



Sustainable Food Provision Royal Brompton Hospital

*A presentation by:
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National Health Service Catering Statistics

- There are approx 138,074 available beds in English hospitals. At any one time they are 85% occupied
- 75% of these occupied beds have patients who are actually able to eat (117,363)
- The average cost of providing a catering service is £13 per patient per day.

Equates to approx £10 million per week

- Introducing local seasonal sustainable procurement this would result in £180 million being spent in the local farming and local business
- It is said that for every £25 spent locally- £19 goes direct to the farming and small business

OBJECTIVES, SPECIFICATION AND POLICY

An eight year , ongoing project, at the Royal Brompton

- Local food chain – supporting shorter routes from supplier to consumer
- Promote income through public catering
- Promote a food strategy for the NHS with an agreement for a base standard and specification.
- Encourage collectively and collaboration on food chains with all public catering services.
- Emphasise the healthier option and promote healthier eating for patients and staff feeding
- Every Friday is a no meat day

Food at its best-some of the developments of the project

- Venison, game and wild rabbit on menu
- Essex and Hertfordshire Free range eggs and British bacon
- Bedfordshire and Hampshire Organic milk and organic porridge oats
- Seasonal orchard Kent fruit and juices
- Soups are freshly made from seasonal commodities daily
- Forequarter meat butchered for roasting
- Freedom food chicken
- Organic burgers
- Whole breast meat chicken nuggets
- Asparagus in May and June Seasonal strawberries only
- Food with no preservatives or modified ingredients
- Potatoes grown in Kent for the Trust
- Sausages made from additive free, UK ingredients, to an agreed recipe



Royal Brompton Hospital overall Achievements

- 36% of all food and food related procurement is now sourced from a radius of 50/80 miles in the South East. Aim to increase yearly.
- Proved that local and seasonal food is supported by high patient satisfaction.
- In the top of best performing hospitals for food and service
- Fresh local food cooked on site
- Reduced plate wastage figures - more is eaten.
- All fish is now Marine stewardship awarded through procurement from a London Fish Wholesaler
- Buying better quality food means higher standards and less wastage.

Royal Brompton Hospital Achievements-continued

- Meat quality is higher than the UK Meat buyers guide
- All bread comes from a local London bakery
- Food waste is now collected for composting
- Vegetable oil is collected for bio use
- Water bottled on site
- Cashless system for staff to improve income

Improved patient satisfaction

- Patients food satisfaction is 23% higher than the national hospital average.
- Food cooked fresh every day on site enables flexibility of service patient is able to have a meal outside the meal times
- Recipes use ingredients mainly from a sustainable source and this is promoted.
- Food is cooked as near the mealtime as possible. No frozen plated meals

Acknowledgement of Main kitchen with Royal Visitor!!



Wider Achievements - London

Seven other London Hospitals now work in collaboration in procuring high quality meat and meat products, local seasonal vegetables, free range eggs, organic milk and orchard fruit

What More needs to be done?

- Collaboration to *one simple menu* for all public food catering services.
- Regional procurement agreements that all public services can use i.e. hospitals schools prisons colleges and universities.
- Make fresh food cooked daily on site -a priority
- Sustainable Public sector catering to be seen as an important part of achieving *good public health*

Next step -a single menu

- Economies of scale
- More attention to specification
- An agreed portion/s and basic commodities
- An agreed basic meal cost nationally
- Reduces costs of printing
- Collaboration improves future security
- Puts good food on the plate mandatory nationally
- The NHS Supply Chain (DHL) calculate that with one menu the procurement savings per annum would be approx 10-15% or at least £50 million saving.

Changes made to the Menu and Service at the Royal Brompton

- Cooked breakfast introduced – Medical advice-introduces 20g extra protein to the diet
- A lighter bistro style lunch with one main course and a sandwich or salad alternative.
- Afternoon tea a traditional -English custom
- A later supper dinner menu which is more substantial and served later so that it reduces the time until breakfast
- Same menu used in the commercial sales areas



A cooked breakfast

cost 85p -1.20p

A lighter bistro style lunch

cost 95p – 1.30p

**A more substantial evening
menu served later in the day**

cost 1.25p -1.70p

The minimum requirement for

Total cost per patient per day

3.575p (at least)

plus beverages and snacks £5.00

Issues / Barriers

- Inadequate catering budgets
- Delivery of local produce to London can be expensive
- Lack of enthusiasm from main suppliers to alter the way they source their produce
- Lack of interest from other areas of the health service.
- Security of the food chain

Learning Outcomes

- The importance of taking a '*step by step*' approach in all areas, including altering menus
- *Take the initiative* - willing to alter suppliers to those who will provide more local/organic food
- *Work closely with suppliers* to assist them wherever possible i.e. reducing deliveries
- *Gaining support from catering team* is vital
Having a passion and determination to improve and supervise/monitor that agenda

Contacts

- **Bank Farm**

One of the key suppliers

- **Geoff Wanstall**

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