



# Scripps

Scripps Memorial Hospital Encinitas

Scripps Green Hospital

Scripps Memorial Hospital La Jolla

Scripps Mercy Hospital

Chula Vista Campus

San Diego campus



# 5 Locations in San Diego

## From Encinitas to Chula Vista

35miles



### We're Here for You.

With Scripps, you have access to a comprehensive network of more than 2,600 physicians in over 50 specialties. In fact, we have 24 outpatient centers and five hospital campuses throughout San Diego County. And with three urgent care centers and four emergency departments, you can get care when, and wherever you need it. So whether you're at home, work or the baseball field, we're here for you.

### LEGEND

- ★ Scripps Health Corporate Office
- A** Scripps Memorial Hospital Encinitas
  - Scripps Center for Integrative Medicine
  - Scripps Translational Science Institute
  - Scripps Clinical Research Center
  - Scripps Cardiovascular and Thoracic Surgery Group
- C** Scripps Memorial Hospital La Jolla
  - Scripps Drug and Alcohol Treatment Program
  - Scripps Whittier Diabetes Institute
  - Scripps Center for Executive Health
  - Scripps Polster Breast Care Center
  - Scripps Mericos Eye Institute
  - Scripps Cardiovascular and Thoracic Surgery Group
- D** Scripps Mercy Hospital, San Diego
  - Mercy Clinic
  - Scripps Mercy Surgery Pavilion
  - Scripps Cardiovascular and Thoracic Surgery Group
- E** Scripps Mercy Hospital, Chula Vista
- Scripps Clinic
- Scripps Coastal Medical Center
- ▲ Well Being Center
- ▲ Scripps Home Health Care



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# 5 Locations in San Diego

## What we did

- ❖ Executive Support on philosophy
- ❖ Educate staff through Marketing on Eat Well philosophy for Scripps
- ❖ Provide Healthy tips in the Cafeteria Through signage and handouts.
- ❖ Horizontal alignment across our organization to redesign workflows and processes, Food and Nutrition team improve the efficiency and functionality of our hospital cafeterias.
  
- ❖ The new system-wide menu will offer the same food options at each site, based on space.
- ❖ New **Eat Well** items will be promoted at a lower cost.
- ❖ Nutritional values will now be available for most items.
- ❖ “Smart sizing” products including desserts will be available to encourage healthy portions.
- ❖ “Rethink Your Drink” is a new program aimed at education regarding healthy beverage choice
- ❖ Only “Better for you Chips” for sale in cafes
- ❖ Introducing “Fryless Fridays”! A weekly, healthy alternative to deep-fried fare.
- ❖ Standardized Signage and Pricing
  
- ❖ CBORD Point of Sale at all hospitals
- ❖ Payroll deductions and Credit Card option now available at all sites.
- ❖ Market “Eat Well Meals” to allow for healthy items such as Salmon to fit the Eat Well Criteria



## Developed the Eat Well Criteria

- 1- Will be the same as Colors Catering
- 2- Low Calorie Fish may not fit the % Fat criteria
- 3- Snack criteria also includes: 35% product weight for sugar content, fiber  $\geq 1$  g

Category	Calories	Fat	Sat Fat	Trans Fat	Sodium
Meal (Entrée & 2 sides) -1	$\leq 700$	$\leq 35\%$	$\leq 10\%$	0	$\leq 800$ mg
Entrée -2	$\leq 400$	$\leq 35\%$	$\leq 10\%$	0	$\leq 500$ mg
Side	$\leq 175$	$\leq 35\%$	$\leq 10\%$	0	$\leq 200$ mg
Snacks (Vending criteria) -3	N/A	$\leq 35\%$	$\leq 10\%$	0	$\leq 350$ mg



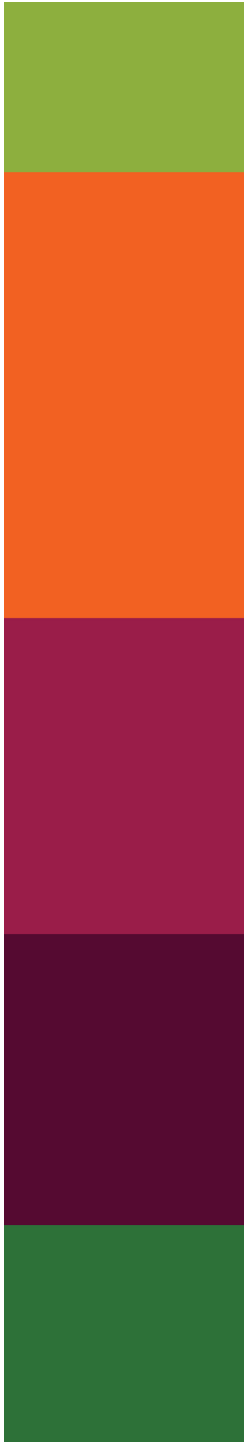
## Scripps Food and Nutrition Services *alignment* with NHLT and HHI

