



# Cura Hospitality Helps Keep Residents Healthy

By Grace Zarnas-Hoyer

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As Phoebe's dining services partner since 1999, Cura Hospitality — a specialist in preparing fresh, healthy, and flavorful food options — encourages residents and patients to dine healthier by creating nutritious menu items where many selections are made from scratch. Why is this important? Well, we all know that most processed foods are bad for your health. It is estimated that healthcare costs related to obesity are \$118 billion per year. By reducing the use of processed food and replacing with real food, we are able to help decrease the cost of medical visits, co-pays, prescription medications and other health services.

At Phoebe, Cura combines culinary, sourcing and clinical expertise to create menus that promote a healthier dining experience. To manage the menu programs that Cura chefs and dietitians create, Cura uses a web-based food and beverage management tool throughout Phoebe's senior living communities. "Because the software has nutritional analysis built into it, we are able to customize different diets, such as diabetic, gluten-free, heart healthy, and allergen-free," said Andrea Barnes, MS, RD, CSG,

LDN, clinical nutrition manager for Phoebe Allentown and Phoebe Richland.

Cura's dietary managers are able to customize menus based on the preferences of their communities and local food. For Phoebe's residents, enjoying local favorites is made possible by Cura's FarmSource program. "Through FarmSource, we work with more than 250 local farmers and producers, all within a 150-mile radius of our communities. We have been recognized by the Pennsylvania Association for Sustainable Agriculture (PASA) for our ongoing support of local agriculture. FarmSource greatly reduces the distance food travels from harvest to table. We also encourage our suppliers to focus their purchasing efforts on procuring from local food producers which is healthier for our residents," says Jamie Moore, Cura's director of sourcing and sustainability and PASA board member/vice chair.

Because of FarmSource, Phoebe residents enjoy fresh, wholesome foods, including:

- ❖ Produce that is selected through farmer-based organizations
- ❖ Dairy products that come from independently owned and operated local farm families that choose not to treat their herds with rBGH/rBST

- ❖ Meat that is produced at USDA-inspected facilities, which source their animals from farms that are within a three hour drive from the processing facility. These producers ensure high standards of animal care, well-being and nutrition
- ❖ Artisan products, which are local food businesses that devote their time, energy and passion to a limited line of products and emphasize high-quality and unique flavors

Cura has gone even further with its signature wellness program called LivingLife, which extends the wellness mission into six specific wellness areas: vocational, social, emotional, intellectual, physical and spiritual. LivingLife at Phoebe includes activities such as gardening programs, where Cura chefs deliver presentations on the crops and how they are used in the kitchen; cooking programs involving residents in the planning and preparation of meals as a social and educational activity; and tours of nearby farms and processing facilities where residents can learn about how food is grown and handled.

In addition to consulting with our onsite dietitians and nutritionists, residents will soon be able to log into our menu tools to explore caloric, allergen and overall nutrition information to help them make better and more educated choices!