Illinois Hospital Food Recovery and Composting

January 15, 2019 @ 10 am CST
Webinar moderated by Seven Generations Ahead
Outline

Illinois Update - Food Donation and Composting
Seven Generations Ahead, Illinois Food Scrap Coalition and Illinois Wasted Food Solutions

Food Scrap Composting to Food Donation
Rush Oak Park Hospital

Surplus Project - Reducing Wasted Food and Feeding People
Rush University Medical Center

The Path to Hospital Food Scrap Composting
University of Illinois at Chicago
Illinois Update
Reducing Wasted Food & Composting

Jen Nelson
Seven Generations Ahead, Senior Program Manager
Illinois Food Scrap Coalition, Board Member and Education Committee Chair
Illinois Wasted Food Solutions Task Force, Member

jennifer@sevengenerationsahead.org
Project Name:
Building Illinois’ Local Food Shed Through Advancing Food Scrap Composting

Funder:
Funded through the Searle Funds at The Chicago Community Trust, Food:Land:Opportunity is a collaboration between Kinship Foundation and The Chicago Community Trust.

Partners:
Illinois Food Scrap Coalition, Illinois Environmental Council, Illinois Wasted Food Solutions Task Force
Food Scraps Are Not Waste

40% of all food in the U.S. is wasted.

1 out of 7 Americans are food insecure.

USDA & EPA
U.S. Food Waste Challenge:
Reduce food waste by 50% by 2030

ILLINOIS

- 14 million tons of waste landfilled annually
- Nearly 20% of what is landfilled is food scraps
- Of all compostable organics generated, only 15% were composted (only 59% yardwaste, and only 1% food)
How Do Hospitals Make a Difference?

Hospitals play a key role:

- **reducing** food waste
- recovering/*donating* food
- recycling/*composting* food scraps
- educating staff and customers/visitors/patients about reducing food waste

Composting considerations:

- Financial
- Operational
- Regulatory
Hospitals and health systems understand that food security is an important determinant of health.

Food insecurity is associated with a higher risk of obesity and diet-related chronic diseases, including diabetes and hypertension. Food insecurity is also associated with greater healthcare costs, including avoidable emergency department visits.

There is growing interest by hospitals and health systems in identifying and addressing patients’ social determinants of health—particularly food insecurity and lack of access to fresh, healthy foods.

Why Donate Food?
IL Hospitals Participating in the Surplus Project

**Blessing Hospital** Quincy, IL
**Riveredge Hospital** Forest Park, IL
**Loretto Hospital** Chicago, IL
**Rush Oak Park Hospital** Oak Park, IL
**UI Health** Chicago, IL
**Bon Secours Health System**, Richmond VA
IL Hospitals Donating Surplus Food Through Onsite Food Pantry

**UI Health** Chicago, IL
**Jesse Brown VA Medical Center** Chicago, IL
**Hines VA Hospital** Hines, IL
**HSHS St. Francis Hospital** Litchfield, IL
**HSHS Good Shepherd Hospital** Shelbyville, IL
**West Suburban Medical Center** Oak Park, IL

[Logos of UI Health, Jesse Brown VA Medical Center, Hines VA Hospital, HSHS St. Francis Hospital, HSHS Good Shepherd Hospital, and West Suburban Medical Center]
The What and Where of Hospital Food Donation
Waste Audit Tools

Practice Greenhealth has a robust set of tools and resources for assisting healthcare facilities in tracking, managing and minimizing their waste streams. Learn more at:

- Developing a Waste Baseline
- Setting Waste Goals
- Benchmarking Waste Performance
- Waste Categories and Types
- Waste Tools & Resources
- Greenhealth Tracker
Why compost?

- Reduce material sent to landfill
- Save water and energy
- Reduce pollutants, including carbon emissions
- Improve soil health, including reducing erosion and improving water retention
Food Scrap Composting in Illinois

50 IEPA permitted compost processors
   ○ 12-14 of these accept food scraps

187 We Compost partners
   restaurants, institutions, businesses, schools and municipalities
   compost food scraps

30 Municipal food scrap programs

State policies enacted to support hauling and processing of food scraps

www.illinoiscomposts.org
1. Sort food scraps
2. Haul to a compost facility
3. Food scraps decompose
4. Finished compost sold
Campus & Medical Center - Aligning Timing, Infrastructure and Costs

Cynthia Vasquez
Rush Oak Park Hospital
Director of Volunteer Services and PlanItGreen Core Team representative
Rush Oak Park Hospital’s Food Scrap Diversion and Composting Program
A Few Details…

