

innovative provision of improve sustainable healthy protective nutrition for communities.

Key messages:

- Improve the strategic potential of collective catering to ensure a protective, healthy, sustainable diet.
- Development of systemic approaches for the enhancement of healthy and sustainable food for communities.

Recommendations and tools to implement food and nutrition policies for collective catering

Giulio Barocco

G Barocco¹, T Del Pio Luogo¹, D Germano¹, A Calabretti², P Bogoni², F Coloni¹, T Longo¹, A Pernarcic¹, E Occoni¹

¹Azienda Sanitaria Universitaria Integrata Trieste, Trieste, Italy

²Università Trieste, Trieste, Italy

Contact: giuliobarocco@gmail.com

Surveys (2015 – 2018) carried out by the local health agency of Trieste (LHATs) in a collective catering (CC) sample (nurseries, schools, university, hospitals, nursing homes, workplaces), with a total production of 20% of the meals served daily in the area, have shown some critical conditions. In some CC the following has been observed: noncompliance of food supply quality and quantity, loss of up to 80% of antiradical power (ARP) and polyphenol content of several vegetable dishes, increase of more than 50% of oxidized compounds in some fish and homogenized meat dishes, as demonstrated by the University of Trieste. This represents a triple burden for the community: consumption of non-protective meals from oxidative stress; fraud of product quality/quantity (equal to 2-4% of contract value); and failure of the challenges of Sustainable Development Goals (SDGs). It is also a serious problem for institutionalized and hospitalized people as, according to the literature, the prevalence of the risk of malnutrition in patients exceeds 50% and 25% respectively. In view of these findings, LHATs has developed recommendations and tools to improve the control capability of organizations that outsource the CC. These recommendations take into consideration: analysis of item costs, merceological food value, working conditions, and integrate the indications of the Ministry of Health for CC that provide: adoption of dietary guidelines, Nutrient Analysis Critical Control Points (NACCP) process and updated food composition. Tools recommended by LHATs permit monitoring and control food supply quality-quantity, NACCP process, ARP and other markers to detect the nutritional value of meals. The key process to developing actions to better apply food and nutrition policies and to contribute to SDGs in strategic local CC is the ability of the public health to analyze its context in a systemic view to