



Reducing food waste through sustainable procurement: stories from the healthcare sector

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(HCWH Europe)

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HCWH Europe

Vision

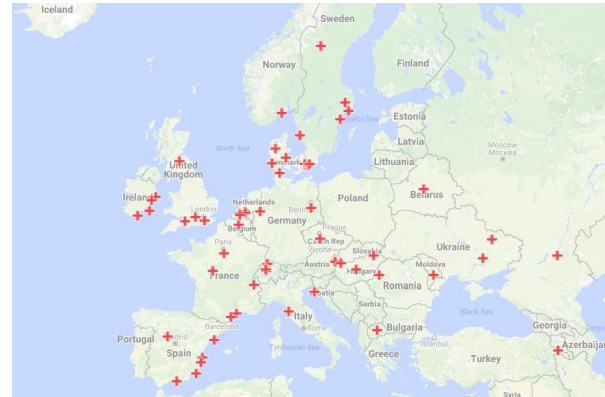
Healthcare mobilises its ethical, economic and political influence to create an ecologically sustainable, equitable and healthy world.

Mission

Transform healthcare worldwide so that it reduces its environmental footprint, becomes a community anchor for sustainability and a leader in the global movement for environmental health and justice.

Overarching Goals

Transform the Supply Chain: Establish and globalize **procurement criteria** and leverage health care's purchasing power to drive policies and markets for ethically produced, healthy, sustainable products and services.





Public procurement, healthy diets and sustainable food systems

*"Governments have few sources of leverage over increasingly globalized food systems – but **public procurement** is one of them. When sourcing food for schools, hospitals and public administrations, governments have a rare opportunity to support **more nutritious diets and more sustainable food systems in one fell swoop**".*

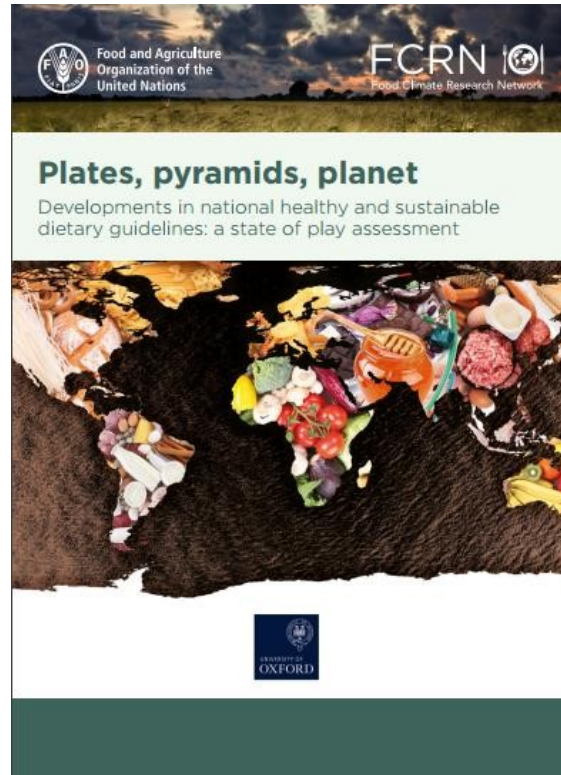
Olivier de Schutter, UN Special Rapporteur on the right to food
(15th May 2014)

Policy context

- Dietary guidelines

All the SDGs are directly or indirectly connected to sustainable and healthy food - eg. SDG2 – link between healthy nutrition and sustainable agriculture

2016 FAO study: **"Plates, pyramid and planet"**: a few countries have issued dietary guidelines that secure good nutrition for all and address climate change and other environmental impacts

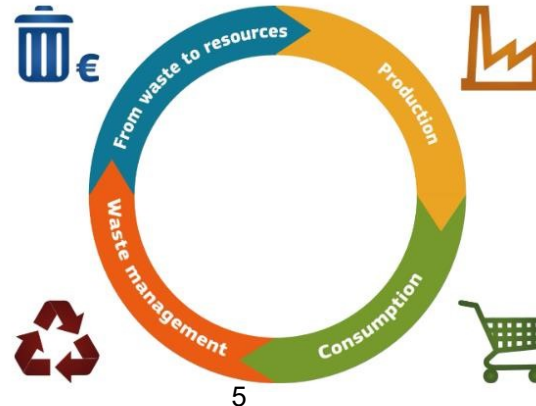


Policy context

- **Sustainable Food Consumption and Production and Food Waste**

In 2013, EC consultation on the sustainability of the food system
→ Strategy expected in 2014 but blocked!

