

# Thomas Jefferson University Hospital, Pennsylvania

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It started in 2006 with a Healthy Customers, Healthy Profits seminar highlighting the hottest trends including sustainability. It opened our eyes to new possibilities and motivated us to attend subsequent conferences and roundtables to learn as much as we could.

In May 2007, we signed the Healthy Food in Health Care Pledge. In planning for this, we sat down as a team to create a comprehensive plan. We documented current accomplishments, along with our future goals related to each recommendation. We continue to utilize the Pledge recommendations as our guideline to keep us focused and organized. This 8-page working document took some time to put together, but has become a useful tool that we refer to regularly and periodically update.

In June we attended FoodMed 2007 which was another eye-opener. We were so excited to see what others were accomplishing across the country, and couldn't wait to expand our program. Having support from key individuals has enabled us to put sustainable principles into practice. Since November 2006, Lindsay Gilmour, Farm to Institution Project Manager for Fair Food, A Program of The White Dog Community Enterprises, and Dianne Moore, Manager for Healthy Food in Healthcare, Women's Health and Environmental Network have been and continue to be key resources for us. This program could not be successful without the support we have received from local vendors and our community involvement.

We are grateful for the support from Hospital Administrators and key physicians. The efforts from our management team have enabled us to enjoy healthier menus that support the incorporation of locally produced seasonally available foods.

And we have only just begun!



Framed copy of Pledge for display

28 Menu of Change: Healthy Food in Health Care

Excerpted from "Menu of Change: Healthy Food in Health Care"; 2008 □

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