WORKING WITH HOSPITALS AND FOOD PANTRIES IN SOUTHERN AND CENTRAL MAINE
Each of the four hospitals chose to lower the amount of sodium in five of their cafeteria items, either by substituting an ingredient or by offering a new lower-sodium item alternative.

Implementation of the new lower-sodium items has been staggered as each of the items is rotated differently in the hospitals’ meal schedules.

Through subcontracts with the City of Bangor and City of Portland, both MaineHealth and EMHS have hired a part-time coordinator to work directly with food service directors.
MaineHealth System Foods to Change

Maine Medical Center
- Cheese Pizza, 524 mg
- Pepperoni pizza, 720 mg
- Summertime chicken salad with bun, 840 mg
- Beef chili, 502 mg
- Macaroni and cheese, 596mg

Spring Harbor
- Baked chicken ranch wrap, 1335 mg
- Beef and cheese burrito, 1166 mg
- Cashew chicken, 1446 mg
- Chicago-style turkey dogs, 942 mg
- Pepperoni pizza, 882 mg
EMHS System Foods to Change

**Eastern Maine Medical Center**
- Minestrone Soup, 715 mg
- Chili, 728 mg
- Vegetarian pizza, 868 mg
- Sandwich panini, 1245 mg
- Belvita Snack Bar, 210 mg

**Acadia Hospital**
- Cheese ravioli, 620 mg
- Pork tenderloin with mushroom sauce, 409 mg
- Chicken noodle soup, 638 mg
- Nacho pie, 580 mg
- Sliced turkey breast on salad bar, 520 mg
Good Shepherd Food Bank and Area Food Pantries

Good Shepherd Food Bank serves 160,000 Mainers statewide through partnerships with over 600 food pantries and meal sites.

Of the 90 food pantries in Cumberland and Penobscot Counties, 8 will be reached this year. Interventions at these 8 food pantries will impact 5318 people, 10% of the total number of people living in poverty in both Cumberland and Penobscot Counties (53,175).

Interventions with Good Shepherd Food Bank and the area food pantries
  ◦ Updated nutrition policy and changes to purchased foods
  ◦ Creation of GO, SLOW, WHOA toolkit and implementation in food pantries
  ◦ Healthy donations
GO, SLOW, WHOA Toolkit

GO, SLOW, WHOA teaches people about foods that can be eaten any time, while identifying other foods that are best enjoyed occasionally, and other foods are only for rare occasions. The message is “no food is off-limits”.

This program provides patrons with a tool to make healthy choices and uses Feeding America’s Foods to Encourage (F2E) guidelines to simplify the selection of healthy foods.
Healthy Donations

Working with local grocery chain, Hannaford, and other organizations that support our local food pantries to encourage the donation of healthy food items.