- Serving rBGH free milk
- Reduction of bottled water
- Colors Cafes to be implemented August 2013 featuring
  - Drink stop light program in line with NHLT
  - Fry less Fridays
  - Eat Well criteria established and noted on items
  - Nutritional Analysis on items
  - Education on Nutrition
  - Bite size deserts
  - Produce purveyor offers local produce when affordable and available
  - Well within Reach vending machine at each hospital

## Scripps Food and Nutrition Services *challenges* with NHLT and HHI

- Cost of organic food prohibitive in budgets for patients
- Cost of staff to make food to order and exhibition type of cooking
- Need to offer a variety of food to staff
- Equipment and staff to recycle and separate waste





Introducing

colors

*Café &*

CATERING

# Colors Catering began in Oct 2011



# Well within Reach Vending



35%  
of its calories from  
(excludes nuts)  
**FAT**

10%  
of its calories from  
saturated  
**FAT**

35%  
of its weight by  
**SUGAR**

Sodium less than or equal to 350 mg

Dietary Fiber greater than or equal to 1 g

Trans Fat 0 g



Beverages include: Water, 100% Juices,  
Organic Teas, and Low Calorie Drinks.



# Introducing Colors Cafe



The system-wide Food and Nutrition Services team is proud to announce the opening of Colors Café at our Scripps hospitals!

**On August 22, we rolled out the new name, a new system-wide menu, and some exciting changes!**

As on-going efforts continue across our organization to redesign workflows and processes, the Food and Nutrition team has been hard at work to improve the efficiency and functionality of our hospital cafeterias.

# Introducing Colors Cafe



The name “Colors Café” & logo represent the brightly colored foods that make up a healthy diet.

Along with the name change, is colorful signage

New uniforms for our FNS staff

New artwork to brighten the cafes

**Nutritional Values**  
available for most items.



**Beef Burgundy**  
**\$2.50**

**Calories 263   Fat 6.9 gm. (24%)   Sat Fat 3.0 gm.   Sodium 252 mg**

**May Contain: Wheat, Milk**

# Eat Well at Colors Cafe



## Vegetarian

Does not contain meat or meat products. May contain dairy or eggs.



## Food May be Spicy



## Eat Well

This is the criteria that make an Eat Well item. They are based on the Dietary Guidelines for Healthy Americans.

Category	Calories	Fat	Sat Fat	Sodium
Meal (Entrée & 2 sides)	≤ 700	≤ 35%	≤ 10%	≤ 800 mg
Entrée	≤ 400	≤ 35%	≤ 10%	≤ 500 mg
Side	≤ 175	≤ 35%	≤ 10%	≤ 200 mg
Snack	N/A	≤ 35%	≤ 10%	≤ 350 mg

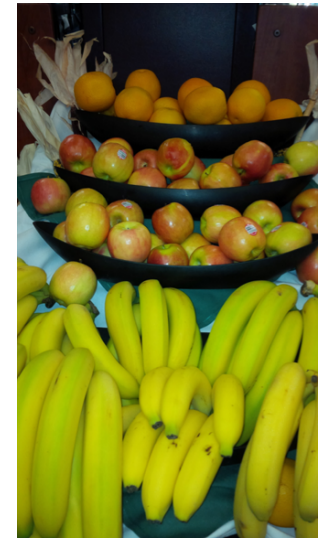
## Rethink Your Drink

Promotion to help prevent the overconsumption of calories from beverages.

**Red** = Drink rarely, **Yellow** = Drink occasionally, **Green** = Drink Plenty

## Fryer-less Friday

Every Friday offers a healthy alternatives to deep-fried fare. Use Fryless Fridays to try a new vegetable or fish menu item, indulge in the salad bar or make a tasty sandwich.





