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Rambling Rogue Café goes healthier

Out are the nacho machine, hot dogs and greasy pizza. In are fresh fruit, nuts, popcorn, complimentary fruit-infused water and additional heart-healthy meals.

Rambling Rogue Café at Asante Rogue Regional is undergoing a transformation to provide tasty and healthier options for employees, patients and visitors. This includes focusing on a variety of wholesome and healthy food options in the cafeteria, patient food service and vending machines.

“We are not eliminating people’s choices,” said Julie Hale, director of Support Services, which oversees the hospital’s nutritional services, “but we are providing healthier alternatives.”

Other health care facilities around the country are promoting healthy living by revamping their menus to set a better example for the communities they serve. This means offering food with fewer calories, less saturated fats and trans fats, and less sugar.

Asante Rogue Regional will keep its soda machines and fryers, but will offer employees healthier alternatives such as free fruit-infused water and a greater variety of fresh fruits and vegetables.

“The increased prevalence in diseases such as Type 2 diabetes and obesity require us to refocus our efforts to make our food options healthier, convenient and affordable,” Hale said. “Health care organizations need to be role models and lead the way to better health.”

The Rambling Rogue Café will demonstrate this new commitment over the next year by:

- Offering its seasonal Farmers Market from June through September
- Limiting unhealthy beverages, including sugar-sweetened drinks, and offering lower-sugar beverages
- Reducing deep-fried foods while offering healthy options
- Creating “wellness meals” for cafeteria customers
- Adding more fruit and vegetables and other nutritious snacks
- Adding organic items, such as oatmeal and soups
- Creating a bowl bar, including grain, pasta and taco-themed foods
- Offering additional healthy grab-and-go items

“These changes are based on feedback we’ve received from our employees and our physicians,” said Hale. If you have comments or suggestions, contact Hale at (541) 789-5270 or Julie.Hale@asante.org.



Bill Miller, manager of ARRCM Laboratory Services, grabs a healthy salad

