

FOR IMMEDIATE RELEASE:

October 2, 2015

MCHC Celebrates Healthcare Foodservice Workers Week

Madelia, Minn. – Madelia Community Hospital & Clinic is joining the Association for Healthcare Foodservice (AHF), in celebrating Healthcare Foodservice Workers Week October 5-11, 2015.

The Association for Healthcare Foodservice (AHF) started the Healthcare Foodservice Workers Week tradition in 1985. Through their efforts, the U.S. Congress declared that the first week of each October would be a national time to recognize the integral role played by healthcare foodservice staff in helping the employees and patients stay well nourished and healthy. Today the importance of excellent nutrition has been established and documented, but it is even more critical to those individuals in healthcare facilities. This week is an excellent opportunity to recognize and thank those dedicated individuals who provide food and nutrition services in healthcare.

In recognition of Healthcare Foodservice Workers Week, the Dietary staff at MCHC has some fun and adventurous food items planned, along with wild desserts, games and prizes for staff. Ruth Frederickson, Director of Dietary Services at MCHC, is sharing a healthy recipe with the community:

Apple Cabbage Slaw

Serves: 8

By: Ruth Frederickson, MCHC Director
of Dietary Services

Ingredients:

Slaw:

2 Cups Red Cabbage Slaw

1 Golden Delicious Apple

1 Onion diced

1 Cup Green Cabbage Slaw

2 Carrots Grated (about 1 Cup)

Dressing:

2 Tablespoons Salad Oil

2 Tablespoons Apple Cider Vinegar

Salt and Pepper to taste

1 Tablespoon Lime Juice

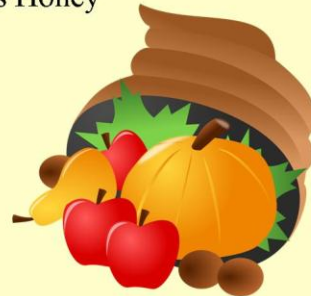
2 Tablespoons Honey

Directions:

Mix together vegetables and dressing ingredients

Refrigerate for several hours.

Shortly before serving, dice the apple and fold into the salad. Serve.



###

About Madelia Community Hospital & Clinic

Madelia Community Hospital & Clinic is a private, nonprofit facility staffed by a team of physicians and medical professionals that is profoundly committed to providing health care of the highest standards to Madelia and surrounding communities. As a 25-bed acute care hospital, we offer all the primary health services, such as medical/surgical, pediatric, emergency care and more. In 2011, we expanded our services to include a family medical clinic that provides adolescent health, geriatric health, men's health, newborn health, pediatric health, preventative medicine and women's health. Over the years, we have proactively responded to the changing demands within the health care system, which has ensured our ability to deliver up-to-date medical services, purchase advanced medical equipment, and provide complete and compassionate care to all who enter our facility.