

# Bone Broth : A Sustainable and Cultural Friendly Food Item In Hospital Food Services

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## Introduction

Our responsibility for the project was to educate the kitchen staff of Whitehorse General Hospital Foodservice on the nutritional and environmental benefits of making homemade bone broth from recycled ingredients by helping to reduce food waste. Furthermore, we wrote a policy and procedure, named « Bone Broth Production and Forecasting ».

## Objectives

As part of our food service management internship, we carried out a project to implement a new local item on the patient menu and in the cafeteria. The Whitehorse General Hospital Food Service wishes to serve its patients a homemade bone broth to replace the existing broth (chicken broth or beef made from industrial concentrate) in order to offer a choice more nutritious<sup>1</sup>, local and also to satisfy the needs of First Nations patients. This project idea is inspired by an Aboriginal tradition. In addition, the bone-based broth will be prepared with more environmentally friendly practices<sup>2</sup>.

## Methods

Our systematic approach included the following steps: Investigating the nutritional and environmental benefits of bone broth and writing the procedure and the policy in order to implement the production. The project has been set up within the food service. Production takes place every Tuesday. Half of the production is frozen, while the other half is kept in the refrigerator.



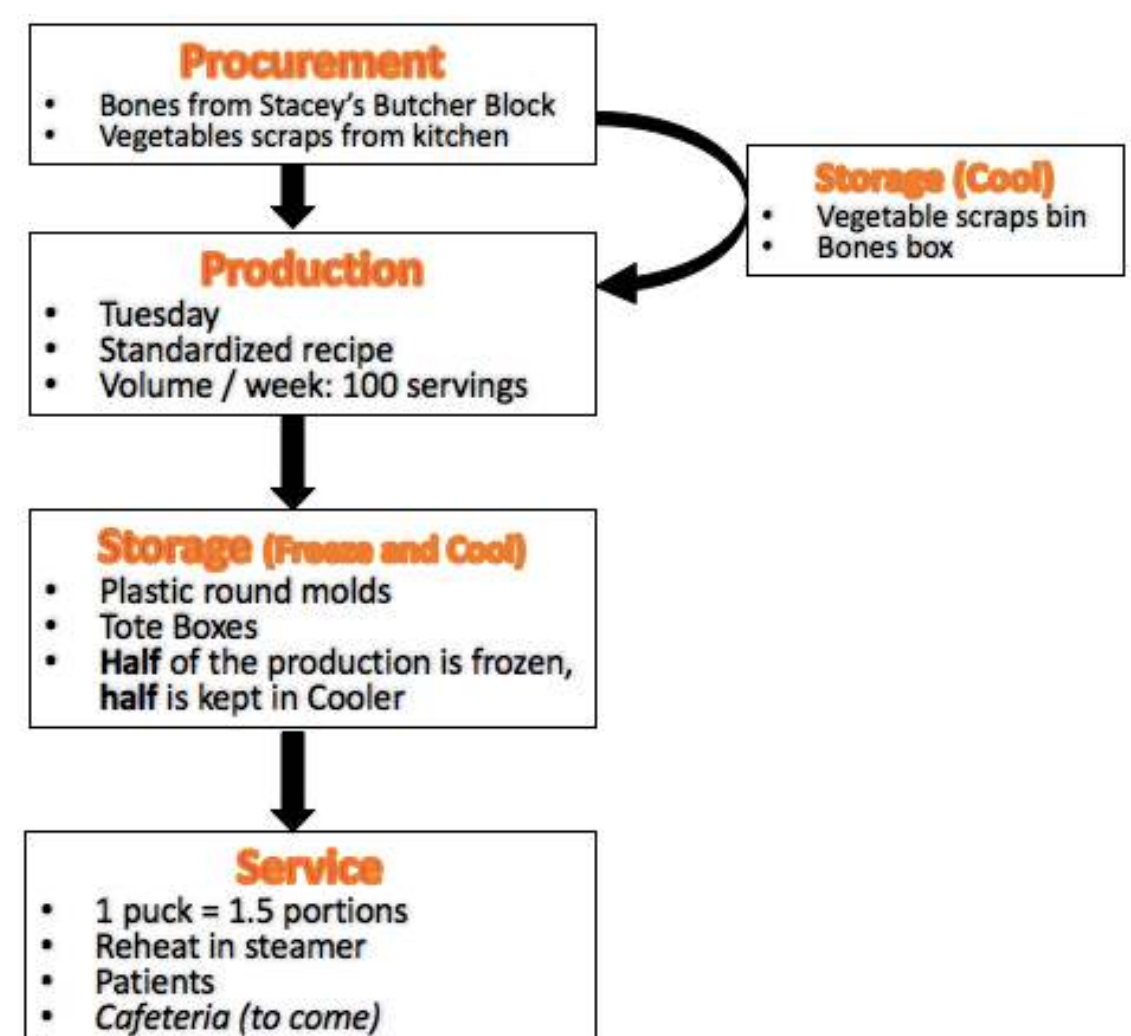
## Results

The broth has been entered into the Food Service computer system. It is offered to patients being on a "Clear Fluid" diet and also in the cafeteria for visitors. Some customers come to the café and specifically ask for the bone broth. Patients either love it or not too keen as not as salty as bouillon. Changes in the recipe might occur over time to improve the broth.

## Conclusions

It would be interesting to evaluate over time the impact that this project will have on reducing the amount of organic waste produced by the food service. We recommend that hospitals add bone broth on their menu, especially in First Nation areas. This project is significant to the field of dietetic by the fact that it offers a more nutritious option to patients<sup>3,4</sup>, it reduces food waste in food services and it reaches First Nation cultural needs.

Figure 1. Production diagram of bone broth at WGH Foodservice



1. Gimbar, M. (2017). A Sip Above the Rest...Is Bone Broth All Its Boiled up to Be? *Journal of Renal Nutrition*, 27(6), e39-e40. Rapport sur la gestion des déchets organiques en Ontario, préparés pour le Ministère de l'environnement et de l'Action en matière de changement climatique de l'Ontario, (2017), [PDF]

2. Harvard Medical School (2015). *What's the scoop one bone soup ?* [En ligne]

3. Hsu, D. J., Lee, C. W., Tsai, W. C., & Chien, Y. C. (2017). Essential and toxic metals in animal bone broths. *Food & nutrition research*, 61(1), 1347478. doi:10.1080/16546628.2017.1347478