

# INCREASING LOCAL FOOD IN LONG-TERM CARE

## Key Results



**20.9%**

Within nine Long-Term Care homes across the Golden Horseshoe region, local food purchasing increased by 20.9% when a local purchasing and food tracking priority was set.

### Local Proteins (Meat and Seafood)

 **5.3%**

when a local food purchasing and tracking priority was set.

 **\$91,360** spent on local proteins

Ontario Beef

 **919%** ↑

Ontario Poultry

 **119%** ↑

Ontario Poultry

 **463%** ↑


### Fresh Produce (Fruits and Vegetables)

 **31%**


when a local food purchasing and tracking priority was set.

 **\$21,000** spent on local fresh produce

### Frozen Vegetables

 **35%**

when a local food purchasing and tracking priority was set.

 **\$30,000** spent on local frozen vegetables



For more information on this project please visit: <https://www.saraapp.com/lc-and-local-food>

# A Step by Step Guide to INCREASING LOCALLY SOURCED FOODS Through Food Purchasing Tracking

Increasing locally sourced foods through public procurement doesn't have to be complicated! Follow these steps to collect, categorize, and analyze data on food source and increase local foods within your Long-Term Care Home.

**START**



# How to Get Started!

## INCREASING LOCALLY SOURCED FOODS

### In Long-Term Care

#### 01 DEFINE LOCAL FOOD

- A critical starting point when increasing local food purchasing within Long-Term Care homes is creating a common local food definition to aid in identifying products that meet this definition. Distributors and group purchasing organizations may use different local identifiers in their databases meaning origin reports can vary.



#### 02 REQUEST VELOCITY REPORTS

- Velocity Reports are the building blocks of food category reporting. A velocity report is a purchasing report of all the food that has been procured by a home over a given period. Homes can request velocity reports from their distributors and Group Purchasing Organizations (GPOs). Some distributors and GPOs may require additional requests to include food origin within the velocity report.



#### 03 ANALYSE DATA

- Food purchasing data from the velocity reports should be analysed to determine where local food spend is occurring. Food purchases should be broken up into categories of spend that reflect different food classes. These include; dairy and eggs, fresh produce, prepared foods, processed fruits and vegetables, desserts and breads, proteins, beverages, and texture modified entrées and therapeutic products.



#### 04 PROMOTE LOCAL FOODS

- An important way to promote an increase in local foods within Long-Term Care is to inform residents and their families about local food options that are available. When residents were asked about food options labeled "local" or "Ontario" their perception of food quality increased. Promoting local food can be used as an engagement tool to help boost resident satisfaction and nutrition.

