



Case Study: Adventist Health Howard Memorial Hospital

Willits, California



AMA Guidelines released in 2017 called on US hospitals to provide patients, staff and visitors healthful options to include plant-based meals.

And yet this is what patients are served this after surgery.



Plant-Based Favorites on Patient Menu

Breakfast

- Whole grain oatmeal pancakes
- Granola
- Power Porridge (whole grain hot cereal)

Lunch/Dinner

- Daily Soup Special (bean and veggie, butternut squash, etc.)
- Salads with organic garden veggies
- Quinoa and Black Bean Burger
- Tofu stir fry with brown rice
- Tacos/Burritos with beans and veggies

Dessert

- Vegan carrot cake and chocolate cake
- Fresh fruit





Financials: estimated costs for food items

2 egg omelet with cheese: \$1.26

Oatmeal with dates and nuts: \$0.30

Beef burger patties: \$1.13 per patty

Bean and quinoa patties: \$0.33 per patty

Beyond Burger: \$1.94 per patty

Chicken stir fry: \$2.36

Tofu stir fry: \$1.72



Successes

Community Impact:

- Community members can rely on affordable healthy food from our cafe

Patient readmissions:

- We work hard on preventing readmissions and patient education on healthy food is plays a central role
- Education is even more effective when we provide examples of healthy meals
- We can seamlessly refer our inpatients to outpatient programs

Staff impact:

- Staff who may otherwise not take interest in health/nutrition have a basis for healthy eating daily in our café