Food and Nutrition Annual Sustainability Report for Fiscal Year 2013-2014

University of California, Davis, Health System

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The UC Davis Health System 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 and UC Davis Health System 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 UC Davis Health System 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;
   - Support Community Education and green living practices.

2. **UC Davis Health System at a Glance**

   The Department of Food and Nutrition Services at UC Davis Health System is part of a 619-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 10,167 part-time and full time staff, 795 students, 969 Residents and Fellows and 1,333 full time and part-time Faculty and other academic staff. UC Davis Health System had 954,980 patient admissions, ER visits and clinic visits this past year.
UC Davis Health System is a complex; tertiary: and regional care academic Health System where 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 Health System**

The Department of Food and Nutrition Services at UC Davis Health System 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 1400 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 environment and wide geographic area.

**Retail Services**

Four Retail Food Service outlets are located on the UC Health System campus. These outlets serve faculty, staff and visitors with the Pavilions Health Systems Café operating 365 days a year, 24 hours every day. Retail Services on average processes 11,000 transactions a day and had sales of $4,474,619 million dollars for Fiscal year 2013-2014. Retail is made up of four outlets: the Pavilion Café, Ambulatory Care Café, Medical Education Building Café and M.I.N.D Cafe. Food and Nutrition Services also has administrative oversight of one retail coffee Kiosk, Black Rhino, in the Main Hospital, as well as all vending machines.

**Catering Services**

Food and Nutrition Services also operates the UC Davis Health System catering department, with gross income of approximately. $1,126,831 for Fiscal year 2013-2014. The majority of the catering business comes from the UC Davis Health System campus, with the remainder coming from the UC Davis campus and a few private, off-campus events.
**Procurement (2013-2014)**

Food and Nutrition Services had $5.1 million dollars in annual purchases from all food service vendors for Fiscal year 2013-2014. Listed below are the Food and Supply purchases for Fiscal year 2013-2014. Also listed are the sustainable purchases by Food and Nutrition Services for Fiscal year 2013-2014.

<table>
<thead>
<tr>
<th>Food Commodities 2013-2014</th>
<th>Purchases</th>
</tr>
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<tbody>
<tr>
<td>Locally Grown</td>
<td>$226,998</td>
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<tr>
<td>Locally Raised, Handled and Distributed</td>
<td>$220,992</td>
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<tr>
<td>Domestic Fair Trade Certified</td>
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<td>USDA Organic</td>
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<td>Certified Humane Raised &amp; Handled</td>
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<tr>
<td>Seafood Watch Guide “Best Choices”</td>
<td>$36,481</td>
</tr>
<tr>
<td>or “Good Alternatives”</td>
<td></td>
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</tbody>
</table>

Total Food: $788,852

Total Food purchases 2013-2014 Fiscal year: $3,942,032

Total percentage of sustainable food purchases for 2013-2014 was 20.01 percent.

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**Current Practices**

UC Davis Health System

Food and Nutrition Services

**PROCUREMENT FOR FISCAL YEAR 2013-2014**

**Current Practices**
With the assistance of US FOODS, sustainable vendors, sustainable products and sustainable supplies have been identified in the departments purchasing system. This system greatly enhances the department’s ability to track sustainable purchases. Since the department’s transition 4 years ago to the SESP Pavilion retail venue, a greatly enhanced seasonal menu has been implemented. The seasonal menu has allowed the department to purchase increased amounts of sustainable food products. Food and Nutrition Services continues to develop systems and opportunities to meet the department’s goal of increasing sustainable purchases of food products. The Food and Nutrition Services department continues to work with vendors to identify purchased food products that are currently being purchased that meet the UC definitions of sustainable food purchases. Potential new sustainable food items are also continuously evaluated for possible procurement. Currently Food and Nutrition Services is currently meeting the goal for year 2013-2014

