

WE'VE GOT YOUR BACK!

Good nutrition, health and well-being go hand in hand!

The Food and Nutrition Services department at Val Verde Regional Medical Center is made up of a team of food and nutrition professionals dedicated to patients' health and well-being and their ability to adopt healthy food choices when provided dietary education. We support learning by promoting healthy habits for lifelong nutrition practices.

We provide patients and guests with access to a variety of affordable and appealing foods that meet the health and nutrition needs of patients and guests.

We hope this publication provides you with insight regarding our Food and Nutrition Services. Nutrition plays a vital role in our services as well as the lives of the patients we are serving, so all our therapeutic patient menus have been carefully reviewed and meet the Institute of Medicine Food and Nutrition Board's Dietary Reference Intake.

DEAR COMMUNITY MEMBERS OF VAL VERDE COUNTY

Working in the field of nutrition and food service has been my desire since I was in grade school, and as the Director of Food & Nutrition Services for VVRMC, I am able to live the best of both worlds. My passion is to provide the VVRMC community with information on how to eat right while enjoying the food that will provide them with the nutrition they need to do well. Our menu at VVRMC is aimed to guide patients into making healthy choices at meal time so they can eventually bring that healthy mindset home to share with family and loved ones. Nutrition information will ripple out in to the community helping to support well-being for everyone.

VVRMC hospital meals are healthy meals that meet science-based, nutrition standards that offer the right balance of fruits, vegetables, milk, whole grains and lean proteins with every meal. Recently updated nutrition standards recommend the offering of more fruits, vegetables and whole grains, while limiting the calories, fat and sodium in meals.

My staff and I want you to know that your loved ones are in very caring and passionate hands. Chef David together with our Culinary Team and in collaboration with our Registered Dietitians prepare delicious therapeutic meals and snacks for our patients and World Class meals for our guests. We all come to work with smiles on our faces knowing we can positively influence a patient's eating habits and support their recovery. We always make decisions with the betterment of the patients' well-being in mind. I am an open door so please feel free to contact me via email or call our office with any questions or concerns.

Providing Healthcare Nutrition Services our community can Trust.



Sincerely,

Minerva Acosta, BS, SN, CFPM – Director of Food and Nutrition Services

Contact Us

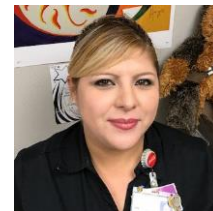
Director of Food and Nutrition Services



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Testimonial

"The Food is delicious and one of my favorites was the Garden Tilapia. The Cafeteria staff was very courteous. They assisted me with my menu selections and they made me feel comfy and at home."