

# A season of change for Food Service

Some say, 'If it ain't broke, don't fix it.' But not Children's Hospital Boston's Food Service Department. Despite widespread raves about the cafeteria's cuisine, Food Service isn't about to rest on its laurels. With a brand-new head chef starting in November, a freshly launched wellness initiative and an inspiring new work philosophy, Food Service is making this fall a real season of change. Director Shawn Goldrick explains, "Children's strives to be a leader in everything, so I want my department to be the leader in health care food service."

Here's a sampling of the improvements Food Service has recently made—and a few you can expect to see in the coming months.

## Online calorie counter

One part of Food Service's Wellness and You initiative is its revamped Web site. The online daily menu now features nutritional information for all of that day's dishes. You can even search for certain foods that meet specific nutritional requirements: If you're looking for low-carb or high-fiber food, for example, the site will tell you what you should order that day.



### Nutritional facts

Prime rib, 3 oz.  
 Rice, 4 oz.  
 Aztec corn, 4 oz.  
 Mexican black beans, 4 oz.  
 Sugar snap peas and peppers, 4 oz.

Calories.....	540
Fat .....	11 g
Saturated fat.....	3 g
Unsaturated fat .....	1 g
Cholesterol .....	77 mg
Sodium .....	1014 mg
Carbohydrate .....	71 g
Dietary fiber.....	14 g
Protein .....	41 g
Vitamin A.....	1989 mg
Vitamin C.....	75 g
Calcium.....	128 mg
Iron.....	8 g



## Fresh fare

Food Service's new Wellness and You initiative aims to provide diners with more healthful options, many of which can be found in the new Wellness Center in the cafeteria—a refrigerated stand that's stocked with items like Mediterranean salads, wheat bean pilaf, yogurt, fruit cups, low-fat muffins and baked (not fried) chips. Each month, the stand will feature a different fruit and take-home cards containing recipes for healthful dishes will line the shelves.

## Star chef

Dan Fernandes starts this month as the new head chef. Most recently, Fernandes worked at Wegmans Food Markets as the Chef de Cuisine at Tastings Restaurant in New York, and before that he ran several hotspots in Manhattan. When he learned about the position at Children's, he knew it was too good to pass up, so he moved his family to Boston to take the job in October. "I chose to come to Children's because the management is committed to raising the level of food quality and increasing the level of pride in customer service," he says. Starting soon, Goldrick and chef Fernandes will produce a quarterly food-related show on the hospital's internal *Midweek Morning Show*. On the show, the duo will discuss kid-friendly food and give families cooking tips. They'll also run a raffle for patients with a prize that's both special and personal: After he or she is released from the hospital, a team of Children's cooks will travel to the winning patient's home and cook a "five star dinner" for the household.



## Team players

Food Service teamed up with Child Life Services to develop a program that will let patients get a behind-the-scenes peek at how the kitchen operates. Patients can come down from their hospital rooms to tour the kitchen and see how food trays get put together. (The trays are about to get a facelift too: Sleek, black trays with themed paper mats will replace the generic-looking white trays and cartoon-covered mats.) The departments are also planning a series of food demonstrations—like how to decorate cupcakes—that will be presented to audiences on patient floors.



## A uniform approach

This month, Food Service employees debut a new look. Light blue shirts sport the department's newly adopted logo: Food Service Professionals.