

## Pre-packaged hospital food does not aid healing

I recently had surgery at Victoria General Hospital. The hospital food I was given after my surgery did not in any way relate to my illness, nor did it assist in my recovery. It was over-processed, dried out and

lacked adequate nutrition. I have heard similar stories from many other people.

The planning and preparation of hospital food should not be contracted out to the lowest-cost provider. Serving cheap, nutritiously poor, pre-packaged meals to patients recovering in hospital might save money. However, it results in longer recovery times, repeat hospital visits and possible recovery complications that end up costing the patient and the health system far more.

We have accepted this status quo for the past 10 years. It is time for change and to put the best interests of patients first.

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