

EASTERN
WASHINGTON
UNIVERSITY

Achieves Sodium Reduction



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~ Chef Ruiz



Baldy's Staff

The Challenge

As more people depend on cafeterias and restaurants for a large percentage of their daily food, it is important that these food outlets work toward sodium reduction. Food served at these locations often contains high amounts of sodium before they even reach the plate. This can lead to eating more than 1,000 milligrams of sodium above the recommended amount.

Lower sodium options are available but are often overlooked for fear of losing customers. Additionally, managers and cooks, in fast-paced food service environments, don't have the time to find lower sodium products and create recipes using these products.

In Spokane County, where one in three adults has high blood pressure, reducing sodium in these foods may be one of the ways to help lower customers' blood pressure and their possible risk for heart disease and stroke.

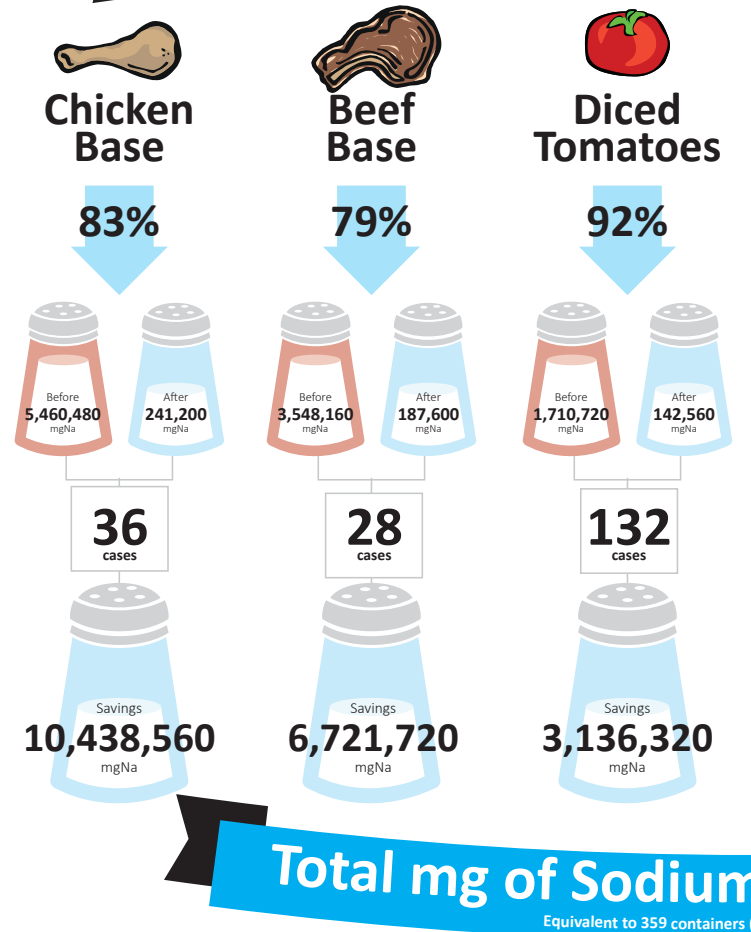
About Eastern Washington University

Eastern Washington University's (EWU) vision is that employees and students are healthy, safe and supported. EWU has 1,377 employees and 10,973 students. Of the nine campus dining options, Baldy's Café is number two in sales campus-wide, serving 1,600 customers daily. The café began participating in the sodium reduction grant in September 2014.

