Nourish

Nourish Planetary Plate Award

Our 2026 recipients are protecting the health of people and planet for today and future generations.

The Nourish Planetary Plate Award recognizes those advancing the health of people and planet through thoughtful, systemic leadership in organizational food practices. Recipients demonstrate leadership in reducing the environmental impact of food in healthcare settings; advance climate-conscious food strategies that are culturally appropriate, nourishing, and rooted in equity and care; and, inspire change within and beyond their institution through education, collaboration, or innovation in planetary health.

Elaine Chu is a go-getter, relationship builder, and has a knack for seeing possibility where others might only see barriers. As the Team Lead for the Culinary Medicine Collaborative Project and for Team BC Lower Mainland in Nourish's Third Anchor Cohort, this person showed herself to be a powerful advocate for delicious, nutritious, locally-grown, and sustainable health care food. As Director of Food Service Transformation and Special Projects with Fraser Health, she led the development of BC's Food Strategy for People and Planet, and the formation and ongoing work of the Food Service Planetary Health Working Group, which has representation from all BC health authorities. She has organized and hosted numerous tasting events and food fairs at Fraser Health hospitals, showcasing plant-forward, locally produced and grown, and low-waste items. She's not afraid to stumble, and is willing to share her learnings with others, inviting her colleagues and teammates along with her.

CHU Sainte-Justine
Le centre hospitalier universitaire mère-enfant
Université de Montréal

CHU Sainte Justine is a leader in planetary health menus and tackling food waste. They have been a leading partner in Nourish's work since their leadership as part of Nourish's first Innovator Cohort. CHU Sainte Justine has implemented an on-demand room service model for hospital food services, reducing food waste and increasing satisfaction of both patients and staff. They continue to invest in developing new, plant-forward and plant-based recipes specifically designed for health care, and have modeled the way in their willingness to translate and share these recipes with colleagues across the country. Through CHU Sainte Justine's leadership, they are helping to build the planetary health movement in health care by sharing practical tools and actions, and showing others what is possible.