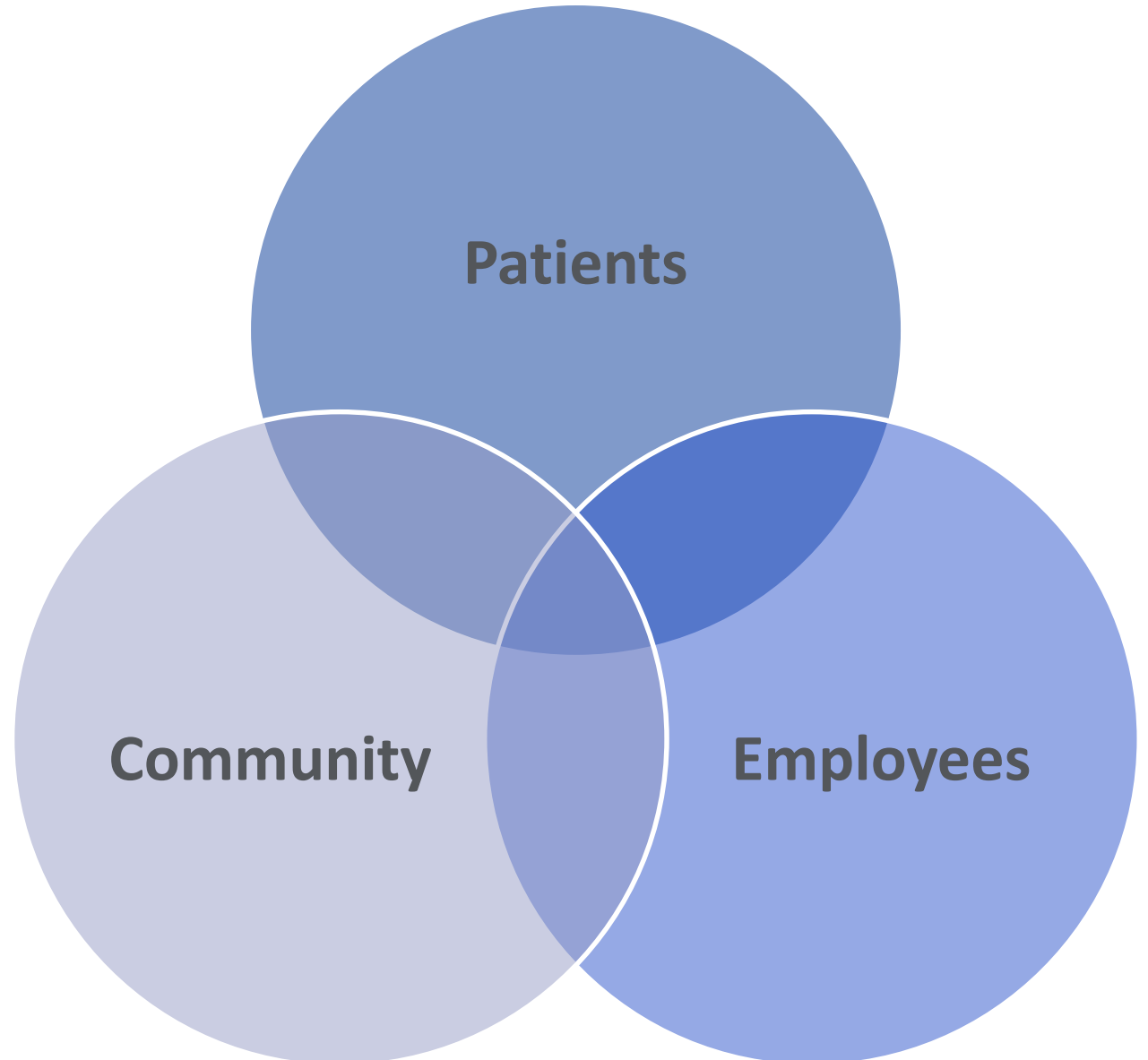
At Northwell Health, we are working to change health care for the better. The implementation of a comprehensive food and nutrition transformation is one of our key strategic commitments to keep our patients, team members and communities safe and well.

