

HEALTH CARE



Sharp HealthCare

Health Wellness & sustainability Journey



OUR MISSION



To establish a framework that provides a variety of inspiring, sustainable foods in a cost effective way that contributes to the daily health and wellness of our patients, staff and communities we serve. We will accomplish this through purposeful communication, education and menu development.



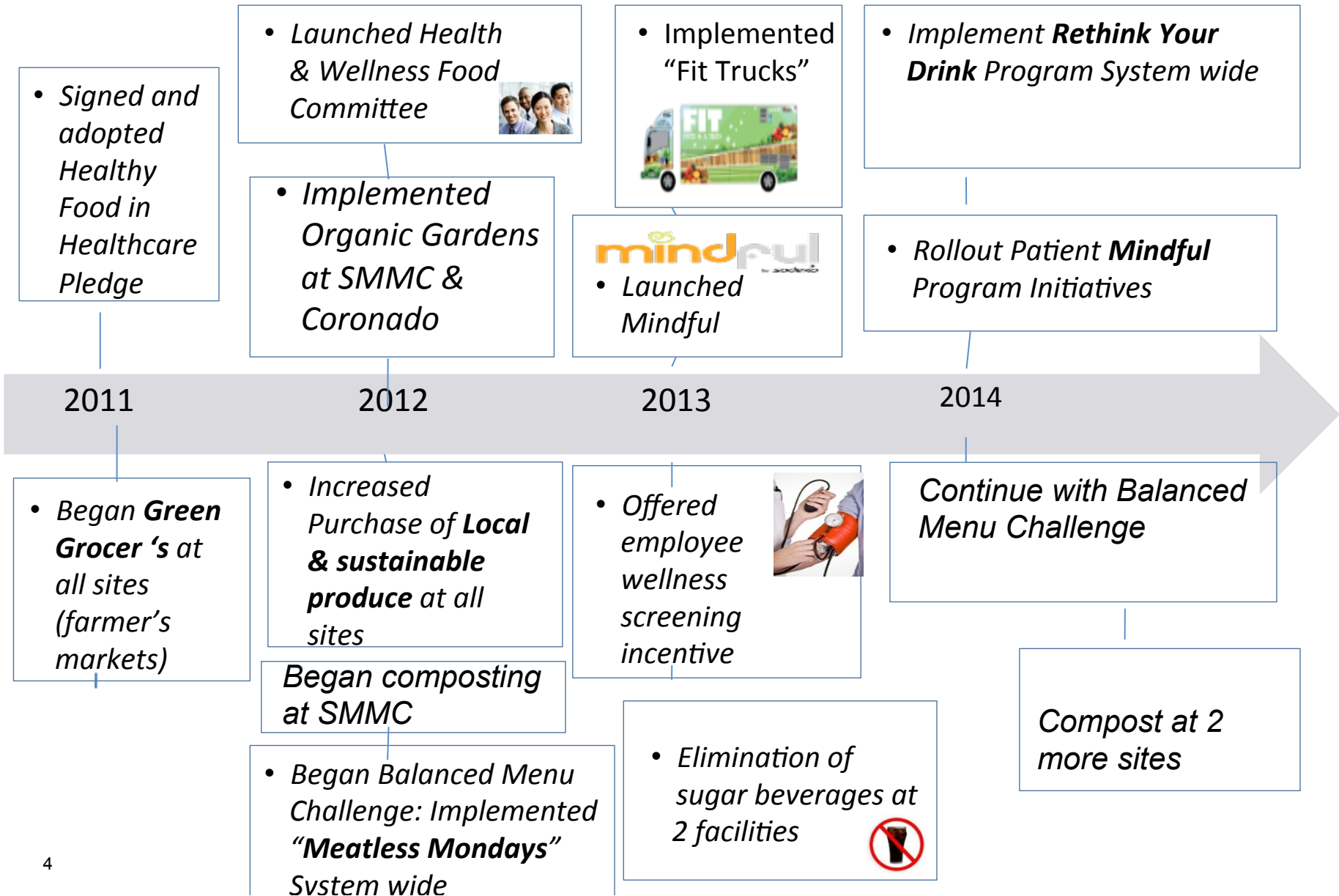
OUR GOALS



- I. *Standardize wellness goals across the system, if applicable***
- II. *Provide effective Marketing and Communications***
- III. *A Sharp/Sodexo Partnership***
- IV. *Be a Leader in our Community and as a Healthcare provider in driving Health, Wellness & Sustainability goals***
- V. *Meet customers needs while driving our initiatives***



