

About TMC Healthy Eating

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2301 Holmes Street
Kansas City, MO 64108
816-404-1000

Truman Medical Centers: Committed to healthy eating.

TMC's corporate vision of *leading the way to a healthy community* is something we take very seriously. "As a healthcare institution, our mission is to care for the sick," says TMC CEO and president John Bluford. "But our *vision* is to help our community live in a healthy manner, so they are less likely to get sick."

One of the most important components of a healthy lifestyle is good nutrition. Working with Morrison Healthcare Food Services, TMC has undertaken several important initiatives to help patients, employees and visitors eat healthy, delicious foods.

Healthy Harvest Produce Market

During the warm months, TMC's popular Healthy Harvest Produce Market is open for business every Wednesday on Hospital Hill, and the second Tuesday of the month at TMC Lakewood. The Market:

- Offers a wide variety of fruits and vegetables at lower-than-retail prices
- Provides free recipes and other nutrition information
- Is a partnership with Blue Cross Blue Shield of Kansas City, Morrison Healthcare Food Services and C & C Produce.

*"To eat is a
necessity, but to
eat intelligently
is an art."*

For hours of operation, call Guest Services at TMC Hospital Hill, 816-404-3325, or TMC Lakewood, 816-404-7411.

Blossom on Third

Blossom on Third is part of an innovative new patient care concept being piloted by Morrison Healthcare Food Services, provided for inpatients on TMC's third floor. With Blossom, every aspect of the patient's dining experience is enhanced. Blossom on Third:

- La Rochefoucauld ■

- Provides healthy versions of delicious dishes such as Ginger Citrus Stir-Fry and Cappucino Caramel Mousse, suitable for all but the most restricted diets
- Features meals prepared in a separate kitchen, specially built on the third floor to be as close to the patients as possible
- Offers a restaurant-style menu, featuring a wide variety of choices in several categories for the patient
- Uses brand new technology in the order-taking process for patient meals, enabling the order to be instantly interfaced with the patient's electronic medical record
- Allows the patient to decide what time he or she wants to eat. The meal is delivered fresh from the kitchen at whatever time the patient requests it

Blossom on Third also is open to visitors and staff, providing meals in an attractive, contemporary bistro setting.

Flavors 450

Flavors 450 is a new culinary concept developed by celebrity chef Cary Neff, and available to everyone who visits our Flavors Café on the ground floor of TMC Hospital Hill. With Flavors 450,

- Every meal is simple, nutritious and flavorful and costs \$5 or less
- Every meal is 450 calories or less, with no more than 35 percent coming from fat
- The menu changes daily with different foods from different regions and cultures
- Menu items feature a delicious balance of seasonal, fresh vegetables, whole grain and proteins.

The Flavors Café also features Wild Greens, a salad station offering customized, hand-tossed-to-order salads with a choice of delectable salad dressings, made on the premises.

About TMC

Truman Medical Centers is a not-for-profit two acute-care hospital health system in Kansas City. The TMC Health System includes TMC Hospital Hill, TMC Lakewood, TMC Behavioral Health, the Jackson County Health Department and a number of primary care practices throughout Eastern Jackson County. Recently named one of the nation's top academic medical centers, TMC is the primary teaching hospital for the University of Missouri-Kansas City Schools of Health Sciences and specializes in asthma, bariatrics, diabetes, women's health, and trauma services. For more information, please call (816) 404-3785 or visit at www.trumed.org or on Facebook.

For more information, visit Trumed.org



TMC Hospital Hill | 816-404-1000
TMC Lakewood | 816-404-7000