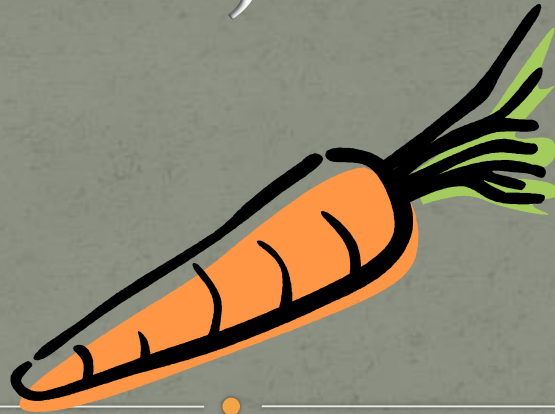


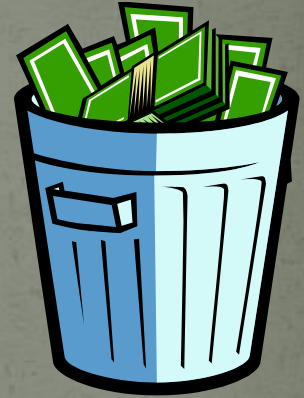
# Waste Not, Want Not



The Food Donation Program of the South  
Texas Veterans Health Care System-  
Nutrition and Food Services Department in  
San Antonio, Texas

Dorian Wilkins Foster, MS, RD, LD

# What's the Deal with Throwing Away Good Food?



- Background in cooking
- Previous service with the US Peace Corps
- Trained at the Houston VA Internship Program
- Working at the San Antonio VA Hospital since 1993, first clinical, then administrative dietitian
- Non-select Menus with Cook-Chill System
- Always asking WHY and WHY NOT?



# Thinking Outside the Garbage Can...

- Joined national VA Nutrition and Food Services GEMS committee and learned about changes in legislation regarding food donation by federal facilities
- Discussed with chief of service and food service staff who would be involved
- Contacted local food bank to discuss what programs they had running in the area





# Second Servings

- National program/movement by food banks around the country to utilize prepared foods from facilities with safe food handling practices (ie-hotels, resorts, grocery stores, restaurants) for shelters
- First hospital in the San Antonio area to participate



“Now concentrate on the swinging pocket watch...You are getting sleepy...very sleepy...”



- Talking others into the idea
- Formal proposal to Front Office/Director of Facility
- Wow-easier than expected

# Getting Started and Keepin' On Keepin' On

- Our process
- How our food service staff has felt about it
- Things that have worked...and things that have not!

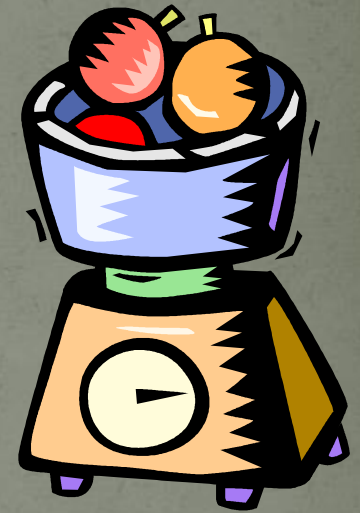




# Donation Amounts

➤ We track annual donations from Oct thru Sept:

- 2010: 14,795 pounds (or ~11, 550 meals)
- 2012: 16, 587 pounds (or ~12, 960 meals)
- Increase from donated “juice” and a facility-wide food drive added an extra 2,654 pounds of food and 33 cases of water
- \*\*2013: 12, 707 pounds (or ~9,927 meals)
- 2014: 4, 294 pounds (~3,392 meals)
- 2015: 7, 217 pounds (~5, 637 meals)
- 2016: 4, 396 pounds (~3, 434 meals)



# Being Recognized for Good Behavior!

- In 2016 the South Texas Health Care System was awarded the Practice Greenhealth “Emerald” Award for significantly diverting at least 50% of the non-hazardous solid waste (this includes the food waste).
- This was achieved through the hard work, leadership and coordination of our GEMS Team
- And... although the food donation counts toward our facility recycling efforts, it feels really, really good to NOT throw away nutritious foods and drinks





# Future Plan



- Going to a mainly select menu which significantly cut down food waste (donation)
- Continue to hold food drives several times a year (“How to Lose Weight for the Holidays”)
- Look for creative ways to utilize all types of items
- Encourage other facilities to get involved

Thank you, Thank you very much

-Elvis Presley



Questions (other than the meaning of life)?

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