

Viški in zavržki hrane pri prehranski oskrbi bolnikov v Univerzitetnem kliničnem centru Ljubljana

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Izveleček

Če želimo zmanjšati količine organskih odpadkov, moramo poznati njihovo sestavo ter na podlagi tega poiskati načine za preprečevanje nastajanja in zmanjševanje količin odpadne hrane. V Univerzitetnem kliničnem centru (UKC) Ljubljana smo želeli ugotoviti kakšne so količine odpadne hrane, ki nastajajo pri prehranski obravnavi bolnikov. V obdobju sedmih zaporednih dni smo ločeno spremljali količine odpadne hrane, ki nastajajo v centralni kuhinji (viški hrane) ter količine zavržene hrane, ki so se vračale s kliničnih oddelkov. Z metodo tehtanja smo merili količine nerazdeljene hrane, količine vrnjenega nedotaknjene kruha in količine dehidrirane zavržene hrane. V opazovanem obdobju so v bolnišnici zavrgli eno tretjino pripravljene hrane. Na skupno količino odpadne hrane je v največji meri (29,8 %) vplivala zavržena servirana hrana. Znotraj te količine je bilo 7,1 % povsem nedotaknjene hrane. V manjši meri je na skupno količino odpadne hrane z 4,8 % vplivala količina nerazdeljene hrane. S kliničnih oddelkov se je v tem obdobju vrnilo 23 % serviranega kruha. Primerjava rezultatov z objavljenimi podatki primerljivih bolnišnic po Evropi kažejo, da so v UKC Ljubljana zavržene količine odpadne hrane manjše. Na osnovi dobljenih rezultatov in tujih izkušenj smo oblikovali ukrepe, s katerimi bi lahko v UKC Ljubljana količino zavržene hrane zmanjšali za 42 %.

Ključne besede: odpadna hrana, viški hrane, zavržki hrane, bolnišnica

Surpluses and discards of food in the nutritional care of patients at the University Medical Center Ljubljana

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Abstract

If we want to reduce the amount of organic waste, we need to know their composition and, based on this, find ways to prevent the generation and reduction of food waste. At the University Medical Center Ljubljana, we wanted to find out the quantities of food waste generated during the nutritional treatment of patients. Over a period of seven consecutive days, we separately monitored the quantities of food waste generated in the central kitchen (food surpluses) and the quantities of discarded food returned from the clinical wards. The weighing method was used to measure the quantities of undivided food, the amount of returned intact bread and the amount of dehydrated discarded food. During the observed period, one third of the prepared food was discarded in the hospital. The total amount of food waste was mostly (29.8%) influenced by discarded food. Within this amount, 7.1% was completely intact food. The total amount of food waste was affected to a lesser extent by 4.8% by the amount of undistributed food. 23% of the bread served returned from the clinical wards during this period. A comparison of the results with the published data of comparable hospitals across Europe shows that the quantities of food waste discarded at the University Medical Center Ljubljana are smaller. Based on the obtained results and foreign experience, we designed measures that could reduce the amount of food discarded at the University Medical Center Ljubljana by 42%.

Key words: food waste, food surpluses, discards of food, hospital

Hrana, prehrana, zdravje:

Gojimo, hranimo, ohranjamo. Skupaj

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