

CGH Food Services Ongoing Journey for Sustainability Drive to Reduce Carbon Footprint



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Introduction

Background

The challenges of food waste and single-use disposables are significant contributors to our carbon footprint due to waste incineration which exacerbating the effects of climate change daily. Thus, we initiated a sustainability journey in 2022 to address and mitigate our environmental impact.

In 2022, we collaborated internally to overhaul waste management and implementing innovative strategies yielding a significant annual reduction of 153,920 kg of carbon emissions and 351.5 kg of landfill waste.

Continuing from 2023, we sustain our sustainability efforts, broadening our sustainable menu offerings and reducing use of single-use disposables.

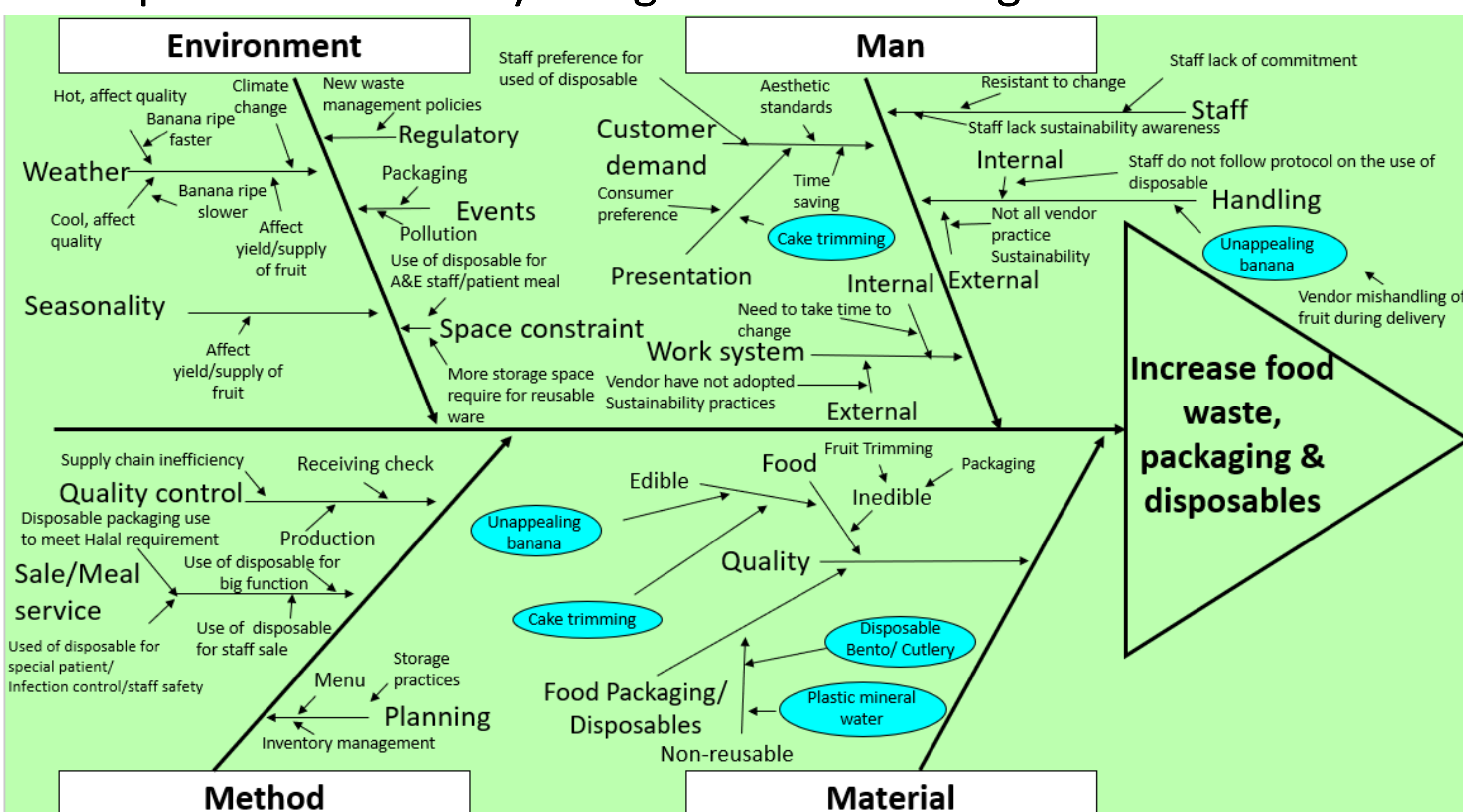
Aims

Reduce carbon footprint (by at least 30,800 COe²) through reducing waste (food and single use disposables) and cost savings by December 2023.

