

# Bite by Bite

Health Central

March 2023

ORLANDO  
HEALTH®



## Farmers' Market Snacks

Have you ever had a carrot cake moon pie? This month we kicked off The Farmers' Market Snack concept offered in the Garden Grille Café. Partnering with local growers and highlighting local produce gives us the freshest product and minimal carbon footprint. With a weekly updated list of produce, our chefs can cycle items into the station in peak season. This month, patrons loved the moon pies and zucchini bread with a Florida twist, topped with local Valencia oranges and mint.



## Patient Satisfaction Celebration

Following an increase in Patient Satisfaction in February, with a Courtesy score of 91.7 (11.8 pts above goal) and quality score of 82.6 (22.6 pts above goal), we celebrated our team's dedication and passion for patients. The care we take in plating and food presentation is one contributing factor for increased scores. On March 17th team members enjoyed donuts, pizza and chicken wings, and to top it off, they had the opportunity to make a healthy smoothie by pedaling a smoothie bike.



↑ 91.7%

COURTESY



↑ 82.6%

QUALITY



↑ 29.3%

SALES

“

Never had as good an experience as this stay. Incredible attention from each health care person we encountered! Food and food personnel was outstanding!

”



## Celebrating Registered Dietitian Nutritionist Day – March 8th

Celebrated in March during National Nutrition Month, Registered Dietitian Nutritionist Day brings awareness of Registered Dietitian Nutritionists as the indispensable providers of food and nutrition services and recognizes RDNs for their commitment to helping people enjoy healthy lives. Our VP of Nutrition & Wellness, Peggy O’Neill, commended our dietitians on the “grit and perseverance to making sure the patients we serve each and every day get the best nutrition care possible.” Thank you to our RDNs, Olya Cuellar, David Blakely, Ana Girao, Hilda Santiago, Xiomary Castro and Tori Braun. We appreciate you all!

# Women's HISTORY MONTH 2023



## Women’s History Month

Women’s History Month celebrates the achievements and contributions women have made over the course of American history and the vital roles they play. Across the month, Compass Group focuses on storytellers and highlights Compass women who tell stories through food, communication, art and more. We featured the 2023 Women in Culinary Showcase, providing a platform for 23 amazing culinarians to be celebrated for their extraordinary talents. Thank you to all our women here in culinary and leadership.



## Joint Commission Survey Success!

Health Central completed the Joint Commission Survey with zero citations within the Food and Nutrition department. The Life Safety Surveyors noted several best practices when walking through the department, including drop-down indicators to ensure 18-inch sprinkler head clearance, yellow caution markers on the floor marking egress, electrical panel doors, eye wash and fire suppression equipment. The survey team was impressed with the cleanliness, knowledge and engagement of the team, and the catering that featured many of our retail concepts. On March 15<sup>th</sup>, we celebrated with a breakfast and cookies for the team.

## Black Bean, Avocado & Mango Salad



FEATURED  
RECIPE

### Ingredients

Yield: 12 servings

- 1 6oz black beans, canned, drained
- 1 2oz mango, fresh, diced
- 1 0oz avocado, fresh, cubed
- 2oz red onions, fresh, diced
- 1/2 cup cilantro, fresh chopped
- 3/4 tsp kosher salt
- 1/4 tsp black pepper, ground
- 1/4 cup lemon juice
- 4tbsp canola oil



### Instructions

1. Combine ingredients in a large bowl.
2. Mix gently.
3. Serve with tortilla chips, over rice, or as a side dish!

### Nutrition Facts (3/4 Cup)

- 130 kcal
- 3g protein
- 13g carbohydrate
- 8g fat
- 5g dietary fiber



## Meet the Team

## Greg Neumann, System Director



Greg Neumann is the System Director supporting Health Central and Horizon West. He has 30 years' experience in Food & Nutrition in Ohio, Kentucky, West Virginia and Illinois, before ending up in the warmer Florida region.

He is the proud father of three daughters and two dogs. In his spare time, he likes to fish, usually catch and release.