

Introducing: Meals matter more...!



■ 'Meals matter more' aims at:

- Hospitals
- Care and Nursing Homes
- Home delivery services
- Private initiatives at neighbourhood level

In short:

Better quality food for the sick and elderly.

People that are dependant on others to provide them with meals.



Institutional care in The Netherlands

	Number of institutions	Number of beds
General Hospitals	80	52.300
Academic Hospitals	8	8000
Specialist Hospitals	29	3.500
Psychiatric Hospitals	100	21.800
Care for the disabled	158	41.650
Care for the elderly	742	162.400
TOTAL <i>Source CBS 2009</i>	1,117	289,650

Dutch Care industry:

- **Patients/Residents:** 350.000
(incl. out-patients etc.)
- **Personel** (in FTE): 600.000
- **Visitors** (consumption): 100.000

→ **one million consumers
every day**



|| The Netherlands is ageing fast...

- 2010: 2.6 million people over 65
(15.6% of the total population)
- **2040: 4.6 million people**
(**25.6%** of the population)



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- **15 - 25 %** of elderly people
receiving care (and meals) at home
- **25 - 40%** of elderly people
in hospitals

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→ ...around **100.000** are living in a **care home.**

→ ...around **50.000** are living in a **nursing home.**

→ ...around **2.45 million** people live (semi-) independently (= 94%)

As it stands now...

In 2040 there will be around
1.000.000* elderly
people
suffering from
Malnutrition
***25% of 4.6 million**

||| 'Meals matter more' aims
at:

The substantial increase of
the production of

**good, tasty food &
meals**

in

Institutional Kitchens

Putting **food** back in the
heart of good care!





'Meals Matter More...' **keywords**

- **Artisan**
- **Pure (no additives)**
- **Seasonal**
- **Animal friendly**
- **Traceable source**
- **Sustainable**

A sample of 'Meals (that) matter more' in hospitals & care homes...



■ **‘Meal matter more’ =
remedy against / recipe for:**

- **Sustainable food**
- **Regional Economy**
- **Food waste**
- **Social cohesion**
- **Malnutrition**

Link malnutrition – Food waste





Food waste in The Netherlands

Facts & Figures



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- Food wasted by **consumers: 2.4 billion euros** (sales value)



Food waste in The Netherlands

Facts & Figures

- Yearly more than **3 million tons** of food is wasted.
- In terms of money: **4.4 billion euros**
- Food wasted by **consumers: 2.4 billion euros** (sales value)
- Wasted in the **food chain + out-of-home** channel: **2 billion euros**

Source Wageningen University (Drs. Ing. Joost Snels, 2011)

Food waste in consumption phase

- **No scientific figures known as yet...**

Estimation by experts:

30 - 60% of prepared food is thrown away

Best Practice (1):
Maxima Medical Centre – Eindhoven
(NL)
Meals a la carte served at your bedside



Key factors at consumption level

Giving patients and clients the choice:

- a) What to eat
- b) In what quantities

+....

Important role for Food assistants



Huge reduction of food waste...

- Before: 42% waste*
- After: 2% waste*
- In terms of money: € 400.000 per year
- Note: At consumption level, not taking into account waste during production and preparing.
- **Source: Drs. Ing. Joost Snels, Wageningen UR Food & Biobased Research.**

Food Waste in production phase

	Retail	Food Service	Total
Delivery, production, trade and processing	250 (15-20%)	80 (15-20%)	320
Retail and catering	500 (5%)	140 (6%)	640
Total	750	220	960
<i>(In million euro's; percentage = total turnover).</i>			
<i>Source Lei/Wageningen University, 2009</i>			



Some key factors to reduce food waste at **meal production level**

- Resorting to fresh, unprocessed food, prepared 'on location'.

Advantages:

- Unprocessed food that isn't used one day, can be kept till the next (or even longer).
- Freshly prepared food that isn't used, can be frozen to prolong it's usability.
- Food that is prepared can be re-used: soup, stew etc.





Best Practice (2)

Care Home Naarderheem – Naarden (NL)

In 2009 Naarderheem progressed from serving 'meals prepared off-site' to 'home-produced' meals.



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Giving patients and clients the choice:

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|| Key factors at consumption level

Giving patients and clients the choice:

- a) What to eat
- b) Which quantities

|| Key factors at consumption level

Giving patients and clients the choice:

- a) What to eat
- b) Which quantities
- c) When to eat (afternoon, evening)

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Giving patients and clients the **choice**:

- a) **What** to eat
- b) **Which** quantities
- c) **When** to eat (afternoon, evening)
- d) **Where** to eat (own room / restaurant)

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- c) **When** to eat (afternoon, evening)
- d) **Where** to eat (own room / restaurant)
- e) **With whom...** (no fixed table settings)

What does it cost?



			Organic /Artisan		Ready-made
Price for ingredients			€ 3.10		€ 2.55
Salaries kitchen/restaurant			€ 5.94		€ 2.54
transportation			€ 0.00		€ 0.66
Running costs, energy etc.			pm		pm
Savings on care workers	*)1	-/-	€ 1.32		
extra income	*)2	-/-	€ 1.55		
			€ 6.17		€ 5.75

*)1 = 3 hours per day, 30 clients

*)2 = € 75.000,- on yearly basis

Results of Naarderheem's 'Meals Matter More' approach

- **Reduction of 'swill' by 50 %**
- **Before: daily 6 – 8 tons (2008)**
- **Now: daily 3 – 4 tons (2010)**
- **Note: 50% of today's swill is what's left after processing the food**

|||

Hoping you've got
something
to chew on...!

