



## What's really on the menu?

Challenge your perceptions of hospital food.  
Taste test during **Canadian Malnutrition Week**.



September 24 – 28 | Brought to you by the Canadian Malnutrition Task Force | [nutritioncareinCanada.ca](http://nutritioncareinCanada.ca)

### Ideas for Best Practices during Canadian Malnutrition Week (CMW) campaign

The Canadian Malnutrition Task Force met with some members of the CMTF Food in Health Care Working Group to brainstorm for the upcoming campaign, and their suggestions are:

#### Strategic Directions

- This campaign is meant to be a conversation about hospital food, not a sales pitch
- Let it be fun. This encourages people to be more open minded.
- Let it be honest, i.e. you want honest feedback from staff (and patients). Looking for honest feedback sends a good message.

#### Ideas

- Start planning early with an interdisciplinary team that is supportive of the campaign.
- Engage the hospital Public Relations department in the planning. They should be aware of the activities and events. The department can also assist with ideas, promotion of the event within and external to the hospital.
- Procure a mobile food cart and feature a different patient menu (lunch) item every day during CMW. Decorate the cart with CMW information/materials, roll the cart through patient units and serve the item to taste testers. Have the tasters complete the menu card. If they liked the item give them a button (see below).
- Post Table Manners poster in high visibility areas of nursing units to promote the event.
- Provide tours of the hospital kitchen and do the taste testing there.
- Cater all lunch meetings held during that week with a patient meal.
- If patients are involved in the tasting, a menu card can be placed on patient meal trays.
- Use these tasting times with staff and patients as an educational moment

#### Feedback to CMTF

- You will notice that there is a simple general question at the bottom of the menu card. CMTF is encouraging you to collect this high-level information, along with anecdotal feedback and submit it to Bridget Davidson ([bdavidson@cns-scnc.ca](mailto:bdavidson@cns-scnc.ca)) by October 12. This information will be useful to the Food in Health Care Working Group.

