

Significant Sodium Savings

Providence Holy Family Hospital's
Take 5 Café Keeps the Flavor and
Reduces Salt in Many Menu Items



"We were not aware of the amount of sodium we had in our recipes... We also learned how much sodium is hidden in foods."

~ Executive Chef, David Strasser



Holy Family Take Five Café Team

The Challenge

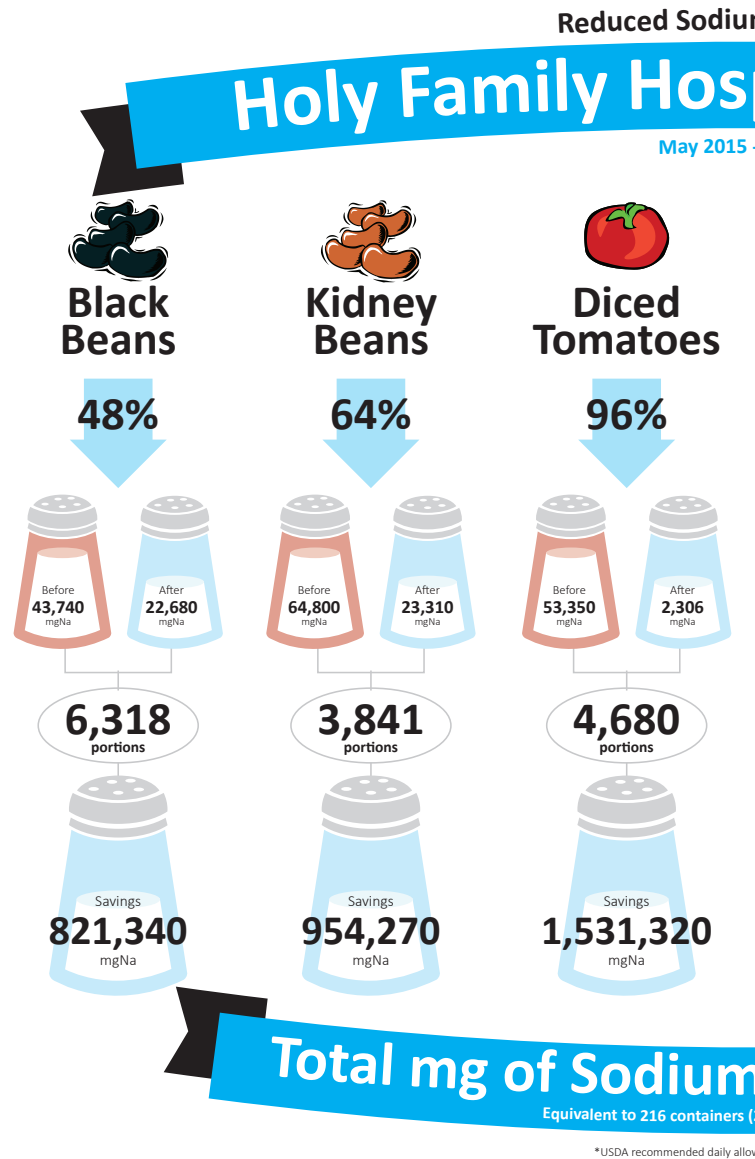
As more people depend on cafeterias and restaurants for a large percentage of their daily food, it is important that these food outlets work toward sodium reduction. Food served at these locations often contains high amounts of sodium before they even reach the plate. This can lead to eating more than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

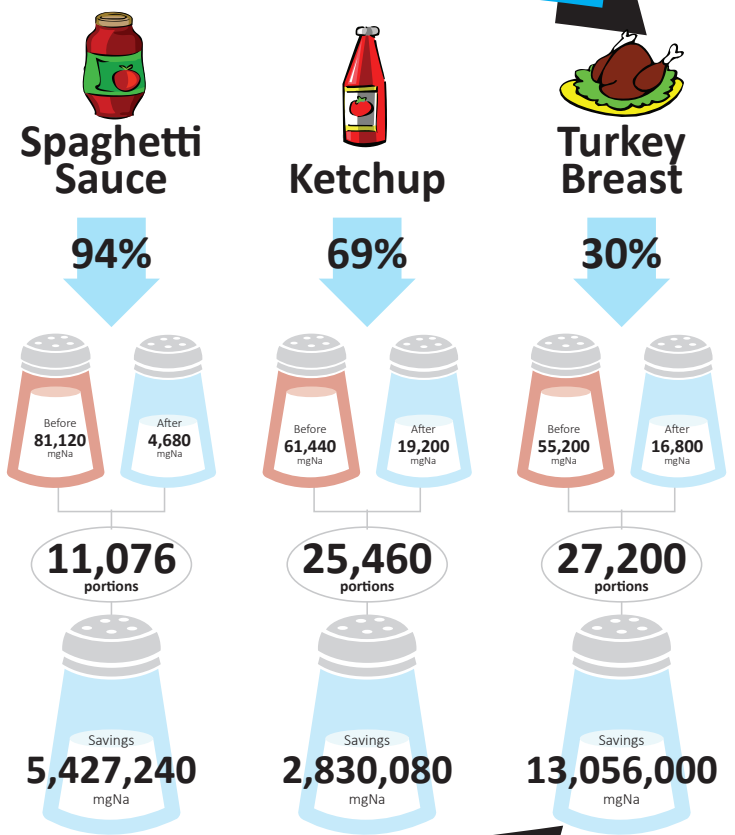
Providence Holy Family Hospital is a progressive, full-service hospital offering a comprehensive range of medical and surgical services, as well as specialty support and outpatient services. Holy Family is among the largest employers in Spokane County with over 1,000 employees and more than 180 physicians. Holy Family's two cafés, namely Take 5 Cafe, serve approximately 5,000 employee meals per week, making the impact of sodium reduction efforts significant.



m in 6 Products

Hospital Take 5 Café

July 2016



Total Sodium Saved: 24,620,250

(26 oz/ea) or 36,936 tsp of salt*

*Average of salt for an adult is 1 tsp



What Worked and Why

Holy Family Food Service director and Executive Chef, David Strasser; Todd Tichey, Holy Family Operations manager; and Doug Hart, Holy Family Purchasing manager, were the powerhouse team behind Holy Family's sodium reduction and healthier options successes. Holy Family Registered Dietitian, Debbie Swanson, further helped guide the process with her knowledge of nutrition and the health impacts of excessive sodium consumption. This team brought together expertise in the realms of the culinary field, marketing, training, and purchasing. They replaced higher sodium tomato products, turkey and canned beans with lower sodium options, which resulted in an average reduction of sodium of more than 50%.

Said Chef Strasser, "We were not aware of the amount of sodium we had in our recipes until we saw the SRHD infographic on the amount of sodium we saved through product replacement. We also learned how much sodium is hidden in foods."

Through Sodexo's (food supplier to the hospital) Mindful Healthy Eating (Mindful) program, infused waters and promotional materials, Holy Family complies with Washington State Department of Health (DOH) *Healthy Nutrition Guidelines*. The team marketed healthy snack items at the registers differently and increased their grab-and-go healthy food selections.

Sustainability

Sodexo and Holy Family are committed to ongoing purchasing and stocking of lower sodium tomato products and beans, as well as lower sodium deli turkey. Chef Strasser saw greater customer demand for Mindful recipes and believes this is a culinary trend that is here to stay. Over the past year, the Holy Family dining services team achieved a sodium reduction savings of 24,620,250 milligrams. In common measurements this is 216 salt rounds (26 ounces each) or 36,936 teaspoons containers of salt.



Todd Tichey, Operations Manager

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.



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