

Cardiff and Vale University Health

Board



GIG
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WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

This commitment will be implemented by
October 2018

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Quick service, Food-On-The-Go businesses and casual dining restaurants commit to increase the number of portions of veg they sell while maintaining commitments to reduce waste

This aligns with point 3 on the commitments framework

Commitment details

We aim to set the highest standard possible for healthy eating for staff and non-patient food supporting the healthy choice as the easy choice. The health board aims to: Become an exemplar and market leader of best practice through ground-breaking and ambitious Restaurant & Retail Standards Criteria incorporated into Health Board policy reflecting our commitment to Healthy eating and Healthy lifestyle. Ensuring staff and visitors are encouraged and supported to eat well and healthily.

This focus on improving health led to a restaurant refurbishment programme undertaken at the University Hospital of Wales. Prior to the launch of 'Y Gegin' (Welsh for 'The Kitchen') in October 2016, the old Heathfields Restaurant was a functional, institutional, yet uninspiring place to eat. Y Gegin embodies the back-to-basics, freshly made on site approach to wholesome, nutritious, and affordable meals for staff and visitors to enjoy, offering a Theatre Cookery Counter for fresh pasta and stir-fries and a BBQ which offers fresh marinated meat with a selection of fresh salads and artisan style rustic rolls.

Our key emphasis and Healthy eating business model to encourage and ensure more fresh vegetable intake includes: 1. Stir Fry pasta dishes, theatre style cooked fresh in front of the customer incorporating up to eight fresh vegetables and spices in every stir fry and pasta dish 2. BBQ marinated meats go into artisan bread accompanied with a fresh rainbow salad 3. Our home made sandwiches contain a minimum of three vegetables, tomato, lettuce and courgettes in a fresh baked artisan bread.

Monitoring

Catering, Procurement, Clinical and Public Health Dietetics and the Public Health Team formed a partnership to develop and implement the standards. We worked together to develop healthy options and menu items to ensure a **75% - 25% split** in favour of healthy options available at all Health Board catering outlets. Dietetic input ensured that the recipes were nutritionally balanced and health promoting.

The Partnership will use the **Audit Tool** to assess compliance and volume of veg sold. It will also deliver **accredited training to Catering Staff** to improve their knowledge and confidence to promote healthy options with customers.

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Additional Commitment

1. The enthusiasm is infectious; the Health Board is about to launch the Peas Please Campaign in our restaurants, and is committed to serving sustainable fish, as part of the Sustainable Fish Cities pledge.

2. In September 2017 a Fresh Fruit stand was launched on site at UHW with tremendous uptake supporting our Healthy eating and Healthy lifestyle strategic commitment with vegetables to be incorporated into this in October 2017

3. Healthy Eating/Lifestyle Cooking Demonstrations YGegin

Chef/cooks to hold 1 x times per week a Healthy Eating/Lifestyle Cooking class in YGegin to support our Healthy Eating Agenda.

Main audience is UHB staff with the objective "Cooking Healthy"

Using Fresh vegetable ingredients

Utilise Stir Fry/BBQ counter

Effective date w/c October 2nd 2017

To be released also via social media and on internal UHW tv monitors showcasing Healthy eating and how to cook healthy In addition we will advertise within the Health board to display the winning Peas Please poster on hospital screens and GP surgeries.