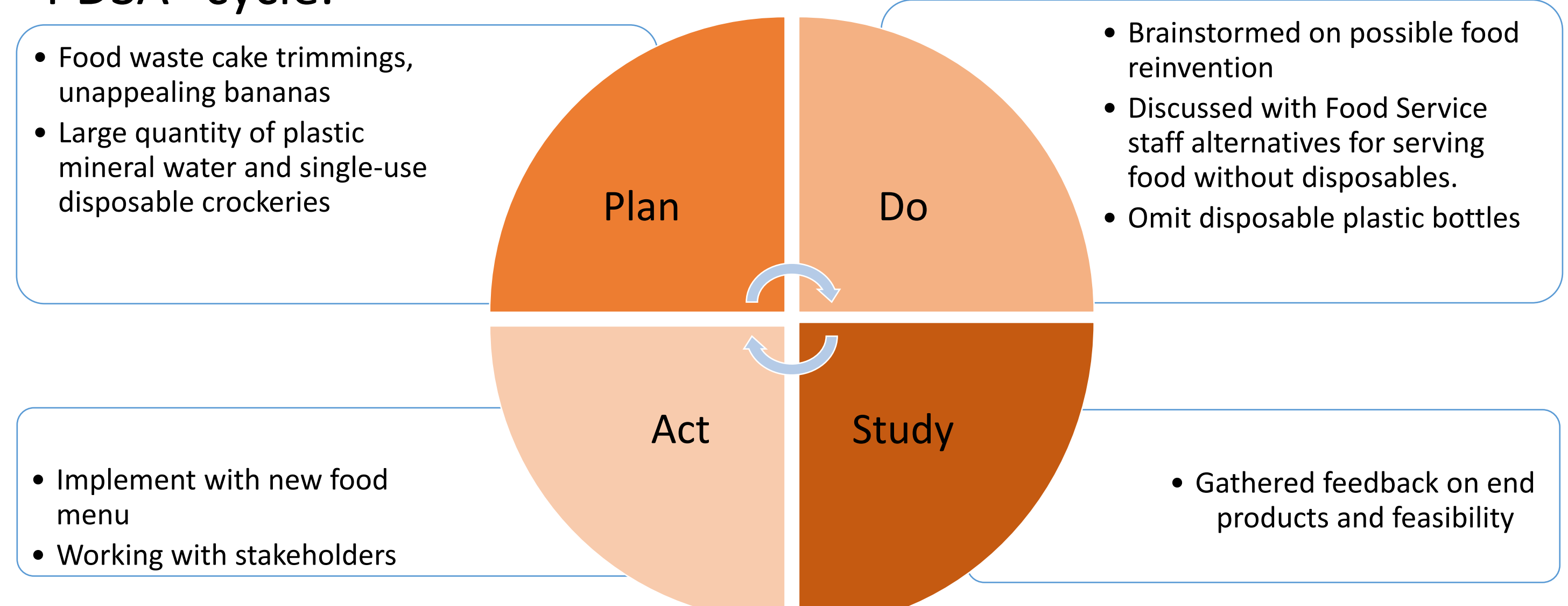
Methodology

From 2022, food waste was reinvented, plastics were repurposed and single-use disposables were reduced. These efforts was continued from 2023.

To continue this ongoing journey, a collaboration project within different departments in CGH works towards reducing food waste and single-use disposables. The team brainstormed to determine other possible causes by using a Fish-bone diagram.



Our commitment in environmental sustainability begins with the team discussing on additional potential items which can be repurpose and minimised by adopting the Plan-Do-Study-Act "PDSA" cycle.



Results

R E S U L T S

New initiatives 2023



↓ Carbon footprints
Annually 35,925kg



↓ Landfill (incinerated ash)
Annually 315kg

Total Waste

Annually 3,150kg



Cost savings annually
~ \$14,933

Food Waste

(from cake trimmings & unappealing bananas)

Annually 250kg



Cost savings annually
~ \$375

Single-Use Disposable Waste

(from disposable bento boxes, fork, spoon & plates and single-use plastic mineral water)

Annually 2,900kg



Cost savings annually
~ \$14,558

Reduce Single-Use Disposables

The strong move towards environmental sustainability by omitting plastic mineral water and reducing single-use disposable e.g. plates, cutlery, and bento boxes for special catering and staff meals resulted in an annual cost savings of \$14,558. This is equivalent to saving landfills from 2,900kg of plastic waste.



Bring your own reusable containers & cutlery

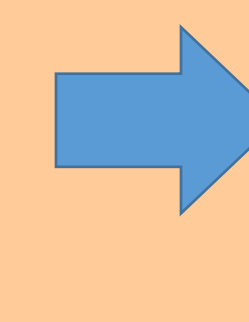
Standby reusable plates and cutlery



OT staff meals

Reinventing Food Waste

A total of 250kg of potential food waste comprising of cake trimmings and bananas were reinvented to produce banana crumble. This translates to a cost savings of \$375 should we purchase fresh ingredients to produce it.

