

The Better Tomorrow Plan Case study

Nutrition, Health & Wellness

OUR COMMITMENT: We will provide and promote varied and balanced food options at all clients' sites by 2012.



St. Mary Medical Center:

- 364 beds
- 2,200 employees



United States

A dose of good health

Sodexo has been partnering with St Mary Medical Center for 28 years and wants to continue improving the quality of daily life for its employees. Since July 2010, retail services have been offering a wellness based retail menu for employees and community, as well as patients.

Creating value for employees

Nutrition is a foundation for health and development. Better nutrition means stronger immune systems, less illness and better health. There actually is a noted, positive difference in cholesterol levels and other vital blood work outcomes, now that the healthier options in retail have been in place for over a year. They can actually see an outcome to eating the healthier options.

General context

St. Mary Medical Center is a 364 bed (and expanding) acute care facility located in Bucks County, Pennsylvania with 2,200 people currently on staff.

The Center is a self-insured facility which focuses on employee health and wellness as an important part of controlling healthcare costs. As a strategic partner, Sodexo encourages healthier eating for healthier employees.

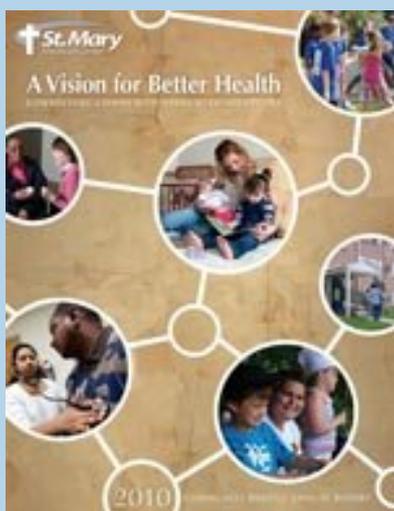
Working at a medical facility – where long hours are common – means people eat more meals at work compared with other professions. The cafeteria serves approximately 1,000 employees at every meal.

The concept

Since July 2010, Sodexo has brought in **healthier retail options**. Our first step was to make **85% of the hot food items, 88% of the soups and the vegetables healthier options**. In the deli, low-fat mayonnaise, low sodium meats and whole-grain breads have become the norm. At the salad bar, four light/free options and only one full-fat dressing is offered daily. Daily specials at all venues are also from the wellness selections.

Healthier options:

- ➔ 85% of the hot food items
- ➔ 88% of the soups
- ➔ Vegetables



By making changes gradually, we have given employees time to adapt. We have indulged in a little creativity, too. Baked potatoes and sweet potatoes have gone right into the serving station alongside the fries. On “fryer-free Fridays” we use sauté stations to offer healthier alternatives to deep-fried foods, and many of our desserts are now light, or sugar-free.

As part of promoting varied and balanced food options, Sodexo offers a variety of healthy foods and couples it with pertinent information and nutritional facts, so that people realize they are benefiting from the expanded options. The seasonal farmers’ market, held in the facility’s Healing Garden, has helped raise awareness of the benefits of eating healthily and locally.

Sodexo also provides and sponsors the **Way 2 Wellness program** for employees and community, as well as patients, encouraging healthy eating and exercise.

One truly remarkable thing for St Mary Medical Center is that with the self insurance, they also provide annual wellness screenings (free of cost) to all employees. The motivation to complete the screening is that you receive a discount in your insurance premium deduction, right in your pay check.

Moving Forward

Sodexo has been partnering with St Mary Medical Center for 28 years and wants to continue improving the health of employees:

- ➔ Will begin to offer a 100% wellness retail menu, within the next 2 months
- ➔ Adding reduced sugar and reduced fat cakes and pies, thanks to new availability of such products.
- ➔ Expanding the fryer free initiative to two days per week (Fridays and Tuesdays) by the end of October.
- ➔ Offering a viable alternative to fried foods on Tuesdays, as well.
- ➔ Offering the health screenings to employee's family members that are insured under the St Mary Medical Center umbrella, as well as employees themselves.

The **Sodexo Wellness Menu for retail** was released in June 2011. Sodexo at St Mary Medical Center will be following the format of the menu this fall. The current menu was an extraction from the Wellness Recipe list. With the new retail Wellness Menu, Sodexo has a standardized template to follow, which is 100% wellness criteria approved.



More information

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