

**UC Irvine Health**  
**Annual Foodservice Sustainability Report**  
**Fiscal Year 2013-2014**  
**August 2014**

Prepared by:

UC Irvine Medical Center

Department of Food and Nutrition Services

## **Introduction**

The Food and Nutrition department at UC Irvine Medical Center is committed to improve the quality of life for all those that we serve within our community. We accomplish this by providing high quality food service, nutrition care, by providing health and wellness education and focusing on sustainability, the environment and social responsibility.

## **Commitment to Sustainability**

Our department is committed to meet or exceed the mission and the goals of the University of California Policy on Sustainable Practices. We strive to reduce our impact on the environment by:

- Sourcing local and sustainable products
- Reducing waste and Increasing recycling
- Reducing water and energy consumption
- Supporting Community Education

## **UC Irvine Medical Center at a Glance**

UC Irvine Medical Center located in Orange, California is a 411-bed acute care hospital providing tertiary and quaternary care, ambulatory and specialty medical clinics, behavioral health and rehabilitation. It is the only Level 1 trauma center and Level II pediatric trauma center in the region. It is the primary teaching location for UC Irvine School of Medicine. *U.S. News and World Report* listed UC Irvine Medical Center among America's Best Hospitals for the 14<sup>th</sup> consecutive year in 2014.

There are approximately 4,800 employees at UC Irvine Medical Center providing care to our community. By the numbers: 561,021 emergency room, hospital and physician clinic visits, 19,243 patient admissions.

## **Food and Nutrition Services at UC Irvine Medical Center**

The Department of Food and Nutrition Services at UC Irvine Medical Center is responsible for patient clinical nutrition and meal services, the operation of the staff and visitor dining room and catered services.

- 1000 patient meals served per day (inpatient/outpatient)

- 3500 daily retail transactions, \$3.6 million in annual sales
- Catering sales: \$468,530. Annually

### Food and Nutrition Procurement (Fiscal 14)

Category	Total Food Purchases	Sustainable Food Purchases	Total % Sustainable
Meat, Egg, Cheese	\$1,155,587.	\$96,492.	
Milk	\$178,197.	\$122,956.	
Groceries	\$1,312,305.	\$155,129.	
Produce	\$532,911.	\$177,992.	
Beverage	\$750,304.	\$71,310.	
<b>Total</b>	<b>\$3,929,304.</b>	<b>\$623,879.</b>	<b>15.87%</b>

### Percentage of Sustainable Food Purchases (year over year)

Fiscal Year	% Sustainable Purchases
2013-14	15.9%
2012-13	15.2%
2011-12	13.1%
2010-11	12.3%
2009-10	6.1%

### Summary of Sustainable Food Purchases

- All Fluid milk comes from cows that are locally raised, handled and distributed. Cows and milk are rbST and antibiotic free
- We offer organic yogurt in our retail operation and to patients
- Our Retail operation offers Coffee and Tea's that are Organic and Fair-Trade certified. We use Rainforest Alliance Certified coffee for catering services
- We proudly serve Cage Free Eggs, both in shell form and liquid
- Much of our produce is Locally Grown and to highlight "in season" produce we offer seasonal menu options

### Waste Reduction and Increasing Recycling

- Cardboard recycling
- Paper shredding and recycling in cooperation with Good Will

- Plastic bottle and Aluminum can recycling in cooperation with the Orange County Conservation Corps.
- Mixed recycling (plastic, tin cans, packaging, etc.)
- Organic (fruit and vegetable scraps, food waste) recycling
- Used frying oil is recycled and used to make biofuel by a local vendor
- Wi-Fi Temperature maintenance system installed house-wide to monitor nourishment refrigerators, enhancing food safety and refrigerator maintenance, reduce energy and food waste

## **Reduce Water and Energy Consumption**

Energy and water audits were coordinated by our Facilities department and conducted by 3<sup>rd</sup> party consultants. Opportunities were identified and are under review and consideration

## **Community Education**

- Introduction of Sodexo's Mindful program that focuses on wellness, healthy lifestyle, balanced nutrition and tasty meal options. The Mindful website: <https://mindful.sodexo.com> offers recipes, nutrition information, ask a dietitian, fitness apps, the ability to form groups or forums, games and daily sweepstakes
- Mindful recipes are offering in the dining room and through catering.
- Mindful tips for living a healthy lifestyle, making good food choices and eating well are also available in the dining room
- We offer MyFitnessPal to list our recipes with nutritional information, the website and app offers tools and support to help everyone reach and maintain their weight goals. Some of our menu items have a barcode that can be used with the MyFitnessPal app to quickly and easily display the items nutritional information
- Icons are used throughout the dining room serverly to designate: Mindful, Vegan, Vegetarian, Gluten-Free, etc.
- Clinical Nutrition Dietitians are available to speak and provide professional resources to the community
- Dietetic Internship Program
- Coordinate with UC Wellness department various staff and community events that include World Food Day, Wellness Fairs, that include Farmers Markets and Nutrition informational booths