

FAN Newsletter

Sodexo's Food and Nutrition Department



Fall 2015

“KIDS EAT FREE AT MUSC” SERVED 2385 MEALS THIS SUMMER

This past summer, MUSC became the 1st hospital in South Carolina to participate in USDA's summer feeding program, serving almost 2400 meals during the 10 week summer break. We fed children in the cafeteria, where they were able to select from a wide variety of hot foods and children in two different clinics in Rutledge Tower.

The goal of USDA's program is to provide nutritious foods to children during the summer months, a time during which kids are at increased risk for both malnutrition and obesity. Because MUSC is located in an area of need where more than 50% of the children attending nearby schools qualify for free/reduced priced meals during the school year, all children could participate, regardless of where they live, the reason for being at MUSC or their financial situation. The program is not subsidized by our customers nor grant funded. Rather, we were reimbursed by the USDA for every qualifying meal we served.

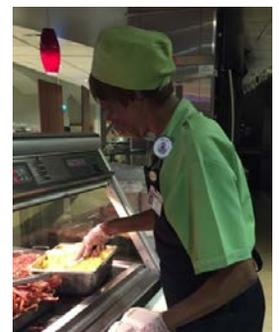


Our model was "guided" by this friendly octopus



In South Carolina, 1 in 6 people struggles with hunger and hunger is a health issue. Of the more than 630,000 South Carolinians who use food banks, 75% of clients have to choose between paying for food or paying for healthcare, and chronic diseases, such as high blood pressure and diabetes, are common. Food insecurity contributes to the rising cost of health care; estimates contribute the lack of access to healthy food at \$130.5 billion in health care costs.

In SC, only 22% of qualifying children participate in summer feeding programs – which means most do not. The reasons for this are multifactorial and include a shortage of feeding sites. Despite the link between food insecurity and health, healthcare institutions rarely offer summer feeding programs. We are proud to have offered a service that not only makes a positive impact on our customers' health, but also serves as a model for other health care institutions eager to do the same. Learn more about our story at [http://tinyurl.com/p2p8yjp!](http://tinyurl.com/p2p8yjp)



Sodexo focused on improving the dining experience at IOP with a

\$140,000

Investment in new equipment and a menu makeover



The result?
Improved quality and presentation and

↑10 pts

In patient satisfaction scores



The **MUSC Dietetic Interns** spend several weeks with the Sodexo foodservice team.

They learn about the production and delivery of meals for patients and the retail operations, including management, finance, procurement, sanitation and safety. They identified, costed, prepared and evaluated several new recipes to try in the cafeteria, all of which met our **Mindful** criteria for calories, sodium, etc.



As part of our Celebrity Chef series, we hosted **Kitchen 208** at World Cuisine and prepared their signature Quinoa Salad and their Smoked Turkey wrap. We performed a “**recipe makeover**” of these two dishes by adjusting them slightly so they more closely met our **Mindful** criteria for sodium and fat without compromising the flavor!



Jared Hortman won the Fall Mindful raffle – an iPad donated by Pepsi. Anyone who purchased a **Mindful** entrée salad OR piece of whole fruit and a low calorie Pepsi drink could enter.

We continue to promote our frequency cards – buy 9 Mindful entrees and get the 10th one for **FREE!**

Make **Mindful** choices for a chance to win an iPad

Purchase a **Mindful** entrée salad and a bottled zero calorie Pepsi beverage, Aquafina water or PACT

or

Purchase a piece of whole fruit and a bottled zero calorie Pepsi beverage, Aquafina water or PACT

To enter the drawing, put your receipt w/ name, phone number and email in the raffle box, between August 27th – August 31st. One winner between LH and A&T campuses will be randomly selected from all entries.

mindful by sodexo | pepsi | iPad

Pandinis is Open

This new pizza outlet offers hand-stretched artisan pizzas, libretti sandwiches, pasta dishes and chopped salads.

They are open **Mon – Fri, 10 a.m. – 6 p.m.**

Coming soon is the **Original Burger Company**, which will offer fresh made ground beef, turkey patties, portobello mushrooms and grilled salmon.



QUALITY OF LIFE SERVICES

Chef Brett Cunningham, Chef Ferando Middleton, Katie Sneker & Chef Martin Neeley



MUSC's Sodexo Culinary Team Places 1st SCHA COOKING WELL INVITATIONAL

MUSC joined 9 other culinary teams from SC hospitals tasked in a competition to create a three-course meal in under 90 minutes that satisfied culinary, wellness and pricing guidelines. Chef Katie Lee emceed, chef's from the Culinary Institute of Charleston judged and the Trident Culinary Institute hosted. Sodexo was proud to sponsor this 3rd annual South Carolina Hospital Association Cooking Well Invitational which was also part of the Southern Living Taste of Charleston. This team truly represented MUSC well and is changing what's possible in hospital cafeteria food! Learn more at www.CookingWellSC.com.



Dr. Darien Kadens, Director of Healthcare Research at Sodexo, described programs offered by Sodexo that promote Population Health to the crowd at the Cooking Well Invitational.



Sodexo **Chef Fred Bennett** teamed up with Chef Katie Lorenzen-Smith from the local restaurant Tavern & Table and won 1st place in the Iron Chef Competition, the kick off event for the Taste.



TV celebrity **Katie Lee**, co-host of "The Kitchen" on Food Network, interviewed the competing teams while they were cooking and offered book signings of her new cookbook, *The Comfort Table*.



Abigail Lee, is a 4 year old with many health conditions. She has been at MUSC's children's hospital on and off for the past 4 years receiving treatment for leukemia. While she was a patient here, our dietary department played a crucial role in her treatment as the timing of her chemotherapy and delivery of her tray had to be meticulously coordinated. Abigail is now cancer free as of this May and threw out the first pitch at the Riverdogs' game in August in celebration of HOPE Week.





Janet Carter, a registered dietitian with Sodexo at MUSC, has recently become the first RD in South Carolina to be a Certified Lipid Specialist! Certification through the Accreditation Council for Clinical Lipidology enhances professional stature and credibility in the field of lipidology and demonstrates commitment to the highest standards of patient care.

Janet is the dietitian and program coordinator for **Heart Health**, the weight management program and lipid clinic for kids in the MUSC Children’s Hospital which helps children learn to adopt healthy lifestyle habits. Recently, the program held two successful events to further advance this goal.

Heart Health’s **Summer Camp**, a 2-week-long day camp, included numerous fun and educational activities. The kids worked in the Urban Farm, and took walking field trips to the College of Charleston and to the local pool for some cool exercise. A pre- and post-evaluation of their knowledge of health-related concepts revealed significant improvement.



The 5K Fun Run/Walk was also a huge success, raising over \$5,000 for Heart Health and the NFL’s Barry Richardson Foundation. Aside from the monetary benefit, there were over 120 people present who experienced the excitement and energy that accompanies these events, including many of the Heart Health families! For more information, please visit www.MUSCKids.org/Heart/Health or call 843-792-4717.

MUSC’s Bariatric Surgery Program was featured in the July/Aug edition of **Charleston Magazine**. The article discusses how bariatric surgery is not a surgical “fix”, rather a lifetime commitment best supported by a robust program of interdisciplinary professionals. The MUSC Bariatric Surgery program includes experienced mental health professionals, dietitians, nurses and physicians, and is dedicated to helping patients safely realize weight loss success. The article includes quotes from the Sodexo dietitian **Nina Crowley, PhD** and **Dr. Rana Pullatt**, who performs surgery at both MUSC and the VA.



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