

# Recommendations and tools to implement food and nutrition policies for collective catering



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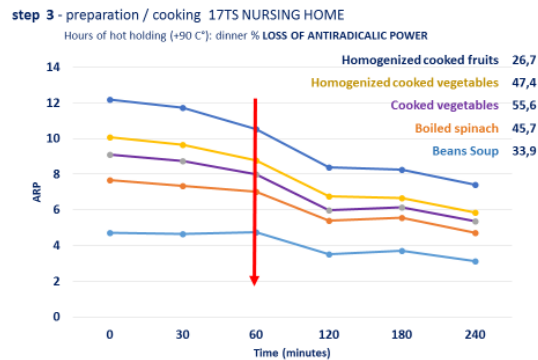
Surveys (2015 – 2018) carried out by the Local Health Agency of Trieste integrated with Trieste University (ASUITs) in collective catering (CC) have shown some critical conditions.

A significant sample of CC, represented by nurseries, schools, university, hospitals, nursing homes, workplaces, with a total daily production of **5.000 meals** (20% of the meals served daily in the Trieste area of 200.000 inhabitants) has been examined.



In some CC has been observed: noncompliance of food supply quality and food supply quantity as established in the contracts.

Moreover, in **100 of the 500 samples of food** taken from CC, the Laboratory of Merceology has detected an increase of **more than 50% of oxidized compounds** in some fish and homogenized meat dishes and **loss of up to 80% of AntiRadicalic Power (ARP)** and the poliphenol content of several vegetable dishes.



This fact represents a **triple burden for the community**:

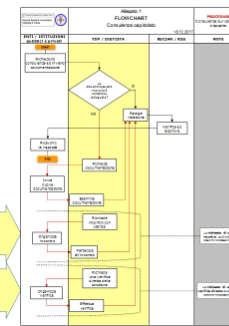
- 1) **fraud** of product in terms of quality food supply and quantity food served in the CC, also relative to the mandatory criteria of Green Public Procurement (GPP). Fraud could be equal to 2-4% of contract value;
- 2) **consumption** of non-protective meals from oxidative stress;
- 3) and **failure** of the challenges of some of Sustainable Development Goals (SDGs).

Moreover these critical conditions are also a serious problem for institutionalized and hospitalized people as, according to the literature, the prevalence of the risk of malnutrition exceed 50% and 25% respectively of the patients. In view of these findings, ASUITs has developed recommendations and tools, which are integrated into the new procedure to provide the service Level of Essential Assistance (LEA) F6: **Consultancy for the Procurement Procedure to catering services (CPP)** which is provided by the National Health System (NHS) for all sectors of catering services in the local area. LEAs are the services that the NHS is required to provide to all citizens and public organizations, free of charge or against payment of a fee.

The flow chart of CPP describes the phases of the integrated procedure and provides for the acquisition of specific technical information following checks and meetings with the public administration. The new procedure of CPP has the objective of improving the control capability of organizations that outsource the CC, focusing in particular on the drawing up of a contract.

The flow chart of LEA F6: Consultancy for the procurement procedure to catering services

- acquisition of technical information during meeting
- acquisition of technical information during checks



Our **RECOMMENDATIONS** concern analysis of item costs, merceological food value in relation to GPP criteria, use of fresh fish, workload and working conditions, professional qualifications of the workforce, adequacy of production premises and appropriate instrumental equipment. These recommendations must be integrated with the indications of the Ministry of Health for CC that provide: adoption of dietary guidelines, updated food composition, application of Nutrient Analysis Critical Control Points (NACCP) process. The NACCP process is based on the adherence of Good Nutritional Practices at every single step of the food production system.

Its aim is to evaluate and safeguard the maintenance of high nutritional levels with a consequent positive impact on consumer's health.

**TOOLS** recommended by ASUITs permit the control and monitoring food supply quality and food supply quantity, NACCP process, ARP and other markers to detect the nutritional value of meals and workload, by using a systematic analysis program.

The procedure CCP is a key process to develop actions to improve food and nutrition policies with the "All policies" approach. It represents a small, but relevant, declination of the United Nation framework of SDGs in agenda 2030, linked at local level to a variety of goals: ensure healthy lives and promote well-being for all at all ages, promoting health employment as a driver for inclusive economic growth, sustainable cities and communities, responsible consumption and production, climate action, sustainable use of oceans and marine resources, sustainable use of terrestrial ecosystems (respectively goal 3, 8, 11, 12, 13, 14 and 15 of SDGs).

The LEA F6: Consultancy for the Procurement Procedure to catering services is now a **systemic view to innovative provision to improve sustainable healthy protective nutrition for communities**.

In 2018, recommendations and tools have been adopted by two public organizations, the International School for Advanced Studies and the area's biggest nursing home ASP ITIS, to improve the ability to guarantee the high quality of their own collective catering services.

**In 2019 the contents of the CCP will be applied by ASUITs for the accreditation of all the nursing homes in the Trieste area, where 3000 elderly people live in more than 70 institutions.**