➢ Where are the scraps from?
  Patient trays
  Kitchen

➢ What happens next?
  Transported to south side composting facility
  Turned into compost=compost used by Landscapers, etc.
Acceptable Food Products for Composting

- Meats and Bones
- Seafood and shells
- Food-Soiled Paper, Waxed Cardboard
- Dairy Products and Breads
- Coffee Grounds and Filters
Non- Compostable Items

- Plastic bags or plastic containers from food packaging
- Plastics or Aluminum foil of any kind
- Hair nets
- Metal of any kind
- Shrink Wrap of any kind
- Plastic Forks, Knives or Spoons
- Rubber Gloves
- Candy Wrappers
**ROPH Food Scrap Diversion and Composting Data**

March 2013 thru November 2018

- **Stats:**
  Over 205 tons of food scraps diverted so far

- **Trending**
  - 2013 = 24.42 tons
  - 2014 = 40.99 tons
  - 2015 = 46.56 tons

  (The Surplus Project started in 2015)

  - 2016 = 34.70 tons
  - 2017 = 34.29 tons
  - 2018 = 24.12 tons so far
When Planning Your Program, Remember

Collaboration is Essential!!

➢ Partnered with local non-profit Seven Generations Ahead to utilize best practices.

➢ Created custom tailored program for specific layout and size of our facility.

➢ Research information also provided by Village of Oak Park’s Waste Manager

➢ No Need to re-invent the wheel!
Implementation and Coordination

➢ Worked with waste vendor to streamline logistics
➢ Cleanliness and infection control standards must be maintained
➢ Initial staff training and monitoring is a must
➢ Importance of buy-in from VP of Operations, Director of Food Services and Environmental Services Director
➢ Annual staff training thereafter- especially for positions with high turn-over rates
Challenges

➢ Process new to waste vendor
➢ Did not receive the proper receptacles initially
➢ Inconsistent pick-up service
➢ Turnover of Vendor’s Account Manager
➢ Turn-over of front line staff in Food Services

However- Patience and Vigilance will be Rewarded!
Community Recognition

2013 Village of Oak Park’s Green Award
Educational Workshops and Tours
QUESTIONS?

For more information about Rush Oak Park Hospital’s Food Scrap Composting Project, please contact Cynthia Vasquez at 708-660-5684 or cynthia_j_vasquez@rush.edu.
The Surplus Project
Campus & Medical Center - Aligning Timing, Infrastructure and Costs

Nicole Wynn, MSN, RN-BC
Rush University Medical Center
Assistant Nursing Unit Director
ENT/Neuro Surgery 13w

Jennifer M. Grenier, DNP, RN-BC
Rush University Medical Center
Director of Nursing Medical/Surgical Unit and Acute In-Patient Rehab Hospital
Founder Surplus Project
From Composting to Donating

The SURPLUS PROJECT
Food Security: Three-Pronged Approach

Greater Chicago Food Depository

- Food Security for our patients - screening for food insecurity when at Rush and connecting with resources such as GCFD or Top Box

Rush Surplus Project

- Food Security for our community members/partners
- Rush Surplus Project and donating our surplus food to those in need; sharing with HICOC to replicate

Top Box Foods

- Food Security for our employees - understanding that our employees have needs too
- Pilot with Top Box Foods
The Surplus Project aims to improve the nutritional health of the community through the distribution of surplus food from hospital cafeterias to food insecure families.
Hunger Affects our Community

• Local schools report 21-25% of students qualify for Free and Reduced-fee school meals

• Local community food insecurity rates include
  ✓ Oak Park 12.2%
  ✓ Austin 34.2%
  ✓ Forest Park 18.1%
  ✓ Berwyn 11.8%

• There is a huge opportunity with hospitals to provide food to local homeless shelters and food pantries
Rush Gives Back

- 3 tons of compost food a month
- 6,000 lbs. of food a month
- 150 lbs. per container
- 3 tons of garbage that is not in landfill

- We throw out at least 10 servings of food a day
- We can serve over 70 meals to the food pantry and soup kitchens just ROPH alone
Health Department Guidelines

- Items received should be distributed to clients within 24 hours
- Items should be labeled with any allergens (nuts, dairy)
- If item is a sandwich, all ingredients must be fresh - deli meat, cheese packages opened within 7 days of the preparation of the sandwich.
- Coolers or cooler bags must be used for transport to help maintain temperature of food.

