



Food: **Menus**

*"Our big philosophy at CHEO is that we don't want to merely feed our patients. **We want to nourish them from the inside out.***

When patients are able to choose what, when, and how much they want to eat, they not only get better faster but also produce less food waste"

-Simon Wiseman



We spoke to **Simon Wiseman, Chef at the Children's Hospital of Eastern Ontario (CHEO) in Ottawa, Ontario** about menu innovations at his facility. We learned that they have been involved with many important projects to improve palatability, increase local purchasing, and reduce food waste. See below for some highlights of their work:

1) 'Cooking Raw' approach: using fresh ingredients, meats, and vegetables to prepare meals right in front of the client's eyes (+ more culturally meaningful plant-rich options)

2) Diverse meal options and meal times: Menus that are built to cater to all forms of dietary requirements and modifications

3) Room service options: Providing pediatric patients with options to select from a diverse range of options at any time of the day or night. CHEO was actually the first hospital to offer this service to their patients!