*Instead, **CEP package** encourages MS to adopt food waste reduction strategies in line with SDG 12.3: "by 2030, halve per capita global food waste at the retail and consumer levels"*



Policy context

- **Sustainable Public Procurement**

Directive on public procurement (2014/24/EU), creates opportunities for sustainable public procurement (green and ethical) and for innovation procurement.

Revision of GPP criteria for food and catering services.

Different sustainable food strategies have been adopted at the **national level**, like in Denmark, Sweden, or Switzerland, encouraging and in certain cases demanding to public institutions like hospitals to procure sustainable and healthy food.

STRUCTURE OF THE EU GPP

CRITERIA: FOOD AND CATERING SERVICES

Proposal for the EU GPP Criteria for Food and Catering Services				
	#	Criterion	Core	Compr.
Selection criteria (SC)	1	Staff training	X	X
	2	Environmental management measures and practices	X	X
Technical specification (TS)	1	Organic food products	X	X
	2	Marine and aquaculture food products	X	X
	3	Seasonal produce	X	X
	4	Integrated production		X
	5	Menu planning	X	X
	6	Waste sorting and disposal	X	X
	7	Vehicle fleet and planning of food delivery	X	X
Award criteria (AC)	1	Additional organic food products	X	X
	2	Additional integrated production	X	X
	3	Additional marine and aquaculture food products	X	X
	4	Animal welfare	X	X
	5	Fair trade products	X	X
	6	Packaging	X	X
	7	Sustainable palm oil	X	X
	8	Consumable goods (paper products, tableware, cleaning products)	X	X
	9	Equipment	X	X
Contract performance clause (C)		Other schemes of sustainable production	X	X
	1	Staff training	X	X
	2	Waste management	X	X

Framework of sustainable food procurement

Engagement of all stakeholders

Purchasing: tender specifications for production and products, diversity of bids

- Make environmental, health and sustainability criteria more explicit for food products

Catering: menu design, healthy eating, vending machines

Facilities management (kitchen, canteen, wards)

Personnel training



Why procurement of sustainable food in healthcare?

Healthcare facilities are major consumers of products and materials, including food. The healthcare sector should pave the way in procuring food that:

- Does not degrade the environment, contribute to climate change, and compromise sustainable food production
- Does support direct marketing or short-supply chains from rural communities,
- Does not increase diet-related diseases, or cause longer patient recovery times.

To do that the **healthcare sector should offer meals** that minimize food waste and are:

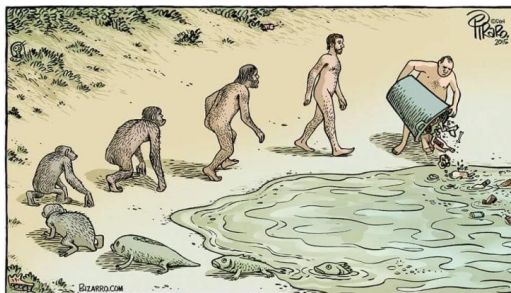
- being produced and procured in a sustainable way,
- fresh, diverse, and healthy - rich in plant-based products (eg. vegetables, fruits, pulses, whole grains), less reliant on animal-based products, and meet patients' need and preferences,
- limited in sugar, saturated fats, and salt.

Prevention and reduction of food waste will allow the healthcare sector to dedicate resources to improve sustainable food procurement

Food waste: policy context

Objective

Reach SDG 12.3 to halve food waste by 2030 – today around 100 million tonnes of food are wasted every year in the EU



Key actions

- Develop an EU methodology to measure food waste
- Create a platform for the SDG on food waste and share best practices and results achieved
- Clarify EU legislation on waste, food and feed, and encourage food donation
- Improve the use and understanding of date marking along the food chain

Prevent and reduce food waste in the healthcare sector: HCWH Europe work

Interviews with European hospitals and healthcare systems about their strategies to prevent and reduce food waste:

- **7 hospitals** from four European countries (Denmark, France, Spain, and the UK),
- **2 regional programmes** from Denmark and Sweden, and
- **2 national initiatives** from Ireland and The Netherlands, and

Examples can serve as a role model and inspire others to give the problem of food waste the recognition it deserves in the healthcare sector



Prevent and reduce food waste in the healthcare sector

Reducing the **high wastage rates** at healthcare is a priority and an opportunity to:

- Invest in better and healthier meals
- Reduce complications and increase speed recovery
- Fight against climate change and generate social and economic benefits
- Change the old model of doing things

Some **hospitals are adopting** preventive and resource efficiency approaches:

- Awareness around smart purchasing, storage and preparation of food
- Optimizing their ordering system
- Establishing protected mealtimes,
- Offering different portion sizes (i.e. large, standard, or small), or
- Improving coordination, education, and communication (internally and externally)

Hvidovre Hospital (Denmark)

- Excellent example, although lack of support
- Patients can choose from **à la carte menu**
- Patients have the possibility to order a **double portion**
- Good **communication** at all levels, which contributes to both patient and employee satisfaction.