**Summary of F & NS Sustainability Practices**

- Increased the purchasing of Certified Humane Raised and handled food products which have helped in increasing sustainable purchases.
- The department has continued to increase production of the food items using sustainable ingredients, for the Retail Food areas, this past fiscal year.
- In 2012, the department began purchasing Organic Sundried Tomatoes that are grown on the UC Davis Campus and processed by Culinary Farms Inc., located near the campus.
- In 2012, the department began offering Wallaby Organic Yogurt to patients and retail customers.
- In 2013 the Food and Nutrition Department converted the majority of the departments Paper Supply purchases to World Centric. Since 2009, World Centric has offset all its carbon emissions from raw material to delivery, given at least 25% of its profits to grassroots social and environmental organizations and offered discounts to schools and non-profits. World Centric became a certified B-Corp in 2010. B Corps are certified by the nonprofit B Lab to meet rigorous standards of social and environmental performance, accountability, and transparency. Their mission, vision and values have stayed the same since their founding - to make a difference and create a more just and sustainable world.
- In 2013-2014 Food and Nutrition increased the amount of fish options in both the retail and Patient Services area. Organic flax seed has also been added to many recipes to increase the fiber contact for patients. The department implemented the purchasing of Cage Free eggs in 2013-2014.
**Summary Environmental Stewardship**

The UC Davis Health System Food and Nutrition Services Department has met department goal for 2013-3014

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

4. **Sustainability**

**PROCUREMENT INTERMEDIATE GOALS (2012 - 2015)**

**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 (2015 - 2020)**

**Goal 1:** Procure sustainable foods for 20 percent of total food purchases
**Goal 2:** Incorporate social justice guidelines in food procurement decisions.

**Summary of UC Davis Health System WASTE DIVERSION for fiscal year 2013-2014**

The UC Davis Health System Food and Nutrition Services Department has met department goals for Fiscal Year 2013-2014

- Cardboard recycling;
- Converted many grab and go packaged items to retail self-serve bars to reduce waste created by the PET containers.
- Frying oil is recycled and reused by commercial vendor.
- Plastic bottle, PET food containers and Aluminum can recycling.
- Wi-Fi Temp Tracking System installed to enhance refrigerator maintenance and reduce energy waste.
- Conversion of all Patient Services and Retail Services disposable ware to either Compostable or Recyclable products.
- Waste collection systems are located in all retail and Food and Nutrition
Services and production areas of the Department. Compostable, recyclable and food waste are being streamed into the UC Davis Health System waste diversion system.

2014 UCD Health System Annual (Thank Goodness for Staff) and Diversity Lunch

At this annual event UC Davis Health System Food and Nutrition Services prepares and serves a BBQ theme lunch to over 6000 attendees. Food and Nutrition Services, UCDHS Environmental Services department and INALLIANCE, an organization that provides employment opportunities that contribute to the independence of adults with developmental disabilities and acquired brain injuries, provided a sorting system that captured about 40 percent of the compostable food containers, food waste and recyclable items from this year’s event.

Energy Efficient Systems and Equipment

An energy audit was completed by Fisher-Nickel, Inc. an energy consulting service. Opportunities were identified by the audit and Food and Nutrition Services has begun to implement identified opportunities.

- In 20012 Exhaust Hoods in the Main Pavilion kitchen have been modified to increase energy efficiency by 30 percent.
- In 2012 2 Boiler less Energy Star rated Steamers were purchased and installed at Ambulatory Care Retail Kitchen.
- In 2013-2014, 2 Boiler less Energy Star rated Steamers were purchased for the Pavilion retail area.
OPERATIONS INTERMEDIATE (2012 - 2015)

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

**Goal 2:** Implement a Farmers Market on the UCDHS campus for staff and Community

**Goal 3:** Implement a Food and Nutrition Services Energy Audit to identify potential energy and resource reductions.

**Goal 4:** Create a dedicated department or UCDHS waste stream sorting program

EDUCATION & EXTERNAL OUTREACH INTERMEDIATE GOALS (2012 - 2015)

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

**Goal 2:** Demonstration Projects

**Goal 3:** Hours of Community Education.

**Goal 4:** Participating in the Healthcare Without Harm

OPERATIONS LONG TERM GOALS (2015 - 2020)

**Goal 1:** Divert 80 percent of food wastes by 2020.

The UC Davis Health System Food and Nutrition Services Department has met its goals for 2013-14. The department has participated at a very high level to educate staff and the community this past year.

