

Preventing Food Waste in the Healthcare Sector

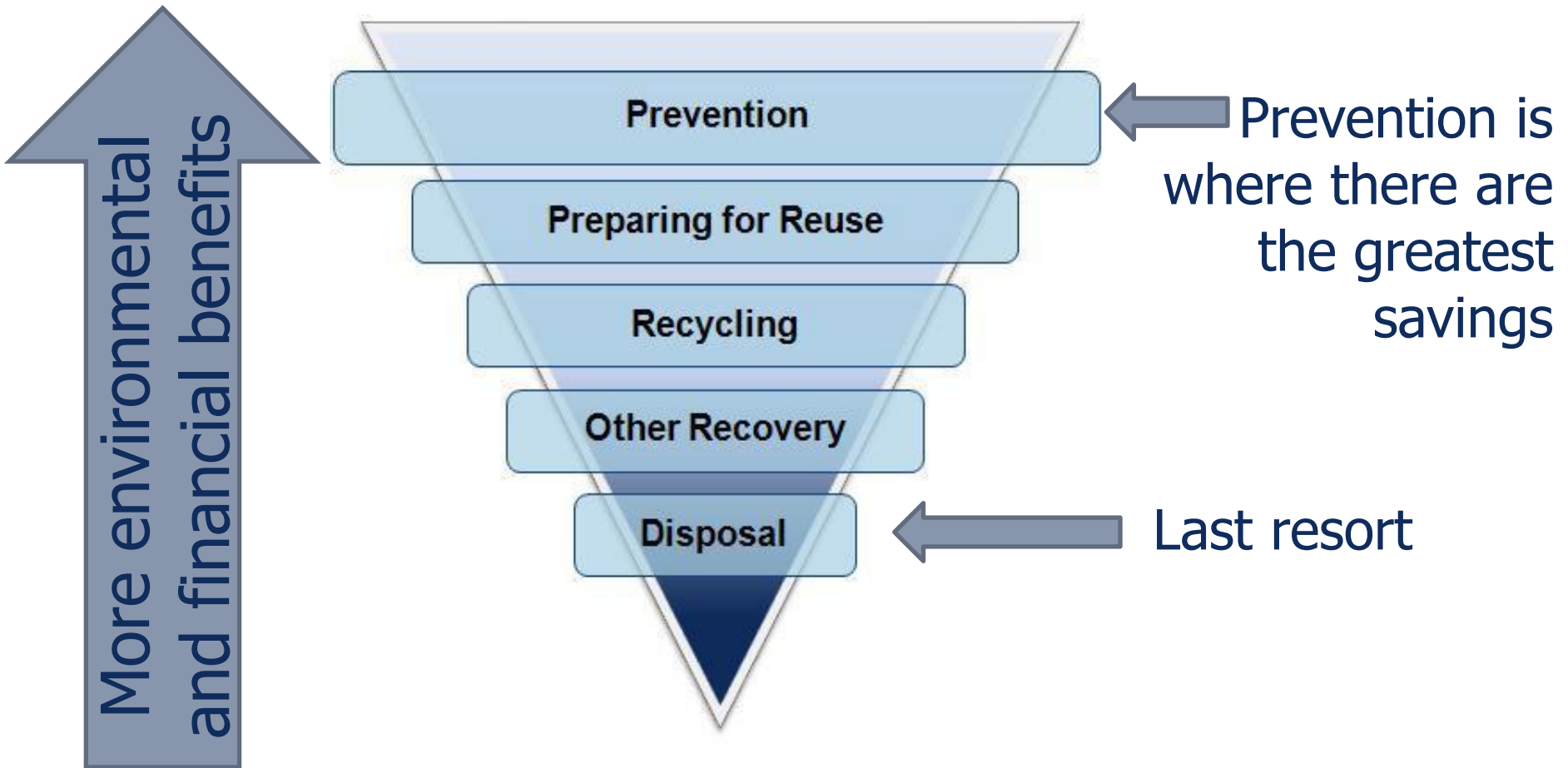
Screencast 4:
Opportunities in the
kitchen



This screencast will cover

- The waste hierarchy
- Preventing food waste
- Preventing and managing packaging waste
- Sustainable Procurement

The Waste Hierarchy





PREVENTING FOOD WASTE



Preventing spoilage

Purchasing: use good stock control and forecasting.