Daily Fish,  
Vegetarian, Fresh  
Fruit, Whole  
Grains, &  
Wellness Options



**Scripps Green**  
Menu Subject to Change

**Monday**

<b>Entrees:</b> Beef Enchiladas Sesame Chicken Rustic Italian Cod Artichoke & Feta Pasta	<b>Breakfast:</b> Florentine Omelet <b>Grill:</b> Chicken Tacos <b>Build Your Own:</b> Gourmet Hot Dog	<b>Soup</b> Jambalaya Seven Bean Medley
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**Tuesday**

<b>Entrees:</b> Mexicali Stuffed Pepper Ginger Glazed Turkey Spicy Cajun Catfish Roasted Vegetable Puff Pastry	<b>Breakfast:</b> French Toast Sticks <b>Grill:</b> BBQ Pork Riblet <b>Build Your Own:</b> Beef Philly Sandwich	<b>Soup</b> Chicken w/ Wild Rice Red Pepper & Gouda Bisque
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**Wednesday**

<b>Entrees:</b> Braised Lamb Shank Teriyaki Chicken Grilled Pineapple Salmon Boca Sheppard's Pie	<b>Breakfast:</b> Granola Pancake <b>Grill:</b> San Francisco Grilled Cheese <b>Build Your Own:</b> Asian Noodle Bar	<b>Soup</b> Cream of Asparagus Tomato & Red Pepper Bisque
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**Thursday**

<b>Entrees:</b> Grilled Ginger Soy Steak Jerk Chicken Shrimp & Squash Pasta Chile Relleno Casserole	<b>Breakfast:</b> Egg White Scramble <b>Grill:</b> Cajun Chicken Sandwich <b>Build Your Own:</b> Pizza Pizzazz	<b>Soup</b> Beef & Pepper Minestrone
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**Friday**

<b>Entrees:</b> Apple Ginger Pork Blackberry BBQ Chicken Coconut Crusted Mahi Mahi Pad Thai Tofu	<b>Breakfast:</b> Breakfast Pizza <b>Grill:</b> Salmon Burger <b>Build Your Own:</b> Divine Desserts	<b>Soup</b> Lobster Bisque with Sherry Vegetarian Vegetable
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Join us for Breakfast, Lunch & Dinner.  
The menu is our Chef's Choice.  
Deli, Salad and Soup Bar are also Available.

**Sat. & Sun.**

**Specialty Salad of the Week:**  
**Chicken Caesar**

Vegetarian Eat Well Entree

# \$5.00

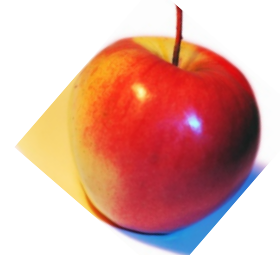
## Eat Well Meal Deal

Chicken Dijon, Jasmine Rice,  
Italian Blend & a Fruit  
(No Substitutions)

Cal: 322    Total Fat: 4gm    Sat Fat:    Sodium: 209

What makes a meal an “Eat Well Meal”??

Category	Calories	Fat	Sat Fat	Sodium
Meal (Entrée & 2 sides)	≤ 700	≤ 35%	≤ 10%	≤ 800 mg
Entrée	≤ 400	≤ 35%	≤ 10%	≤ 500 mg
Side	≤ 175	≤ 35%	≤ 10%	≤ 200 mg
Snacks (Vending criteria)	N/A	≤ 35%	≤ 10%	≤ 350 mg





# “Fryless Fridays”

A weekly, healthy  
alternative to deep-fried fare.  
It's Baked not Fried!



# Educate Staff & Market New Eat Well Philosophy for Scripps



Diene Cooper, supply chain analyst, aspiring gourmet and Scripps Wellness participant.

**Today is the day I will...**  
*take the Challenge*  
*What will you do to feel your best?*

**Healthy Habits, Happy Holidays Challenge Begins Nov. 4**

Participate in this challenge and stay on the right track throughout the holidays—which can be the hardest time of the year to manage your health. You must complete 100 points between Nov. 4 and Dec. 14. All points must be entered on [ScrippsWellness.com](http://ScrippsWellness.com) by Dec. 21 at 8:59 p.m. PST. This challenge is worth 10 wellness credits. Remember: You need 100 wellness credits to earn the 2015 Incentive, so participate often and give yourself enough time to complete all requirements.

Earn one point per activity per day by completing the following:

- Complete a workout of your choice
- Take a 10-min. technology free break.
- Get 7 hours of sleep at night
- Limit high-sugar drinks (including alcohol) to one per day

**Rethink Your Drink**  
What You Drink Makes More Difference Than You Think.

Choosing healthier drinks is an essential step in maintaining a healthy weight. Cutting back on high-sugar drinks (sodas, energy drinks, fruit drinks) and substituting with water or low-fat milk can help prevent unhealthy weight gain.