The SURPLUS PROJECT

Dairy    Peanuts    Dairy
Link to video:
https://www.rush.edu/health-wellness/video-library/rush-surplus-project
Social Media

- 57,000 VIEWS
- 321 Shares
- 903 Likes
- 277 Comments
Rush’s Food is Medicine Program

- Connect **inpatients** who screen positive for food insecurity to Rush Food is Medicine food pantry program, further providing resources via NowPow
  - Surplus volunteers prepare bags
  - Bags delivered to unit by Rush volunteer services
  - Bags provided at discharge
- Greater Chicago Food Depository (GCFD) partnership for fresh and dry goods
- Pilot begins January 2019
Rush is helping lead Westside ConnectED with Catholic Charities, UI Health, Presence Health, and Patient Innovation Center to implement a Social Determinant of Health Screening Tool.

Asking patients about:
- Housing
- Transportation
- **Food Security**
- Safety
- Utilities

Logos of UI Health, lyft, Greater Chicago Food Depository, NowPow, ComEd, and Center for Housing & Health are also shown.
Future Screening Tool in EMR

a. {I/We} worried whether {my/our} food would run out before {I/we} got money to buy more. ____

b. The food that {I/we} bought just didn’t last, and {I/we} didn’t have enough money to get more food. ____

c. {I/We} couldn’t afford to eat balanced meals. ____
Campus & Medical Center - Aligning Timing, Infrastructure and Costs

Joe Iosbaker
University of Illinois at Chicago, Office of Sustainability, Recycling Coordinator
UIC Student Center East Residents Dining Hall
Current Weights of Food Scrap Collection at UIC Student Center East dining hall

SCE compost in tons
Fall Semester 2018

<table>
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<th>Month</th>
<th>Tons</th>
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<tr>
<td>Aug-18</td>
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<td>Sep-18</td>
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<td>Oct-18</td>
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<td>Nov-18</td>
<td>4.5</td>
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<td>Dec-18</td>
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Student Center West and UI Hospital
Chancellor Michael Amiridis announcing Climate Commitments
Expansion of dock at Student Center East
Investigating the volume of food waste at UI Hospital

March 2016 Hospital Kitchen Waste Audit in Pounds

- Prepared food untouched, 605
- Other scraps with little or no contamination, 299
- Food scraps mixed with contamination, 534
Food Recovered from UI Hospital Kitchen by UI Family Medicine Pilsen Clinic

<table>
<thead>
<tr>
<th>Month</th>
<th>Total Patients</th>
<th>Patients Per day</th>
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<tbody>
<tr>
<td>January 2018</td>
<td>310</td>
<td>14.8</td>
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<tr>
<td>February 2018</td>
<td>351</td>
<td>17.6</td>
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<td>Up to March 9 2018</td>
<td>157</td>
<td>19.6</td>
</tr>
<tr>
<td>Week of March 5 – 9</td>
<td>122</td>
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UIC Campus Food Recovery Network

The UIC Food Recovery Network attempts conservation in all aspects of their mission to reduce food waste.

- Student-led group, works with kitchen staff in the Student Centers and UI Health.
- Package leftover food in aluminum trays for overnight storage in kitchen refrigerators provided by kitchen management.
- Diverts food each week to meet food insecurity needs in the area.
- Potential to divert hundreds of pounds daily
UIC Food Recovery Network Impact
UIC Campus Pop Up Pantry

- Combat food insecurity among students at the University of Illinois at Chicago
- Items must be in cans, cartons or bags
- Must be non-perishable (requires no refrigeration or freezing) ** We unfortunately cannot accept fresh produce or similar items due to food safety regulations.
- Unopened and in the original container with original product label
- Free of dents, rips, stains, moisture and other forms of damage
UIC Medical Center Kitchen Waste Audit

Date: March 8, 2018

Tracked and collected the hospital’s food waste throughout the day

Data measured food recovered:
241 POUNDS of food, including 12 GALLONS of soup
Food Recovered from UI Hospital

2623 pounds since July

Monthly Food Recovery
Jul - Dec 2018
Collective Resource, Inc.
Next Steps for Illinois Hospitals

1. Establish a food recovery and donation program
   a. Include food waste reduction goals in food service RFP
   b. Identify food to be recovered
   c. Identify partner to distribute food
   d. Determine volunteer and transportation needs

2. Establish a food scrap composting program
   a. Require haulers to provide pricing for organics/compost service in RFP
   b. Require reusable, recyclable or compostable items for events and food service
   c. Require the use of compost in procurement and landscaping RFPs

3. Join collaborative efforts in Illinois
   a. Illinois Food Scrap Coalition
   b. Illinois Wasted Food Solutions Task Force
Thank you to our funder

Food:Land:Opportunity
Localizing the Chicago Foodshed

Thank you to our presenters, leading the way for Illinois institutions to reduce wasted food and compost!

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