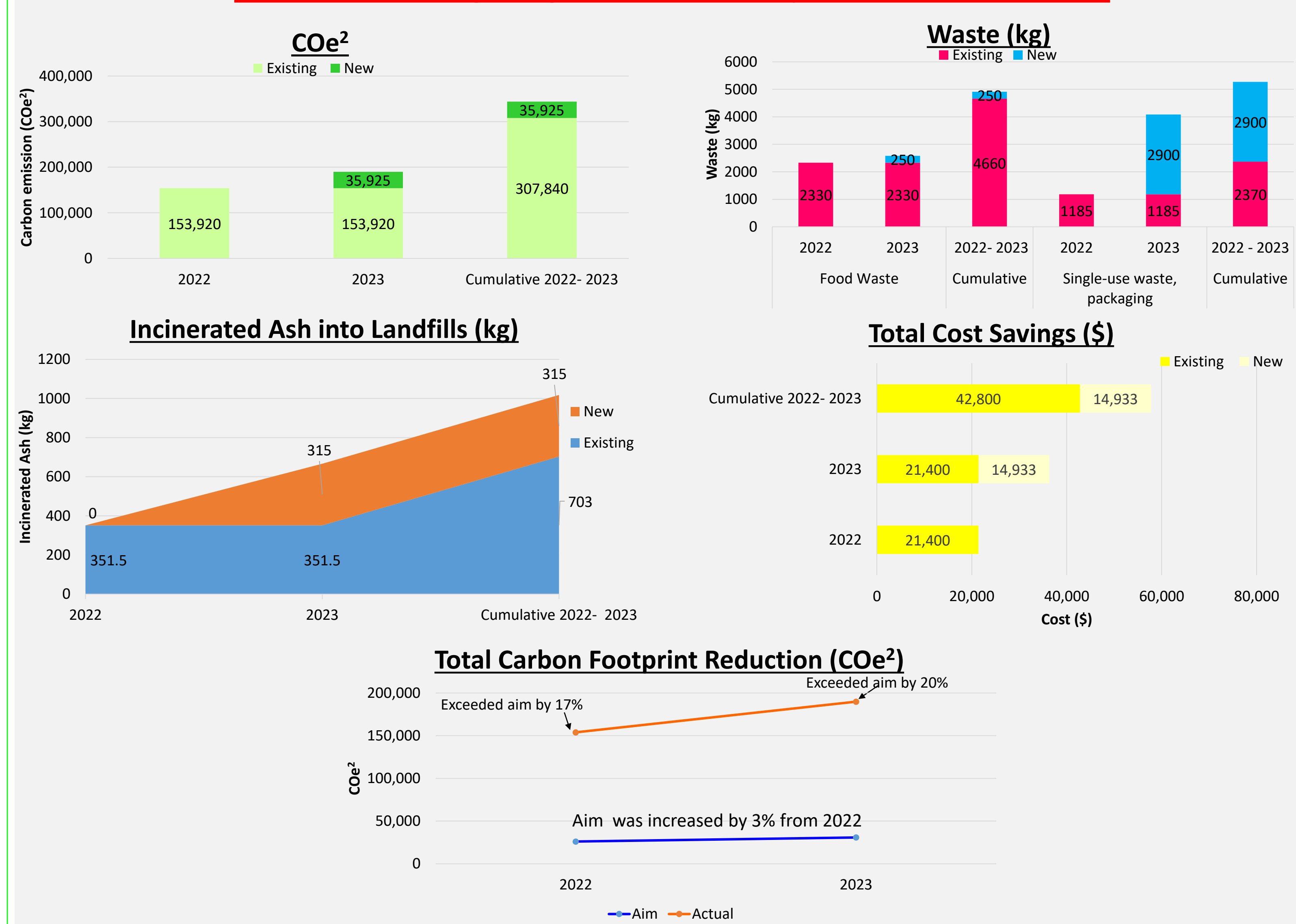


Cake Trimmings

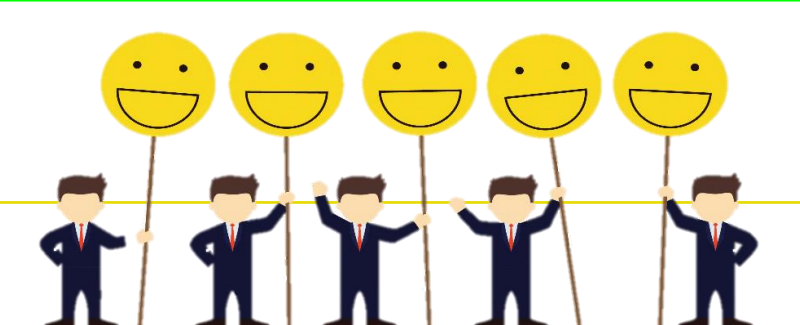
Unappealing Bananas

Banana Crumble

Results of Ongoing Sustainability Initiatives (2023)



Conclusion



These continuous green initiatives to repurpose food waste and eliminate single-use disposables are successful, benefiting the hospital by reducing carbon footprint, waste and cost and will continuously educate the community on the hospital sustainability efforts.