**ScrippsWellness & EmployeeCare**  
Put your best. Be your best.

**colors Cafe**

**What You Drink Makes More Difference Than You Think**

**Red**  
Drink rarely, if at all. Cutting back on Red drinks and substituting them with Green drinks can help prevent unhealthy weight gain.

- Regular sodas
- Energy or sports drinks
- Fruit drinks

**Yellow**  
Drink occasionally. Choosing healthier drinks is an essential step in maintaining a healthy weight and helping to reverse the obesity epidemic.

- Diet sodas
- Low-calorie, low-sugar drinks
- 100% juice

**Green**  
Drink plenty.

- Water
- Seltzer water
- Skim or 1% milk

**Scripps**

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# Smart Sizing & Right Pricing

**Why are the dessert and soda portions smaller?**

As part of our Eat Well philosophy, reducing the portion sizes of foods high in sugar and fat allows our customers to make healthier choices.



Mini Baked Goods  
&  
Desserts

# No More Fried Chips! Only "Better For You" Options....



# Salad & Deli Bar

Our Turkey, Ham, Tofu and Roast Beef deli meats are all lean protein sources, and are considered great Eat Well Items.

All of our signature Deli Salads such as Tuna and Chicken salad, are all made with light Mayonnaise.



# Rethink your Drink colors



**Vitalize Yourself.**  
Nestlé  
**Vitality**  
Vitamin Enhanced Flavored Waters

Have you tried our two newest flavors?

Refresh cold and refreshing from the "Express" dispenser, Nestlé Vitality **zero-calorie** flavored water is enhanced with these important vitamins:  
**Vitamin C, Vitamin B12  
Vitamin B6, Niacin, & Vitamin B5**

Flavor	Calories	Total Fat	Total Sugar	Total Sodium	Total Protein	Total Vitamin C	Total Vitamin B12	Total Vitamin B6	Total Niacin	Total Vitamin B5
1/3.12 64oz Blueberry Pomegranate Acai Drink (16.12)	0	0	0	0	0	12.0	0.5	0.5	1.0	0.5
1/3.12 64oz Strawberry Kiwi Drink (16.12)	0	0	0	0	0	12.0	0.5	0.5	1.0	0.5
1/3.12 64oz Tropical Mango Drink (16.12)	0	0	0	0	0	12.0	0.5	0.5	1.0	0.5
1/3.12 64oz Lemon Lime Drink (16.12)	0	0	0	0	0	12.0	0.5	0.5	1.0	0.5
1/3.12 64oz Watermelon Drink (16.12)	0	0	0	0	0	12.0	0.5	0.5	1.0	0.5
1/3.12 64oz Grape Raspberry Drink (16.12)	0	0	0	0	0	12.0	0.5	0.5	1.0	0.5

**Vitality** Nestlé Professional  
400 N. Tampa Street • Tampa, FL 33602  
888.883.8750 • www.nestleprofessional.com

**colors**  
**Café**

## What You Drink Makes More Difference Than You Think

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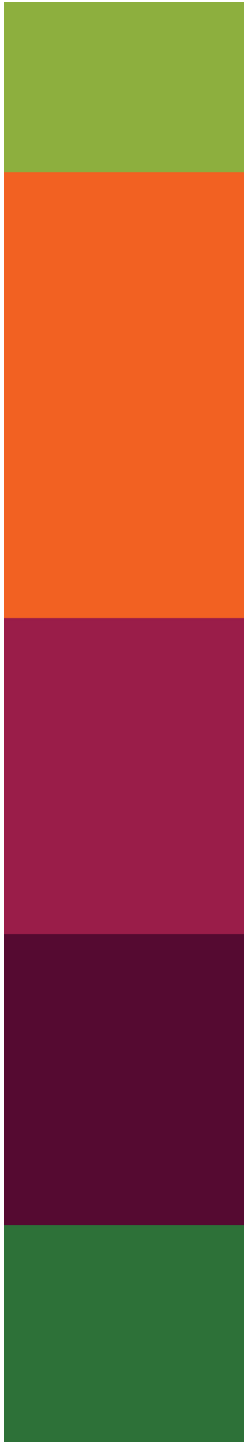
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Drink plenty.

- Water
- Skim or 1% milk

**Scripps**



**Thank you  
&  
Happy, Healthy  
Eating!**