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SUSTAINABILITY IN HEALTHCARE FOOD AND NUTRITION SERVICES

Presented by ricca e² and Envision Strategies

Everyone's talking about the importance of sustainability, but making it relevant can be complicated. Now a recently published work not only provides a comprehensive overview of what that means, but also details where to start, what to consider, and how to do it in the healthcare foodservice industry.

The recently published *Sustainability in Healthcare Food and Nutrition Services* offers healthcare food and nutrition services managers a wealth of information about sustainable operations—from food purchasing and preparation, energy efficient design, and conservation practices to maximizing sustainable performance and more. No important considerations are overlooked in this 230-page volume, authored by Kathleen Seelye of ricca e² and Peg Rodger of Envision Strategies.

The authors, recognized experts in the field of sustainable design, provide both a broad overview of what is possible and a detailed guide of ways to implement sustainable foodservice practices that are efficient, conservative, economical and beneficial for all involved. Readers find a substantive explanation of tried and true developments in sustainability. For each individual topic area, a series of possible initiatives supported by a coherent sequence of steps—considerations, key decisions, implementation, and measurements—are provided to help bring those practices to life.

Nuts and Bolts

The nuts and bolts explanations explore how to incorporate sustainability into all aspects of healthcare food and nutrition services. Topics include:

- Food procurement
- Operating practices
- Equipment energy conservation
- Water conservation
- Waste reduction and diversion
- Chemicals and pollution reduction
- Transportation and distribution
- Materials, furnishing and resources
- Commissioning, capital improvements, and preventative maintenance
- LEED certified buildings
- Alternative funding
- Maximizing sustainable performance

Numerous initiatives are suggested within each topic, and for every initiative, the guide assists readers with two constant measurements—Degrees of Difficulty and Anticipated Expenditure. Healthcare operators can select those areas and initiatives that apply to their own particular needs and budgets—drawing from one chapter, several or all to customize strategies suitable to their individual facilities.

The Company of Others

Throughout the text, real life examples of healthcare industry leaders highlight the challenges and successes that others have experienced incorporating sustainable design into their operations. "Thoughts from the



Experts" feature Jamie Harvey, of the Institute for a Sustainable Future and Healthcare Without Harm; Nancy Gummer, of Good Shepherd Medical Center; Diane Imrie, of Fletcher Allen Health Care; Barbara Hartman, of Martinsburg Veterans Administration Medical Center; Una Song, USEPA Energy Star representative; Kris Schroeder, of Swedish Hospital; Dan Henroid, of University of California-San Francisco Medical Hospital; Cheryl Baldwin, of Green Seal; Don Fisher, of Food Service Technology; and Steven Hiatt, of Oregon Health Science University. Their experiences offer readers personal hints, techniques, ideas and insights into the rewards and opportunities that come from signing on to this important movement. Their enthusiasm and successes inspire and motivate.

Authoritative and Knowledgeable Collaboration

This carefully researched volume is grounded in the years of sustainable design experience of Kathleen Seelye, ricca e² CEO and the first US Green Building Council LEED accredited foodservice consultant in the country. Considered the leading pioneer in sustainable design and operations planning in the foodservice community, Seelye has collaborated with Peg Rodger, of Envision Strategies, who brings decades of experience in dietetics, dining services, management and sustainability practices to the effort. Together they have produced a comprehensive resource to help healthcare facilities achieve more sustainable operations.

Seelye and Rodger see the sustainability challenge as being about all of us participating in a community effort to influence our ecological future, financial security and collective well being, both globally and locally. Their respect for collaboration is reflected in the numerous resources, references and guidelines highlighted in the book, and in their invitation to others to share in this collaborative effort to enact change. Whether readers are novice observers or knowledgeable advocates for sustainability, *Sustainability in Healthcare Food and Nutrition Services* will be a reliable and useful tool they will repeatedly reach for when adopting sound business practices, for the good of us all, today and into the future.

About ricca e² and Envision Strategies

Owned by the Managing Partner of Ricca Newmark Design, Kathleen Seelye, FFCSI, LEED AP, ricca e² specializes in creating sustainable culinary environments. Helping clients deliver better services by using fewer non-renewable resources, retooling operations to achieve significant carbon reduction and contributing to a more sustainable future is ricca e²'s sole focus. Ricca e² is a 100% woman-owned, WBE-certified business.

Envision Strategies is an operations and strategic planning firm for the restaurant, foodservice, hospitality, and retail industries. With a combined 75 years of experience, they have completed over 200 projects involving strategic food service planning and operations consulting. Envision Strategies, a WBE-certified business, is headquartered in Denver, Colorado, with additional offices in Pennsylvania, Montana, and Tennessee.

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Sustainability in Healthcare Food and Nutrition Services

Co-authored by: Kathleen H. Seelye, FFCSI, LEED AP & Margaret M. Rodger, RD, FCSI

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