



Food and Nutrition Feasibility Study

University of California, Davis, Health System

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Prepared by:

The UC Davis Medical Center Department of Food and Nutrition Services

1. Introduction and Overview

Mission Statement

The Department of Food and Nutrition Services at the University of California, Davis, Medical Center (UCDMC) will strive to provide a high quality of nutrition and healthcare services to meet the requirements of our patients, guests, staff and community.

Management will provide an environment which promotes a high level of achievement by setting clearly defined management style, encouraging open communication and providing educational opportunities.

Our department will differentiate the University from its competitors by providing enhanced value through a well-trained, service-oriented team, using the Continuous Quality Improvement process. Our commitment will include sound cost management.

Commitment to Sustainability

The Department of Food and Nutrition Services at UCDMC is committed to meeting our mission and the goals of the University of California Policy on Sustainable Practices.

Core Sustainability Goals:

- Source local and sustainable products;
- Save water and energy;
- Reduce Waste;
- Educate our community about green living practices.

2. UC Davis Medical Center at a Glance

The Department of Food and Nutrition Services at UCDMC is part of a 613-bed academic medical center that serves a 65,000-square-mile area that includes 33 counties and 6 million residents across Northern and Central California. The acute-care teaching hospital maintains an annual budget of roughly \$1 billion.

With more than 6,500 employees, UCDMC provides vital care to more than 200,000 patients every year, admitting 25,000 patients for extended care and handling more than 900,000 visits. The medical center's emergency room sees an average of 150 patients every day.

UC Davis Medical Center is a complex, tertiary and quaternary care academic medical center which clinical practice, teaching and research converge to advance human health. Centers of excellence include the UC Davis National

Cancer Institute-designated Cancer Center; the region's only level 1 pediatric and adult trauma center; the UC Davis M.I.N.D. Institute, devoted to finding treatments and cures for neurodevelopment disorders; and the UC Davis Children's Hospital, the only comprehensive children's hospital in the Sacramento region. It further extends its reach through the award-winning telemedicine program, which gives remote, medically underserved communities throughout California unprecedented access to specialty and subspecialty care.

3. Food and Nutrition Services at UC Davis Medical Center

The Department of Food and Nutrition Services at UCDMC is responsible for patient meal services, four retail food outlets, and catering. The department is not contracted out and is self-operating.

- Food and Nutrition Services provides an average of 1800 patient meals daily. In addition to patient meals, snacks, tube feedings, and oral nutrition supplements are provided to patients.
- Being a tertiary-care center, our patients are complex, and come from a very diverse and wide geographic area.

Retail Services

Four Retail Food Service outlets are located on the UCDMC campus. These outlets serve faculty, staff and visitors with the Main Medical Center Café operating 365 days a year from 24 hours every day. Retail Services on average processes 5,000 transactions a day and have annual sales of \$3.6Million. Retail is made up of four outlets: the Main Café, the Ambulatory Café, the Medical Education Café and the M.I.N.D Cafe. Nutrition and Food Services also has administrative oversight of one retail coffee Kiosk, Black Rhino, in the Main Hospital.

Catering Services

Food and Nutrition Services also operates the UCDMC catering department, with gross income of around \$756,000 per year. The majority of the catering business comes from the UCDMC campus, with the remainder coming from the UC Davis campus and a few private, off-campus events. The catering department is managed by the UCDMC Food and Nutrition Services Department.

Procurement (2009)

\$4 million in annual purchases from all food service vendors.

Food Commodities	Purchases
<i>Meat, Poultry & Fish</i>	\$687,650
<i>Fruits and Vegetables</i>	\$455,070
<i>Groceries</i>	\$691,298
<i>Baked Goods</i>	\$398,880
<i>Dairy(including cheese)</i>	\$363,586
<i>Tube Feedings</i>	\$154,506
<i>Beverages</i>	\$582,701
Total Food	\$3,333,691

Non-Food Commodities	Purchases
<i>Paper Supplies</i>	\$338,088
<i>Cleaning and dish-washing chemicals</i>	\$56,711
<i>Equipment & Supplies</i>	\$144,770
<i>Employee Apparel</i>	\$34,928
<i>Other Supplies</i>	\$91,812
Total Non-Food	\$666,309

Summary of Current Green Procurement Practices

- High percentage of Low Carbon Foot Print food items are being purchased by the department;
- Local Seasonal Farmers Market Stand provided for Staff and Visitors at UCDCMC;
- The department has increased the amount of Low Carbon Foot Print prepared food items for UCDCMC Retail Food areas;
- Increased purchases of locally grown produce.

4. Current Best Practices

Food and Nutrition Services has implemented many sustainable practices in the areas of Procurement, Operations, Waste Reduction, Education and External Outreach.

Waste Management Reduction Initiatives

- Cardboard recycling;
- Plastic bottle and Aluminum can recycling;
- Converted to China Dishware from disposable products for patient services;
- Wi-Fi Temp Tracking System installed to enhance refrigerator maintenance and reduce energy waste.