Regular orders: adjust depending on historical data and menu.

Stock management: check all food deliveries and return any products that do not meet standards.



STOCK CONTROL & PURCHASING LIST TEMPLATE

Use this list to stock check and calculate your order. Amend the list of products so that they are appropriate to your organisation. Always try and use the same measurement as your supplier. For example if they sell potatoes in 5kg bags, you should measure stock by 5kg bags to avoid confusion.

Product	Use By Date	Unit	In Stock	Standard Stock	Purchase Date	Order
Vegetables						
Potatoes		Bag (5kg)	1/2 Bag	1		1
Carrots		Bag (2.5kg)	0	1		1
Cos Lettuce						
Tomatoes						
Fruit						
Lemons						
White grapes						
Strawberries						
Blueberries						
Meat						
Beef fillet						
Beef burgers						
Braising beef						
Lamb cutlets						
Poultry						
Chicken breasts						
Chicken thighs						

Preventing spoilage

- **Fridges and freezers:**
Check temperature regularly.
- **Stock rotation:**
First in, First out.
- **Prepared items:**
Keep a list and use date stickers.



Menu planning

- Plan carefully based on patient forecasts and historical data.
- Plan menus with patients and patient groups i.e. elderly.
- Use perishable items in more than one dish.
- Base patient and restaurant menus on a similar weekly menu to minimise waste.
- Use unserved patient meals from a bulk meal system in the hospital restaurant.

Menu planning

- Operate a minimum three week menu cycle.
- Patients should order meals as close to the meal time as possible.
- Patient meal requests should be used to assist in the development of future menus.
- Carry out regular patient satisfaction surveys.

Food service - wards

- For bulk food systems, it is important to pre-portion meal components to ensure that the correct portion size is given.
- Where possible the contents of the tray should be pre-portioned in the main kitchen.
- Consider providing bread on request rather than automatically.

Food service – hospital restaurant and retail outlets

- Hospital restaurants can be a significant source of food waste.
- Consider putting out less food at the start and replenishing more often.
- Avoid preparing food too close to the end of service.
- Apply good portion control.



PREVENTING AND MANAGING PACKAGING WASTE

Preventing packaging waste

- Arrange reusable crates for deliveries where appropriate.
- Redesign staff takeaway packaging to minimise waste.



Improving waste segregation

- Set up easy to use internal collection systems.
- Clearly define responsibilities.
- Define collection points / bins.
- Colour code / label bins.
- Train staff.
- Monitor progress.



Increasing recycling

- Most sites will benefit from a mixed dry recycling system.
- Make sure you have the right type and number of recycling bins.
- A waste review will identify if there are sufficient quantities for separate collections of some materials.

Food waste treatment and disposal

- Consider a segregated food waste collection system for unavoidable food waste.
- Small scale on site composting or Anaerobic Digestion might also be appropriate.
- For further information visit wrap.org.uk/on_site_treatment





SUSTAINABLE PROCUREMENT

Sustainable Procurement

- Facilities Management Procurement Toolkit
wrap.org.uk/content/facilities-management-overview
- Government Buying Standards for food and catering services
<http://sd.defra.gov.uk/advice/public/buying/products/food>

WRAP resources for business

- The Online Resource Centre (guidance, information and templates)
wrap.org.uk/resource-centre
- The HaFS Info-Finder – a ‘search and find’ tool to help find information quickly
wrap.org.uk/info-finder
- Food Waste Recycling website at
wrap.org.uk/content/sme-food-waste/recycling-guidance

Information on the **Hospitality and Food Service Agreement** wrap.org.uk/hospitality

wrap.org.uk

hafs@wrap.org.uk

