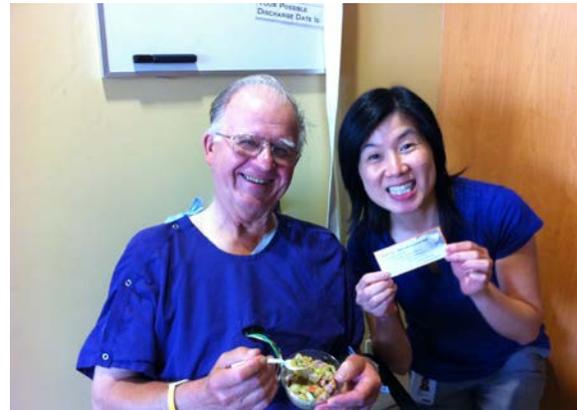


Quinoa Salad A Success in Retail and Patient Food Services Success Story



Cranberry apple quinoa salad, one of many varieties available at AHS Trendz retail outlets



Harry, a patient (left) enjoys the quinoa salad. Elaine Chu (right), Patient Food Services Manager

In August 2012, a "Fresh Feature of the Week" initiative was launched at the Mazankowski, Heart Institute of Alberta in Edmonton to introduce patients to food ingredients and recipes that are fresh, delicious, nutritious and healthy. The first item was quinoa salad, which was served to patients on units 5A5 and 5A6 with a nutrition message card and in a very personal serving style. Family members and unit staff were also able to sample the feature item.

Overall, patients showed positive feedback. Here are a few highlights:

- A patient who wasn't interested in trying in the beginning asked for the recipe.
- A patient was very interested in finding out where is the plant grown and how is it processed before it is used for cooking.
- A patient who had recently bought quinoa was not sure how to use it and now had the information needed after sampling the salad.

Quinoa salad is also available at Healthy Trendz retail outlets across AHS. Varieties include Cranberry Apple Quinoa side salad and a Roasted Marinated Vegetable Quinoa entrée-sized salad. It is also used in Chef's Features such as the Cranberry Quinoa Stuffed Chicken Breast.