Community, Culture and Education and Facts

- Informational table tents related to Healthy Eating and Healthy Living;
- Department provides speakers and professional resources to community based events;
- Annual Community Nutrition Project at Sacramento High School;
- Nagoya Women's University program, International Education and Professional Program;
- Educational signage providing UC Davis Healthy Choices Nutritional information for all Retail areas, so patrons can make informed food choices;
- Dietetic Internship Program;
- National Nutrition month.

Environmental Stewardship

- Fair Trade Pachamama Coffee program;
- Java City Coffee, Fair Trade, Rainforest Alliance and Relationship Coffee.

5. Sustainability Goals

PROCUREMENT SHORT TERM GOALS (0-2 years)

Goal 1: Identify and establish a tracking system for both sustainable and non-sustainable food purchases;

Goal 2: Begin developing and populating procurement metrics;

Goal 3: Create seasonal menus that increase the use of local and or sustainable products;

Goal 4: Procure sustainable foods for 2-5 percent of total food purchases.

PROCUREMENT INTERMEDIATE GOALS (2-5 years)

Goal 1: Procure sustainable foods for 5-10 percent of total food purchases;

Goal 2: Reduce use of food stuffs with a large carbon footprint;

Goal 3: Create a seasonal menu that uses local and sustainable foods;

Goal 4: Investigate the economic feasibility of purchasing sustainable food for 20-30 percent of total food purchases.

PROCUREMENT LONG TERM GOALS (5-10 years)

Goal 1: Procure sustainable foods for 30 percent of total food purchases

Goal 2: Incorporate social justice guidelines in food procurement decisions.

OPERATIONS SHORT TERM GOALS (0-2 years)

- Goal 1:** Implementation of the food waste diversion programs and educational Campaign;
- Goal 2:** Divert 5- 10 percent of food waste;
- Goal 3:** Develop sustainability guidelines for kitchen equipment;
- Goal 4:** Expand the use of sustainable cleaning chemicals, ware washing products, and hand soaps in all operations;
- Goal 5:** Explore the use of third-party “green business” certifications for sustainable dining operations.

OPERATIONS INTERMEDIATE GOALS (2-5 years)

- Goal 1:** Divert 25-50 percent of food waste.

OPERATIONS LONG TERM GOALS (5-10 years)

- Goal 1:** Divert 80 food wastes by 2020.

EDUCATION & EXTERNAL OUTREACH SHORT TERM GOALS (0-2 years)

- Goal 1:** Implement a food waste diversion program and educational campaign.
- Goal 2:** Increase participation in the UC Sustainable Foods Working Group.

EDUCATION & EXTERNAL OUTREACH INTERMEDIATE GOALS (2-5 years)

- Goal 1:** Create a labeling system to highlight sustainable food choices for diners.
- Goal 2:** Demonstration Projects

Project 1

Join the Real Food Challenge, a campaign designed to use the purchasing power of colleges and universities to transform the food system into a more sustainable and just system. The challenge calls for participating campuses to redirect 20 percent of all food purchases towards “real food” by 2020. Real food falls under four categories: local, fair, ecologically sound, and humane. See the Real Food Challenge website for details (www.realfoodchallenge.org).

6. UC Davis Medical Center Food and Nutrition Services Commitment

The Department of Food and Nutrition Services at the UC Davis Medical Center is committed to meeting the mission and goals of the Presidents Policy on Sustainable Practices. We will strive to provide faculty, staff, patients and visitors with local and sustainably-produced foods wherever possible. We vow to reduce our impact on the environment by:

- reducing long distance transportation of foods;
- increasing support for local and organic farms;
- reducing waste;
- increasing composting and recycling;
- increasing support for local businesses;
- reducing pollution from pesticides and other harmful chemicals.

7. Definitions

- ❖ Local food (LEED) – food grown and harvested within 100 miles.
- ❖ Local food (STARS) – food grown and harvested within 150 miles.
- ❖ Local food (UCSF) – food grown and harvested within 250 miles.
- ❖ Sustainable food (UC System wide) – food that meets one or more of the following criteria per UC Policy:
 - Locally Grown;
 - Fair Trade Certified;
 - Domestic Fair Trade Certified;
 - Shade-Grown or Bird Friendly Coffee;
 - Rainforest Alliance Certified;
 - Food Alliance Certified;
 - USDA Organic;
 - AGA Grass-fed;
 - Pasture Raised;
 - Grass-finished/100% Grass-fed;
 - Certified Humane Raised & Handled;
 - Cage-free;
 - Protected Harvest Certified;
 - Marine Stewardship Council;
 - Seafood Watch Guide “Best Choices” or “Good Alternatives;”
 - Farm/business is a cooperative or has profit sharing with all employees;
 - Farm/business social responsibility policy includes (1) union or prevailing wages, (2) transportation and/or housing support, and (3) health care benefits;
 - Other practices or certified processes as determined by the campus and brought to the.
- ❖ Compostable product – a product that will degrade in a commercial composting facility in 180 days or less according to American Society for Testing and Materials (ASTM) International Standards 6400 or 6868.
- ❖ Biodegradable product – a product that will break down completely by microorganisms into carbon dioxide, water and biomass; no food service industry standard for this term exists at this time.