Goal: Change the Way People Think About Food

A Holistic Approach

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Chef Recruitment & Development

Highly Qualified Restaurant
& Hotel Chefs
*(including Michelin Star
credentials)*

Association with
CIA Externship Program &
Job Fair

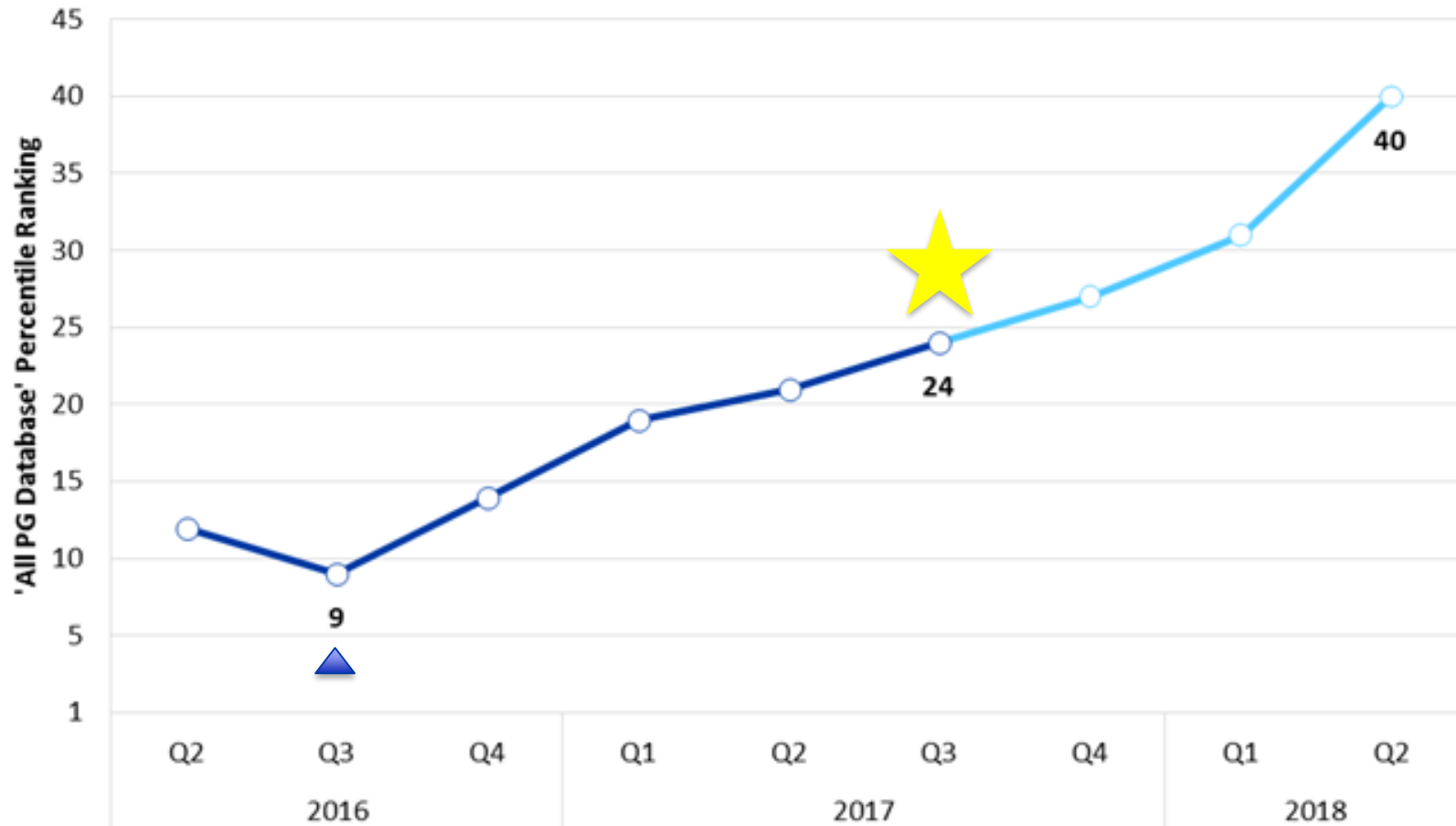
Teaching Kitchen
Collaborative



Results

(May '16 – June '18)

