



A BETTER QUALITY OF FOOD

Our passion is to ensure the well being of you, your patients, staff, family members and customers by providing culinary experiences that are alive and fresh with flavor.

We create our food from scratch—wherever practical, with a farm-to-table approach. Our homegrown philosophy emphasizes antibiotic-free meats as a first preference, along with a bounty of in-season vegetables and fruits. We offer up plenty of vegetarian meal options for those of you with a preference for lighter fare.

Our food philosophy is simple

We use fresh, wholesome ingredients that are harvested seasonally in a socially responsible way keeping the pillars of our food philosophy front of mind:

- Mindful Procurement of seasonal, whole and least-processed foods are harvested at their peak of ripeness and flavor. Fresh, local produce, along with sustainable seafood, hormone free eggs, poultry, and antibiotic free meat with the least impact to the environment, deliver satisfying flavor and solid nutritional value to you.
- Thoughtfully Prepared foods that reduce your intake of excessive fat and calories and eliminate trans-fat and sodium are key to sustaining your health. Concept menus and innovative recipe development deliver substantial, high quality meals directly to patients.
- Nutritional Balance reshapes the center of your plate with whole grains and seasonal fruits and vegetables. Our lean, hormone-free animal proteins complement your every meal.
- Conscious Effort is made to demonstrate how nutritionally balanced, great-tasting cuisine—from our table to yours—can serve as medicine for your mind, body and spirit. Truly unleashing the power of food.





HEALTHY SUSTAINABLE PRACTICES

Our sustainable initiatives include the following defined commitments:

Zero Trans Fat

We work diligently with our suppliers to eliminate trans fat. We've transitioned to zero trans-fat frying oils, eliminated artificial trans fats from cooking oils, margarines and other spreads and promoted the reformulation of baked goods and snacks to meet the AHA guidelines to decrease trans fats without increasing saturated fats.

Sustainable Seafood

Morrison is committed to sourcing seafood from sustainable species and enviro-friendly fisheries. Our joint venture with Monterey Bay Aquarium's Seafood Watch ensures it.

Organics

We offer organic items at your request. Our natural and certified organic food vendors will provide you with more options than ever for healthier lifestyles and menus.

Local, Sustainable Produce

We support local farmers and strengthen their business. Morrison commits to bringing you the freshest food available by purchasing produce locally and submitting our vendors to a rigorous quality assurance certification process.

Dining Disposables Alternatives

We replace non-compostable plastic containers with eco-friendly alternatives. Our initiatives to keep it green include compostable cold drink cups and lids; biodegradable plates, hot food containers and cutlery, along with cold food containers that are fully compostable.





PATIENT EDUCATION

Morrison Healthcare's patient education initiatives are developed with health and ease of use in mind. Several education pieces are developed to support this goal are:

The Great Living Patient Experience Nutrition Education Series is a primary source of printable nutrition education material. These nutrition education materials can be utilized for patient education either while in the hospital, as part of discharge instruction or outpatient education. They are available in multiple languages and reading levels. The reading levels of the materials are all at sixth grade level or lower.

Diet awareness cards are provided with every patient's first meal. A description of the meal order and the foods allowed is detailed on the card.

A DVD series that outlines five health conditions can be shared via the hospital's TV system or in the outpatient setting. The series is a combination of an education session by a registered dietitian

and a chef providing a cooking demonstration that focus on health. We also offer recipe cards of the meals that are demonstrated in the video. The health conditions covered are:

- Diabetes
- Heart Failure
- Renal Disease
- Heart Health
- Celiac Disease

Great Living Patient Menu meals have a mission – to make sure your patients, no matter what their condition, never feel deprived. We help them understand that they can eat flavorfully while eating healthy. Our Great Living menu provides your patients with the nutrition they need without compromising the flavor they want. Morrison achieves this with a menu abundant in whole grains, fresh seasonal fruits and vegetables, legumes and lean meats enhanced with fresh herbs and spices.

The aim of this menu was to serve great tasting food to our customers while also providing meals that are good for them. We strived to create a menu that satisfied 4 of our main diets in 1 menu – regular, heart-healthy, consistent carbohydrate and low sodium. In addition to this core menu, we created menus for our patients with renal disease, patients on soft and mechanical soft diets, full liquid and clear liquid diets, and puree diets.