**Summary of Community, Culture and Education and Facts**

- Nutritional Binders are located in all retail areas for customers with nutrition facts, ingredient and allergen information.
- Healthy Choices Placards are located throughout the retail areas to assist
customers in making healthy food choices.

- Informational table tents related to Healthy Eating and Healthy Living.
- Department provided speakers and professional resources to community based events: Health Fair at Raley Field with Sacramento Republic FC
- Lung Cancer Support Group
- Hospice Memorial Service-Name Reader, Survivorship Presentation
- General Nutrition to Rocklin Lincoln Girl Scout Group, Girl Scout/Daisy group Folsom California
- “Healthy Eating and beverages” Bariatric Fashion Show
- Bariatric Support Group meetings
- Bariatric cooking demo
- “Back to School Lunches” UCDMC Staff, Health Fair, Sacramento Costco
- UC Davis Fall Convocation, “Becoming a RD and healthy eating”.
- “Healthy snacking” teenagers at St Paul Baptist Church
- Wellness program “Locavore Diet”
- “Sports Nutrition Concepts and Controversies” IC Davis Exercise and Physiology
- “Optimizing Your Soccer Performance Through Nutrition” Sacramento Area Boys Soccer Club
- Sports Nutrition Overview, UC Davis Interns, “Exercise Nutrition” “Latest and Greatest Trends” Cushman Wakefield Cycling Team, Walnut Creek, California
- “Registered Dietitian’s Perspective on Weight Management” School of Nursing, UC Davis
- “Nutrition Strategies to Optimize the Athlete in Everyone” Fundamentals of Exercise Programs” KIN 152A, CSU Sacramento
- “Sports Nutrition, Concepts and Controversies” Northern Area Dietetic Association, Sacramento
- UCDMC Farmers Market, Healthy Holiday Food Drive
- Sacramento Republic FC UCDMC Night
- “Wear Red Day” Heart Healthy
- UCDMC Wellness program on “Health benefits and preparation of beans”, Nagoya Women’s University program, International Education and Professional Program
- Dietetic Internship Program.
- National Nutrition month.
- The retail venues discontinued the practice of bundling Fountain Sodas with Combo meals
- “Healthy Food in Health Care Pledge”
Food and Nutrition Services Dietitians participated at many UC Davis Health System events such as the weekly UC Davis Health System Farmers Market providing nutrition education.
UC Living Fit

UC Living Fit is a sustainable fitness and wellness program for employees looking for a permanent lifestyle change. Food and Nutrition Services has supported this program since its inception to provide healthy nutrition education to the program's more than 800 participates.

UC Davis Health System Farmers Market

The UC Davis Health System Farmers Market opened May 16, 2013. The market is now in its second year of existence. The Market is held every Thursday and is open from May to early November. The market offers farm-fresh produce, artisan cheeses, grass-fed beef, free range eggs and many other specialty items. UC Davis Health System Staff provide wellness information and health activities. The market's original plan called for 15 vendors each Thursday, but due to its popularity the participating Vendors has increased to 30 vendors weekly at the market. The outlying community
around the UC Davis Health System Campus is also patronizing the market at a very high level. The market is operated by BeMoneySmartUSA, a local nonprofit specializing in providing youth with financial, business and career-education programs. A portion of the proceeds from the market supports financial literacy programs for local students. This year the UC Davis Family Practice Clinics received a grant to provide prescriptions for low income patients to incorporate fresh fruits and vegetables into their diet. The prescription allows the patient to receive twenty dollars’ worth of fresh fruits and vegetables from the Farmers Market at no cost to the patient.

