

## Nutrition Is the Bread and Butter of Healthcare! Happy Nutrition Services Week

As Dietary workers, we know that the work we do is vital – we keep our patients fed and nourished to support their health so that they can continue to receive the best care possible. That’s why we continue to advocate for ourselves, from the bargaining table to the legislature in Olympia. This past legislative session, we won a worker safety bill that will support our health by protecting us from economic injuries.



At Providence, Dietary workers have also won:

- ★ Freedom of self-expression in the workplace by standing together against discrimination regarding how we wear our hair.
- ★ Access to the Multi-Employer Training Fund for assistance with continuing our education to improve our lives.
- ★ Racial justice language in our contracts protects our dignity and equity in the workplace.

This week is meaningful because we know that we are highly skilled and valuable to our workplaces. We deserve to be treated accordingly!



“Without us, no one gets fed. Even when our equipment is breaking, patients and staff are expecting to be fed. We always deliver, but we don’t always get the dignity, respect, and breaks we deserve! I’m proud to work in Nutrition Services and provide such a vital service to our community.” – **Adam Swigert, Cook, Providence St. Peter’s Hospital**



“The folks taking my patients’ orders are always so kind and patient with my patients. Many of them are new to their dietary restrictions and our Nutrition Services workers always take the time to explain and work with my patients to help them figure out how to get the food they want following their dietary restrictions. This is so helpful to patient satisfaction and saves me so much time as the nurse. I can’t count how many times Nutrition Services has gone above and beyond to help my patients. They catch last-minute NPO orders that I haven’t seen yet and use critical thinking regarding patient safety when they see a patient who may need assistance eating. Patients are so happy with the food we serve at Swedish, and it cannot be overstated how positively this impacts patient nutrition and satisfaction.” – **Amy Saba, RN, Swedish Medical Center**



“This Nutrition Services week, we celebrate your dedication to ensuring patients in our healthcare facilities are well-fed and nourished. Because of your work, care teams across our union are able to meet all the care needs of our patients. It has been a challenging year, but in the face of all the changes, you have remained resilient in your efforts to serve those around you. You have continuously harnessed your unity to win exceptional standards and racial justice in all of your workplaces, both at the bargaining table and in your department. Our entire union is joining me in celebrating Nutrition Services Week by acknowledging each and every one of you, Nutrition professionals, for your hard work, commitment, and leadership.” – **Jane Hopkins, RN, President of SEIU Healthcare 1199NW**