Reduced Sodium

Eastern Washington University

2014 - 2015



*USDA recommended daily allowance

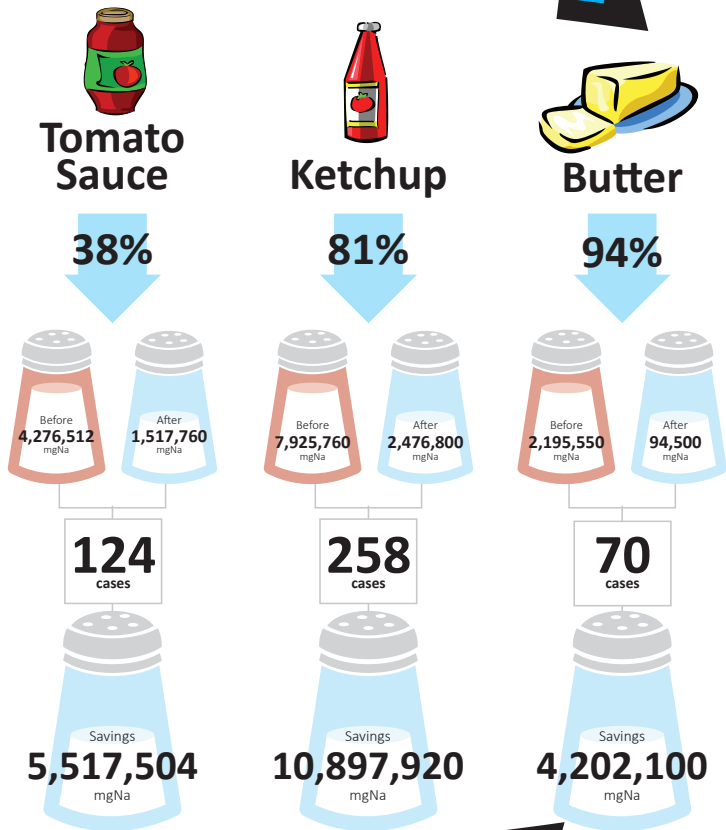
What Worked and Why

Barbara McAfee, Baldy's Café Food Service manager, and Baldy's Chef Estevan Ruiz, used their combined nutrition knowledge, culinary expertise and creativity to make scratch cooking a reality.

According to Chef Ruiz, "It (the project) really got me thinking about sodium and how much we use. I was already interested in moving to scratch cooking but this project really helped us at Baldy's focus more on the flavor development of scratch cooking and to rely less on salt. Whenever I develop a new recipe I think about developing flavor by using fresh herbs, garlic, onions, house made rub recipes that minimize added salt. We also use vinegar reductions and make our own vegetable stock and use the freshest ingredients possible."

University Baldy's Café

School Year



Saved: 40,913,524

26 oz/ea) or 61,389 tsp of salt*

Amount of salt for an adult is 1 tsp

Chef Ruiz trained his cooks to prepare soup stock from scratch.

McAfee stated, "Using fresh vegetable trimmings to make broths increases our environmental sustainability and saves about \$18 per recipe."

To train her cooks not to salt french fries, Barbara removed the salt shaker from the fry station and added a sign on the customer side letting them know they could salt their own fries. Baldy's received multiple written compliments from customers and sales have been strong.

Sustainability

EWU Dining Services Purchasing Manager, Ken Ripley, is committed to campus-wide sourcing of lower sodium products whenever possible. Not only does it make purchasing more streamlined, and make product sharing between sites easier, but the volume purchasing provides him more leverage in contract negotiations. The change began with the success of using lower sodium ketchup campus-wide. Now the food service managers for the eight other food outlets are negotiating going campus-wide on several other lower sodium products.

According to McAfee, "Cooking from scratch is our new norm. If other universities knew how easy this is they would be doing it too!"

EWU realized a reduction in sodium of 40,913,524 milligrams. In kitchen terms this translates to 359 rounds (26 ounce) of salt or 61,389 teaspoons of salt over the last two years.



"Whenever I develop a new recipe I think about developing flavor by using fresh herbs, garlic, onions, and house-made rub recipes that minimize added salt."

~ Chef Ruiz

Spokane Regional Health District's Role

Spokane Regional Health District (SRHD) worked with DOH and two other local health jurisdictions to implement a three-year Sodium Reduction in Communities grant (2014-2016) from the Centers for Disease Control and Prevention (CDC). SRHD used the following methods to help partners make changes.

- Encourage organizations to follow Washington Department of *Health's Healthy Nutrition Guidelines* (or similar guidelines).
- Assist partners in identifying key recipes and strategies to reduce sodium by at least 25 percent.
- Work with food vendors to increase the availability and accessibility of lower sodium products.
- Help with signage and placement of low sodium foods to increase visibility and customer awareness while maintaining or increasing sales of these items.
- Increase food service directors and cooks' knowledge of hidden sources of sodium and offer culinary training to increase flavor enhancement skills.



Spokane Regional Health District – Sodium Reduction
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This work was supported by the Sodium Reduction in Communities Program funding from the Centers for Disease Control and Prevention, Cooperative Agreement Number DP004928. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.