5. UC Davis Health System Food and Nutrition Services Commitment

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

- reducing long distance transportation of foods and supplies;
- 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.
6. **Definitions**

**H. Sustainable Foodservices**

Campuses and Medical Centers

1. Campus and Medical Center foodservice operations subject to this *Policy* shall include both self-operated and contract-operated foodservices.

2. In the context of this *Policy*, sustainable food is defined as food and beverage purchases that meet one or more of the criteria listed below, which are reviewed annually by the UC Sustainable Foodservices Working Group (under the UC Sustainability Steering Committee).

   i. Locally Grown\(^\text{11}\)
   
   ii. Locally Raised, Handled, and Distributed
   
   iii. Fair Trade Certified\(^\text{12}\)
   
   iv. Domestic Fair Trade Certified
   
   v. Shade-Grown or Bird Friendly Coffee
   
   vi. Rainforest Alliance Certified
   
   vii. Food Alliance Certified
   
   viii. USDA Organic
   
   ix. AGA Grassfed
   
   x. Grass-finished/100% Grassfed
   
   xi. Certified Humane Raised & Handled
   
   xii. American Humane Certified
   
   xiii. Animal Welfare Approved
   
   xiv. Global Animal Partnership (steps III, IV, V)
   
   xv. Cage-free

\(^{11}\) Resulting from regional constraints, campus definitions of "Locally Grown" and "Locally Raised, Handled, and Distributed" may vary; however, "Locally Grown" and "Locally Raised, Handled, and Distributed" distances shall not exceed 500 miles.

\(^{12}\) Fair Trade Certified products must be third party certified by one of the following: IMO Fair For Life, Fairtrade International (FLO), Fair Trade USA. **University of California – Policy**
xvi. Protected Harvest Certified

xvii. Marine Stewardship Council

xviii. Seafood Watch Guide “Best Choices” or “Good Alternatives”

xix. Farm/business is a cooperative or has profit sharing with all employees

xx. Farm/business social responsibility policy includes (1) union or prevailing wages, (2) transportation and/or housing support, and (3) health care benefits

xxi. Other practices or certified processes as determined by the location and brought to the Sustainable Foodservices Working Group for review and possible addition in future Policy updates.

3. With the goal of achieving 20% sustainable food purchases, all Food Service Operations should track and report annually the percentage of total annual food budget spent on sustainable food.

4. If cost effective, each campus and Medical Center will certify one facility through a third-party green business certification program through one of the following: (1) city or county’s “green business” program, (2) Green Seal’s Restaurants and Food Services Operations certification program, or (3) the Green Restaurant Association certification program.

5. Campuses, Medical Centers, and retail foodservice operations will provide an annual progress report on these goals. Annual reports should include the individual campus and Medical Center’s goals as well as the progress and timelines for the programs being implemented to reach those goals.

6. Campuses and Medical Centers are encouraged to form a campus-level foodservices sustainability working group to facilitate the campus goal setting and implementation process.

7. The stakeholders who are involved with the implementation of the Sustainable Foodservice section of this Policy will participate in a system-wide working group to meet, network and to discuss their goals, best practices, and impediments to implementation.

8. Campuses and Medical Centers are encouraged to implement training programs for all foodservice staff on sustainable foodservice operations, as well as, where applicable, on sustainable food products being served to patrons, so that staff can effectively communicate with the patrons about the sustainable food options.

9. Campuses and Medical Centers are encouraged to participate in intercollegiate and national programs that raise awareness on dietary health, wellness and sustainability (e.g. the MyPyramid.gov Corporate Challenge and the Real Food Challenge).

University of California – Policy
10. Campuses and Medical Centers are encouraged to develop health and wellness standards for food service operators, including eliminating the use of trans-fat oils or products made with trans-fat.

11. Campuses and Medical Centers are encouraged to undertake additional initiatives that encourage healthy and sustainable food services operations. Examples include tray-less dining, beef-less or meat-less days, and preservative minimization programs.