

FAN Newsletter

Sodexo's Food and Nutrition Department



Spring 2016

MANY MINDFUL WINNERS

Each month, the UH and ART cafeterias hold a raffle where the entry ticket is the receipt from the purchase of a Mindful option. In February, for Heart Month, Leslie Cross won the Dasani bike and in March, Kerry Burke won a share of locally grown produce from the farm Compost in My Shoe. Also in March, there were two drawings a week to win a bag of veggies from the MUSC Urban Farm and April's raffle offered a weekly winner a free meal from Freshii! These promotions are just one way we encourage customers to eat Mindfully.



GUEST SERVICE PROVIDES MORE THAN FOOD

The Children's Guest Ordering Meal Service, launched last winter, is an innovative approach for caring for the parents/guests of pediatric patients who are unable to leave their child to go down to the cafeteria to eat. The process is simple – nurses provide the information to the parent, the order is taken and paid for over the phone and the meal is delivered to the parent in the child's room! Thirteen trays were delivered in November and since, the program has grown serving 95 trays in March! Also, to celebrate Valentine's Day, patients got a special card on their meal tray, drawn by two pediatric patients from 7 East.

5 NEW COOKING DEMOS

For National Nutrition Month (March), the MUSC Dietetic Interns highlighted the various cultures that influence Lowcountry cuisine. There were samples for customers to try, copies of the recipe and a cooking demo for each dish, shared via social media and broadcast messaging.



**SAVOR THE FLAVOR
OF EATING RIGHT**

NATIONAL NUTRITION MONTH® 2016

>500

The number of times the cooking demos were viewed on YouTube in March alone.



Savor the Flavor Cooking Demos can be viewed anytime, anywhere. Link to our YouTube channel from www.muschealth.org/nutrition/mindful

Bite by Sodexo is a new app that shows consumers what's on the menu before even entering the cafeterias here at MUSC (both UH and ART cafeterias). The app is free – just search for bite by Sodexo in the app store. When you launch the app for the first time, it will ask for a code that will link you to the options at MUSC – enter M5K29. With just a couple taps and a little scrolling, consumers then select an item to get a description, allergen information and complete nutritional information - it will even sync to your fit bit! If you want to know it all, bite will tell you everything! Since its launch in January, our MUSC menu has had >10,500 views.



freshii

The UH Cafeteria celebrated the grand opening of Freshii. This upscale menu offers custom made wraps, fresh salads, quinoa bowls and fresh pressed juices. The salad bar was also expanded and a new grab-and-go cooler, stocked with Mindful items is at the main entrance to the cafeteria. Also now open in the Library Administration building is a brand new offering, PJ's Coffee of New Orleans.



For our MUSC Local Chef Series, we take a recipe from a local restaurant and perform a “recipe makeover” – cutting calories, sodium, and cholesterol for a healthier bite with the same great taste! The dish is then featured in the ART cafeteria – samples and recipe cards provided – and MUSC employees get a discount for the week after the event at the participating restaurant.



Recently prepared: Burton's Grill's Maple Chicken Sandwich with Dijonnaise & Cranberry Chutney. Swamp Fox's Potato Cakes with BBQ Chicken or Ham and Sauerkraut topping and their Sunset Salmon Salad with grapefruit, avocado and poppy seed dressing. And coconut curried lentil soup from Jack of Cups Saloon.

QUALITY OF LIFE SERVICES



Inaugural class completes IP 770: Culinary Health

“I now know how to tell a patient how to eat less sodium or less saturated fat. I can actually give them substitutions and healthy recipes as examples instead of just letting them figure it out.”

- COM yr 1 student

In collaboration with the Culinary Institute of Charleston (CIC), MUSC offered a 1-credit elective course in which students from multiple disciplines studied how the art of cooking and the science of food intersect to promote health and wellness. Students discussed how nutrition influences chronic disease prevention and management and developed skills on how to select, prepare, cook and present foods that prevent the most chronic diseases. The 5 week class combined independent reading and discussion with hands-on experience in the kitchen and was co-taught by Sodexo dietitian Debbie Petitpain and CIC Chef Miles Huff. Forty-five percent of the class was from the College of Medicine and the remainder from the College of Health Professions. After taking this class, 91% of students indicated that they are *more likely* to talk to their patients about food and health, and 100% felt *more confident* to talk to their patients about these topics.



Laura Dority, MS, RD, LD received an Applause award for going above and beyond to ensure a patient had enough special formula to get through the weekend. Laura is the pediatric dietitian for MUSC's ketogenic program.



Katie Snekser and the other Sodexo chefs who placed first at the SCHA Cooking Well Invitational, prepared their winning menu for the 200 attendees at the annual South Carolina Hospital Association meeting in Columbia.



Scott Dube is the new retail manager for the UH cafeteria. Scott previously worked at Temple University and has been with Sodexo for 9 years. Please introduce yourself or contact him at dubes@musc.edu

QUALITY OF LIFE SERVICES



Sodexo pediatric and adult inpatient RDs received physical assessment training, sponsored by Abbott.



LOCAL STRAWBERRIES ARE HERE
This seal highlights our commitment to prepare menus that include South Carolina Grown foods and products.



Supporting locally grown produce is just one more way Sodexo is proactively implementing commitments under The Better Tomorrow Plan.



Celebrating Earth Day Everyday



Sodexo dietitian Kate Juergens explained the dietetics field and encouraged children to pursue healthcare at Huntley Elementary School's Career Day.

Have a Heart...Help End Childhood Hunger



Servathon - Sodexo's largest global Stop Hunger event - occurs every April. Each \$1 Hunger Heart sold is donated to the Sodexo Stop Hunger Foundation—an independent charitable organization that works to ensure that every child in the United States, especially those most at risk, grows up with dependable access to enough nutritious food to enable them to lead a healthy, productive life.

www.SodexoFoundation.org

