

Green Healthcare

GOOD PRACTICES OF GREEN HEALTHCARE AROUND THE EU



Sustainable Nutrition

RHEIN-MOSEL-FACHKLINIK (GERMANY)

The **Rhein-Mosel-Fachklinik** and the **Landeskrankenhaus** (State Hospital, AöR), decided to start a sustainable nutrition project, contributing a more environmentally friendly food supply that will include organic products and increase the vegetarian options available. Therefore, the Landeskrankenhaus, and in particular the Rhein-Mosel-Fachklinik started the project “Enjoying with Responsibility”, with the aim of making a contribution to sustainable food supply.

The Rhein-Mosel-Fachklinik in Andernach is a treatment centre for psychiatry, psychotherapy, psychosomatics and neurology with more than 1,000 beds and 1,400 employees, managed by the Landeskrankenhaus. 1,300 lunches are cooked daily in the Rhein-Mosel-Fachklinik kitchen for its own stations and external customers such as schools. Including breakfast and dinner, which makes more than 350,000 meals a year.

As part of the project, the clinic's menu was completely redefined and enriched with 150 new recipes for vegetarian dishes. This alone saves the clinic seven tons of meat per year. An additional 80 new products of organic origin have been introduced and various dishes such as breakfast are being made in-house again.

Rhein-Mosel-Fachklinik Nursing Director Rita Lorse and her team were in charge of turning the employees of the nursing service into nutritional ambassadors, as not only the preparation, but also the presentation of the dishes contributed to the success of the project. Training courses also took place, to make employees aware of how food can be presented so that it looks tastier, or how positive effects can be achieved with small decorations. Visits to the clinic kitchen has also ensured a better understanding between the departments.

More information at the following [Link](#).