Key Milestones



Health & Wellness Goals Completed (2011-2013)

Action Item	Steps/Goals
In collaboration with “Sharp Best Health” and the “Green Team”	
<p>Healthier Hospitals Initiatives: Leading Communities to a Healthier Future</p> <p>Healthier Food Challenge</p>	<ol style="list-style-type: none"> 1) Sign and adopted The Healthy Food in Health Care Pledge 2) Increased purchase of local and sustainable produce 3) Rolled out Meatless Mondays, Wellness Menus, Farmer’s Markets, Green Grocer’s Baskets, started gardens at 2 facilities and recycle at all facilities 4) Installed Healthy Vending machines at all locations, partnered with the City to begin composting at SMMC (300,000 tons of waste diverted from landfill) 5) Rolled out Mindful (Sodexo’s Wellness Menus) with My Fitness Pal 6) Omitted Sugar Beverages at Spectrum & Coronado 7) Launched CSA Fresh Produce program at 3 facilities 8) Launched FIT Truck

Our future.... 2014 Goals

Action Item	Steps/Goals
In collaboration with “Sharp Best Health” and the “Green Team”	
<p>Healthier Hospitals Initiatives: Leading Communities to a Healthier Future</p> <p>Healthier Food Challenge</p>	<ol style="list-style-type: none"> 1) Rethink Your Drink (Launch March 2014); Implement Healthy Beverage Challenge system wide, reducing purchase of sugar beverages by 80% in 3 years 2) Balanced Menus : Good for the environment, good for your health (antibiotic resistance, CO2 emissions, water use, Excessive meat consumption linked to cardiac disease and increased mortality). Goal to reduce meat purchases by 5% in 2014, 20% in 2017. Move to 20% of sustainable purchases in same time frame. 3) Patient Mindful Menus ; will implement system wide. Goal 6/2014 completion.



ORGANIC HARVEST





POWER OF CHOICE



That's **mindful** by sodexo

SKINNY FATS

sweet heart

mindful by sodexo

MINDFUL NUTRIENT CRITERIA

Item	Calories	Total Fat	Sodium	Total Sugar	Total Fiber	Protein
Apple	95	0.5g	0mg	19g	1.7g	0.5g
Banana	105	0.3g	0mg	21g	3.1g	1.1g
Orange	62	0.1g	0mg	15g	1.0g	0.9g
Pineapple	82	0.1g	0mg	19g	1.0g	0.4g
Strawberry	49	0.2g	0mg	7g	0.9g	0.7g
Blueberry	59	0.1g	0mg	14g	2.9g	0.7g
Raspberry	64	0.2g	0mg	12g	3.9g	0.7g
Blackberry	62	0.2g	0mg	14g	3.6g	0.7g
Cherry	66	0.1g	0mg	16g	1.2g	0.6g
Peach	59	0.1g	0mg	14g	1.7g	0.9g
Plum	46	0.1g	0mg	11g	1.1g	0.6g
Apricot	46	0.1g	0mg	11g	1.1g	0.6g
Guava	68	0.1g	0mg	13g	1.0g	0.9g
Pineapple	82	0.1g	0mg	19g	1.0g	0.4g
Watermelon	30	0.1g	0mg	7g	0.9g	0.6g
Cantaloupe	48	0.1g	0mg	11g	1.0g	0.6g
Honeydew	48	0.1g	0mg	11g	1.0g	0.6g
Jackfruit	105	0.3g	0mg	21g	3.1g	1.1g
Mango	60	0.1g	0mg	14g	1.6g	0.9g
Papaya	42	0.1g	0mg	10g	1.7g	0.9g
Avocado	160	14g	0mg	0g	7g	2g
Coconut	117	11.5g	0mg	6g	2.5g	0.3g
Walnut	185	18.5g	0mg	2.9g	3.7g	4g
Almond	164	14.2g	0mg	0g	2.2g	3g
Peanut	161	14.2g	0mg	0g	2.2g	3g
Macadamia	212	21.2g	0mg	0g	2.2g	3g
Cashew	157	13.1g	0mg	0g	2.2g	3g
Pistachio	161	13.1g	0mg	0g	2.2g	3g
Brazil	176	13.1g	0mg	0g	2.2g	3g
Pecan	201	13.1g	0mg	0g	2.2g	3g
Macadamia	212	21.2g	0mg	0g	2.2g	3g
Walnut	185	18.5g	0mg	2.9g	3.7g	4g
Almond	164	14.2g	0mg	0g	2.2g	3g
Peanut	161	14.2g	0mg	0g	2.2g	3g
Macadamia	212	21.2g	0mg	0g	2.2g	3g
Cashew	157	13.1g	0mg	0g	2.2g	3g
Pistachio	161	13.1g	0mg	0g	2.2g	3g
Brazil	176	13.1g	0mg	0g	2.2g	3g
Pecan	201	13.1g	0mg	0g	2.2g	3g

