

# Hospitals strive to make food tasty, nutritious

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Anniversary cake, pizza (on Saturdays) and homemade coffeecake (on Fridays) can be ordered at St. Mary's.

"Every day we offer certain items and on the following (day) change to a different set of menus so we're not being repetitious," registered dietitian Maria Stawarz, clinical dietitian at St. Mary, said. "All the patients select from a menu, even the patients who are on special diets. We try to accommodate special eating problems."

"JUST RECENTLY on St. Patrick's Day, we had corned beef and cabbage on the menu, which we never really had before," Crittenton Hospital's "ready-food" menu gives cooks time to prepare spaghetti sauce and other foods, said Chris Moore, food service director at the Rochester Hospital. "We have a restaurant-style menu," Moore said.

"All this means the hospital doesn't have the same items every Friday, for example, he explained. The menu cycle is such that a patient who is in the hospital for as long as six weeks can still have a variety of selections

from which to pick.

"You have to look at dietary services as a major part of the patient's recovery," said Ann MacLean, director of dietetics at Garden City Osteopathic Hospital.

"WE ARE definitely working toward having (a new) reputation (about food). There's much more of an emphasis now on utilizing spices to take the place of sodium. There's definitely more of a focus on taste. It's become so much more creative."

"We're trying to develop better (recipes), to make them (patients) want to eat and at

the same time adhere to the diet restrictions," she said. "There's much more emphasis on ethnic foods."

Representatives proudly listed some of the foods available at their hospitals made on the premises, such as pies, cookies, rolls, doughnuts, kidney bean salad, antipasto and "El Paso" (spicy) chicken.

Meals are put together on a mini-assembly line in the kitchen, as seen at Botsford and Garden City Osteopathic Hospital. A patient who chooses chicken doesn't automatically get mashed potatoes. He or she can pick from other vegetables, such as green

beans or corn. Computers help Garden City keep track of changes in a patient's diet.

EMPLOYEES AND visitors can enjoy meals, too. St. Mary's coffee shop features hamburgers, fish and a salad bar, among other items.

"The employee cafeteria has a good variety where they have hot food, cold food, a salad bar also," Stawarz said.

The staffs are doing something right, judging from patients' reactions.

"It's good, I like it. I don't mind it at all," said 36-year-old Darrold Mars of Redford, a patient at St. Mary.

## Kids learn good eating habits if let in the kitchen

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You probably don't realize it, but working with food can be a great medium for mathematics. Money, recipe measurements and timing, in addition to the dividing of portions and the setting of the table all involve mathematics.

Food can awaken the artist or the creative genius in everyone. Colors and shapes can be learned through food. All of these can inspire creative expression. One of the most interesting cooking sessions I ever spent with momma was when she would cook "ethnic" and tell about how she learned this recipe from great grandma and how it was passed down. Geography and transportation are major factors in determining the availability of foods.

Of course, proper sanitation and food handling was also stressed.

My momma was a living university. She taught us as much of the world and things around us. Funny thing was, she never taught. Whenever I asked, she never taught. Whenever I asked to help, she always agreed and then she let the experience teach me. Momma never had a degree. All it took from her to be a great teacher was a lotta patience and a lotta love.

After watching my daughter make a batch of banana muffins and looking at the sink full of dishes and the half-filled, encrusted muffin tin that will have to soak for three hours to get it clean, I loved it. And I'm just her daddy, I can imagine what her momma thinks.

Happy mothers day to my momma, my kids' momma and all the mommas out there who have the patience and love to cook with their kids.

Bon Appetit!

### CORNY BANANA BUNS

Makes 12  
(can be made with any fruit)

1 cup mashed, ripe banana (3 medium)  
1/2 cup safflower oil  
1/2 cup honey  
2 eggs  
1 cup whole wheat flour  
1/2 tsp. nutmeg  
1/2 cup cornmeal  
1/2 cup rolled oats  
1/2 cup wheat germ  
1 tsp. baking soda  
1/2 tsp. cinnamon

1 cup fresh carrot juice  
1 banana  
1 cup vanilla ice cream  
Place all ingredients in a blender and blend till smooth.

Chief Larry Jones is a Michigan native and Livonia resident. A food enthusiast, he has worked at several area restaurants and is a graduate of the culinary arts program at Schoolcraft College.

Earth Bunny Smoothie

1 cup fresh carrot juice  
1 banana  
1 cup vanilla ice cream  
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## Natural seltzer is alternative to pop

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Locally, ONYS can be found on the shelves of grocery stores, supermarkets, drug stores and party stores. It also is becoming a popular item at restaurants and bars, Collins said.

"The craze for this started last fall and has snowballed ever since," he said. "We knew it was going to be a good product, but we didn't think it would snowball like this."

"The 'we' is Pacific Ocean Pop Co. Inc., in Livonia. It took over distributing ONYS in March and has sold 60,000 cases in two months' time, Collins said.

THOSE SALES are small in comparison to Pepsi, but it's the number one seller for Pacific Ocean, which also distributes such things as Jolt Cola, Schweppes mixers and Hansen all natural juices.

The most popular ONYS flavor is raspberry. It has a very distinct smell and flavor and just a hint of a

pale pink color, the result of the pigment in the fruit. The pale color also can be found in the black cherry and cola and berry flavors.

Confirmed root beer lovers will do a double take with ONYS' root beer-flavored seltzer. Its colorless, standard root beers have a brown coloring added; root beer in its natural form is clear, Collins explained.

"This product seems to cover all age groups," he added. "We do a lot of samplings in markets on weekends and we've gotten good response from kids, parents, young people and old people."

"A majority of the product appeal is in the suburbs. It's our number one item and more than likely will stay number one because of its wide appeal."

ONYS is available in 10-ounce glass bottles, 12-ounce cans and one-liter bottles. Its price is slightly more than regular pop, ranging from \$2.99 to \$3.49 plus deposit for a six-pack.

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