



# DINNER Rx

## Food As Medicine

You want to provide the best possible care to your patients, while also meeting your hospital's financial and sustainability targets. **Greener by Default** addresses all of these needs simultaneously.

### Why Greener by Default?

**Greener by Default** is a research-based program that provides expertise in behavioral strategies to “nudge” patients to make sustainable, healthy food choices without restricting their choices. The core concept is simple: make plant-based meals the default option, while giving patients the choice to opt into meals with meat or dairy.

### Why Plant-Based?

Scientific research shows that plant-based eating patterns are linked to significantly lower risk of cardiovascular disease,<sup>1</sup> type 2 diabetes,<sup>2</sup> stroke,<sup>3</sup> obesity,<sup>4</sup> and certain cancers.<sup>5</sup> Plant-based meals also have half the carbon footprint of animal-based meals.<sup>6</sup>

### How It Works

**Greener by Default** offers a suite of custom services to healthcare organizations. We work one-on-one with you to:

- Analyze current menus and food-related emissions
- Provide implementation guides, sourcing assistance, and educational materials
- Identify plant-based dishes that reflect the cultural diversity of your patient population
- Provide resources regarding nutrition and recipe assistance, upon request

**Plant-based nutrition is a flavorful and evidence-based strategy for:**

- improving patient health
- lowering emissions
- reducing food service expenses

**while maintaining high patient satisfaction.**



# CASE STUDY:

## New York City Hospitals

NYC Health + Hospitals partnered with **Greener by Default** to pilot plant-based Chef's Specials as the default lunch options for all inpatients in their network of 11 hospitals. During a three month pilot, we found that over 50% of eligible patients chose plant-based meals and approximately 95% of patients who chose a plant-based option were satisfied with their meal.<sup>7</sup>



# 50%

chose plant-based meals

# 95%

were satisfied with their meal

Due to the pilot's success, **NYC Health + Hospitals** is permanently implementing the program for lunch and expanding to dinner.

Join leading institutions using Greener by Default such as:



To get started  
[katie@greenerbydefault.org](mailto:katie@greenerbydefault.org)  
[www.greenerbydefault.com/healthcare](http://www.greenerbydefault.com/healthcare)

For citations, visit [www.greenerbydefault.com/healthcare-citations](http://www.greenerbydefault.com/healthcare-citations)

## Benefits & Impact



### HEALTH

Four of the most expensive health conditions are diet-related, including diabetes and heart disease.<sup>8</sup> Plant-based diets can reduce short- and long-term healthcare costs and improve patient well-being.<sup>9</sup>



### SUSTAINABILITY

Reducing energy and water use in hospitals can be challenging. Greener by Default has the potential to increase patients' consumption of plant-based meals, which have half the carbon footprint and 24% the water usage of animal-based meals, by up to 50%.<sup>10-15</sup>



### COST SAVINGS

Unlike other sustainability interventions that require expensive upfront investments, Greener by Default is cost-neutral, and can even save money by cutting food costs.<sup>16-18</sup>



### PATIENT SATISFACTION

Serving an array of culturally diverse, delicious plant-based meals is sure to please a range of palates and support your hospital's efforts to increase patient satisfaction. Plant-based nutrition is also more inclusive and poses fewer allergy and food safety risks.<sup>19-20</sup>