



*Alluserv*TM

Elevating Meal Service Experiences

FOOD AS MEDICINE-

THE POWER OF YOUR FORK



Presenter

Jim McGrody, Director of Culinary Services, UNC Rex Healthcare Raleigh, NC, Executive Certified Chef, 2018 IFMA Silver Plate Winner for Healthcare.



Facilitator : Marsha Diamond, MA, RD, New Business Development, Alluserv

Objectives

1. Develop an in-depth understanding and perspective of Food as Medicine movement at UNC Health
2. Learn strategies to elevate your customers' meal experiences and increase consumption
3. Be informed of available funding sources to implement this at your facility.



Alluserv™

Elevating Meal Service Experiences



UNC REX HEALTHCARE



Jim McGrody
Director, Culinary Services



Food as Medicine

from a chefs perspective



Patient Dining

“Let food be thy medicine and medicine be thy food.” ~Hippocrates

- Introduced a whole new look to our heart healthy menu
- Chef-driven with RD collaborated menus
- Redesigned less healthy menu items to be more healthy. i.e. Panna Cotta
- Our heart healthy menu attracted many new patients not on dietary restrictions
- Interactive sit down lunch and learn meals with chefs and dietitians for our co-workers and visitors
- Patient satisfaction went from 39th percentile to 92nd in first six months of new menu



Low fat Panna Cotta



Grilled Salmon



Mediterranean Tuna salad



Kale and Sweet Potato salad

"Life expectancy would grow by leaps and bounds if green vegetables smelled as good as bacon." ~ Doug Larson

Retail Dining

- Revised menus to lean healthier
- Removed all fryers seven years ago
- Removed all Hostess snacks and we were their biggest customer in NC
- Introduced Cib/O Grill to serve healthier foods
- 14 % increase in sales in first six months
- Increased check average
- Introduced more whole grains
- Conducted several tastings and educational sessions



Fresh Seasonal salads



Grilled Mahi salad with fresh blueberries



Roasted Pork loin with citrus



Fresh Bento boxes for patients and Retail
alluserv.com

Food as Medicine

- North Carolina Heart and Vascular hospital opened in 2017
- Kardia, our fast casual Mediterranean restaurant, launched in 2017
- No freezer in the restaurant
- All fresh foods, local whenever possible
- Lean meats, nuts, oils and legume based menu
- Menus lean towards plant based items - Impossible meat
- No sodas
- Seasonal hand crafted infused beverages
- Fresh squeezed juices
- Rotisserie prepared items
- No fried foods



Kardia Hand Crafted Signature Beverages

Made from fresh berries, teas, fresh herbs, fruit and honey

Tropical celebration –

- 100 % apple juice
- Pineapple
- Fresh Strawberries
- Fresh Bananas
- Fresh Squeezed Orange juice
- Touch of Coconut milk

Honey Arnold -

- Fresh Strawberries
- Lemon Juice
- Organic Black Tea
- Honey
- Touch of Pineapple



**Kardia Yogurt Plates**

*Unsweetened Greek yogurt,
Fresh Blueberries, Toasted
walnuts, Chia seeds, Pepitas,
Dark chocolate and drizzled with
local honey*

**Kardia Grain Bowl Sampler**

*Moroccan Carrot salad, Olive
Tapenade, Buttermilk squash
salad, Eggplant dip, Yellow lentil
salad, Mediterranean chicken
salad*

**Rotisserie**

*Rotisserie Chicken with Lemon Thyme marinade
Chicken Shawarma
Leg of lamb
Salmon
“Hatch” Chili's*



Kardia Teaching Kitchen

The Center for Innovation and Excellence

- 150 seat teaching and demonstration kitchen
- Weekly classes on various nutrition topics
- Heart healthy cooking classes
- Diabetes education
- Bariatric education
- Weight loss... How to cook with less fat
- Free classes for patients
- Hands on classes with chefs and dietitians
- Revenue source for department
- Community and industry funding for teaching kitchens



"The first wealth is health."

~ Ralph Waldo Emerson

What's Next? Patient Food Network, video libraries, healthy living classes

- Developing a video library that patients while in their rooms can watch how the menu is prepared and learn healthy cooking techniques and recipes
- Increased interaction with dietitians
- Weekly farmers markets at the hospital for staff, visitors and patients
- Chef demos with the farmers to showcase local produce

Other hot topics on the horizon for health care food service:

- Food pantries/Food Pharmacies (Boston Medical Center and Hennepin County Medical Center)
- Dedicated Farms for Hospitals
- Roof top Bee Hives



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Contact us if we can help you:

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Today's facilitator

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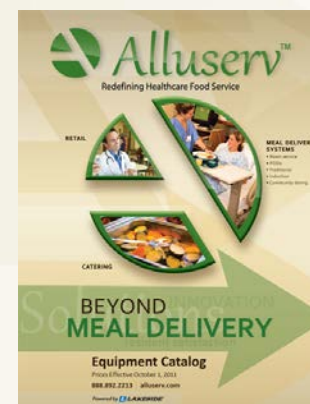
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Questions?