

Medicine Hat Regional Hospital Cafeteria: Customer Demand for Healthier Choices Success Story

By James Stevenson

Healthier choices are being served at the Medicine Hat Regional Hospital cafeteria after staff realized customer preferences were changing. During the past year, the cafeteria switched to making all sandwiches with whole wheat bread after food services staff noticed that only sandwiches made with white bread were left behind at the end of each day.

“When whole wheat sandwiches ran out, customers would look for other choices instead of the white bread sandwich,” says Kari Schafer, director, Nutrition and Food Services, South Zone.



This small change has had a big impact with customer satisfaction, and supports the Alberta Health Services (AHS) [Healthy Eating Environment](#) strategy. The plan aims at making healthier selections so it's easier for visitors, staff, physicians and volunteers to eat for good health.

“Creating a healthy eating environment takes all of us working together to make a difference,” says Barb Lockhart, director, Primary Care and Chronic Disease Management, and also South Zone representative on the Healthy Eating Environment Steering Committee. “Changes, whether big or small, will help to make the shift to a healthy eating environment.”

For more information, [resources and tools](#) about the [Healthy Eating Environment](#) in AHS initiative, visit the AHS website at: www.albertahealthservices.ca/nutrition/Page5234.aspx.