- Introduction of a **strict inventory management system**
- Attention to the **aesthetics** of their dishes
- **Re-use** - uneaten sandwiches from the staff canteen are served in the cafeteria

The Västra Götaland Region (Sweden)



- Reducing food waste is one of their priorities
- **Since 2013**, the Region has been working with diverse audiences to improve menus. As a result, food waste in kitchens and wards has been reduced, patient satisfaction has been increased, and nutrition improved.

- Pilot project at **Kungälv Hospital (2016)** - qualitative changes:

- Patients can choose their food
- Introduction of ward hostesses

While measuring food waste by department, and distinguish between lunch and dinner

- **Replication** in other hospitals of the region.



The Irish Green Healthcare Programme (GCHP) on food waste

- Start in **2009** as a collaboration between the Irish EPA, the CIT, and around 40 Irish hospitals
- This **programme**:
 - Has set up a system to measure food waste in hospitals by food weight and purchase cost (€2/kg),
 - Provides recommendations to prevent and reduce food waste in wards, canteens, and hospital kitchens - such as improving communication and coordination between the staff



They have proven that food waste reduction is possible and it can quickly improve things, apart from **generating savings**.

Research on food wastage in the healthcare sector by Wageningen University & Research

In the Netherlands, 25% of food in healthcare facilities is thrown away, representing a loss of **€50,000 - 150,000**

- The Wageningen UR has developed and applied a practical method for measuring food waste and examining different factors:
 - The quantity of food wasted during different steps in the production process
 - Which products are thrown away the most
- They have obtained some interesting **results**, as:
 - Vegetables are usually the most often discarded item; or
 - Thursday and Friday are the days when most meals are returned



This method also allows for comparison of results between facilities and makes benchmarking possible.

What have we learned?

- Never underestimate the **commitment** (time and resources) required
- Make sure that you have **board support** and **clinical engagement** from the outset
- Make sure you have good **patient representation** in the team – provides quality input and feedback
- **Train and engage** your staff – to slowly change the mind – set in the hospital
- **Stop and reflect** throughout the project stages to make sure you are delivering the project – maintain focus

Recommendations



Know your suppliers and incorporate sustainable criteria in your PP



Cook meals on-site, and ensure new build includes kitchens



Establish protected mealtimes



Ensure patients can select different portion sizes



Do satisfaction surveys to change menus, if needed



Check your fridge



Train your staff, in prior phases and adequate separation of waste



Use transparent waste bins



Focus on prevention and explore some alternatives to redistribute surplus food



Organise focus or work groups for testing different culinary innovations, consistencies or presentations

Cloosing the loop

Considerations:

- Procurement process maximise opportunities for sustainability
 - Consider the best outset
- Sustainability impacts are created throughout the whole product lifecycle, including production, transport and **disposal**.
- Careful stock control and demand forecasting will reduce the cost and wastage associated with over-provisioning
- Look for recycling and reutilisation of raw materials
- Search for innovation/alternatives



Challenges ahead / What remains to be learned

- Develop specifications with environmental and health criteria
- Need for new skills to help public procurement professionals to **assess real value for money based on whole-life costs**
- **Clarify aspects of sustainability and efficiency**, and include them in contracts - develop 2nd and 3rd suppliers



- **Seek out expertise** in academia / organisations to have an holistic approach of catering and procurement
- **Raise awareness** of the policy and secure more commitment for action
- **How to transform good practice into standard practice?**

HCWH Europe Food Pledge (forthcoming)

My institution will:

- ❖ Increase the number of fresh, seasonal, organic and locally produced ***food products purchased***
- ❖ **Cook meals on-site**, and ensure new build includes kitchens
- ❖ Moderate the amount of animal-based products served to patients, staff and visitors and **promote other sources of protein**, such as peas, beans, pulses and nuts.
- ❖ **Limit the offer of processed food** and offer a broad range of healthy meals, where fruits and vegetables are constantly available, including in vending machines.
- ❖ Adopt **cooking methods** that reduce the use of salt, sugar, fats and artificial additives and preservatives.
- ❖ **Serve tap water** in preference to other beverages – particularly soft drinks.
- ❖ Set targets for **preventing and reducing food waste** both in the kitchen and wards



Next week: CleanMed Europe 2016



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Thank you for your attention!

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