Mindful



• Innovations

Mindful

- - The use of low-fat cooking methods such as steaming, poaching and grilling
 - Chefs use only vegetable-based oils, like canola or olive oil
 - Effective substitutions that improve nutrition without sacrificing taste
 - Fresh herbs and spices to enhance flavors and decrease salt
 - High proportion of fruits, vegetables and whole grains that maximize nutrients and food volume while controlling the amount of calories to bring out sweetness with less sugar
- - Spices such as cinnamon, nutmeg and vanilla
 - Easy-to-understand nutritionals and visual ingredients
 - Easy-to-identify icons for Mindful choices
 - Nutrition education right at point of purchase that nudges patrons toward healthier selections
 - Variety of choices
 - More flavor
 - Satisfying portions
 - Healthy indulgence

• *FIT Trucks*



Food trucks are the “craze”. Healthy, Local, Delicious, a *truck based dining concept delivering gourmet healthy food. Our made-from-scratch food features fresh seasonal ingredients prepared daily, where the goal is to serve great tasting food that is healthy, affordable and fast.*

I am working to develop healthy food trucks to increase consumer options, variety and meet consumer demand at “off hours” and remote/low traffic areas.

• *Micro Markets*

- **A self service dining option: includes grab n go items (salads, gourmet sandwiches, greek yogurts, meal replacements ,fresh fruit and vegetables, etc.,)**
 - 1) Healthier than Vending Options
 - 2) Great for Late night solutions
 - 3) We have Gift Shop Models
 - 4) Can evaluate opportunities for your facility:
 - in public areas for visitors and staff
 - in break rooms for staff only (no attendant necessary)

Mindful Nutrient Criteria

	Kcal	Total Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Other
Plates (contain at least 1 serving from each: protein, starch, veg/fruit)	≤ 600	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 800mg	≥ 3g fiber
Entrées (i.e.: center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch)	≤ 550	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 700mg	
Sides	≤ 225	≤ 35% of calories from fat or ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 5mg	≤ 300mg	
Soups (8 oz.)	≤ 225	≤ 35% of calories from fat or ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 25 mg	≤ 700 mg	
Desserts and Snacks Meet the criteria across this row OR 4 of the criteria AND must have at least 10% of the Daily Value of one or more major nutrients, such as Vitamin A, C, E, Iron, Calcium or Protein	≤ 200	≤ 35% of calories from fat or ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 20mg	≤ 300mg	≥ 1g fiber

SODEXO & SHARP HEALTHCARE



QUALITY

SERVICE

PEOPLE

FINANCE

GROWTH

COMMUNITY