Northwell Health Quality of The Food

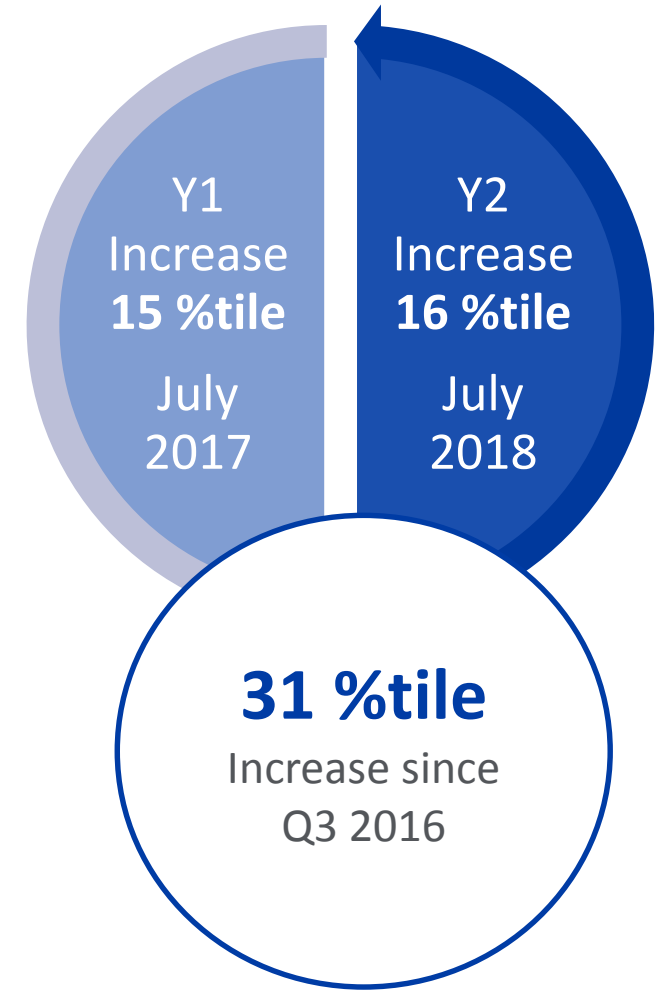


▲ = Change implementation

*Source: Press Ganey

*MTD values

*Surveys received through 8/20/18



Value-Added Purchasing

Managing Cost & Quality



Increased Healthy Fresh Purchases

75% increase Y/Y in fresh produce

Replacing canned/frozen purchases

100% sustainable seafood

99% ABF chicken

Eliminated all fryers



New Healthy Food Products

'Never Fried' Potatoes (incl. vegan varieties), Newly Created Healthy Muffins & Desserts (Vegan Varieties), Artisanal Breads/Bagels



New Healthy Minimum Quality Standards

Based upon NYC Healthy Hospital Food Initiatives

Managed Food Cost (Minimal Increases of 1.6%)

Food Is Health

LIJ Valley Stream: Pilot Program

Food Insecurity Stats:

1.3M people throughout NY Metropolitan Area

1/5 patients at LIJ Valley Stream

First hospital-based initiative in NYS to comprehensively address food insecurity among patients

Partnerships: Long Island Cares, Inc. – The Harry Chapin Food Bank, God’s Love We Deliver, US Foods and Baldor Food

Patient Screenings / Support Pairing (At No Cost):

Dieticians, Mobile Meals, Recipe Cards



Patient Story

