

Queen Elizabeth II Hospital Gift Shop Offers Baked Goods in “Right –Sized” Portions Success Story

In January 2012, Patient Food Services at the Queen Elizabeth II (QEII) Hospital in Grande Prairie supported the Alberta Health Services (AHS) Healthy Eating Environment Policy by displaying Healthy Eating Starts Here posters throughout the site.

Also, to create awareness and lead by example, Patient Food Services staff led the change to decrease portion sizes of items provided for sale at the auxiliary gift shop. Muffins and dessert squares were offered in portions ranging from 3.0 – 5.0 cm (about 1-2 inches or 1-2 bites). Patient Food Services also adjusted the cost of the product, updated order sheets and provided the gift shop with nutrition information of all the food items before and after the changes to help raise customer awareness about the healthy portion sizes.

The success of the change to offering smaller portion sizes of muffins and dessert squares was due to a few key factors. First, gift shop staff was engaged in the change process from the beginning stages and it was supported by site leaders. Second, Patient Food Services hosted a taste test and viewing of portion size changes where customers were invited to join. Third, the change was made after the winter holiday season.

We also plan to share our successes through the Nutrition and Food Services Celebrate Newsletter.



“Right-sized” portions of baked goods are shown above