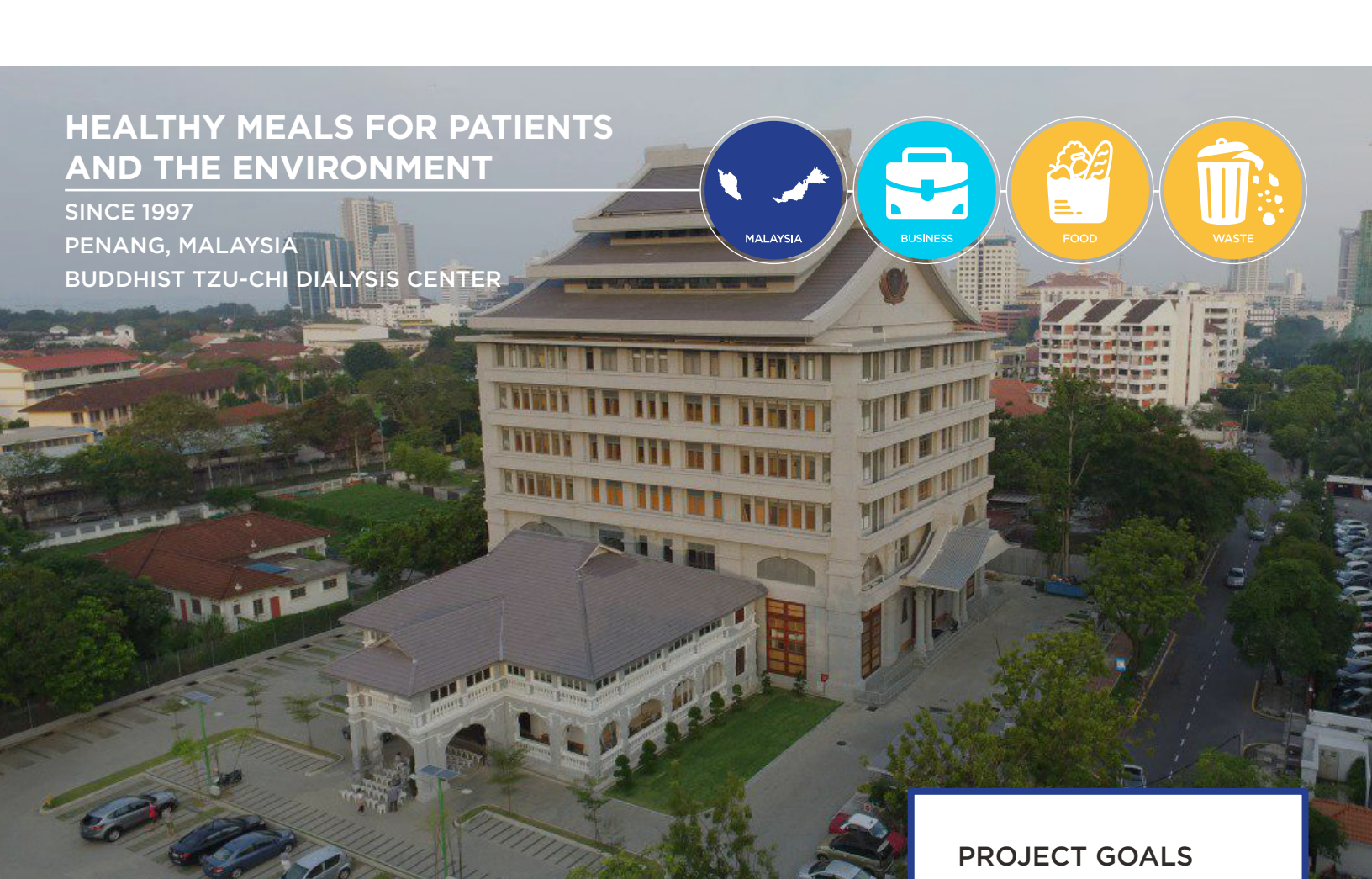
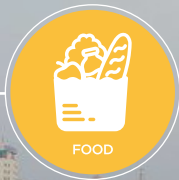


# HEALTHY MEALS FOR PATIENTS AND THE ENVIRONMENT

SINCE 1997

PENANG, MALAYSIA

BUDDHIST TZU-CHI DIALYSIS CENTER



## PROJECT GOALS

- Reduce the Center's environmental footprint
- Reduce and recycle waste
- Promote healthy diets
- Provide a livelihood for patients

The Tzu-Chi Dialysis Center in Penang, Malaysia has helped to transform the spirit of loving-kindness into actions to improve health, patient livelihoods, and the environment by practicing a vegetarian diet and using recyclable food containers. All meals prepared at or brought to the Center are vegetarian, and only recyclable food containers are allowed in the Center. Dialysis patients help implement the recycling project, enabling them to contribute to society and live independent lives.<sup>1</sup>

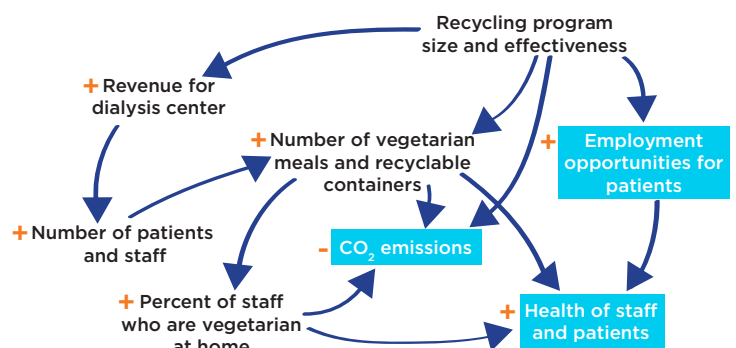
The Center in Penang was opened in 1997 with the goals of offering free dialysis, creating health awareness campaigns, and turning waste into resources. As of 2016, they had a total of 126 patients and 87 staff, and vegetarian staff members had increased from 28 to 51 in one year.

## OVERCOMING OBSTACLES

The Center reports little resistance to vegetarian meals, which could be attributed to their core values of gratitude, respect, and love. New staff and patients are informed of the policies during admission, hiring, orientation, and on their first day at work. They receive new recyclable food containers when they join or are admitted to the Center and are reminded of these policies annually.

Financially, the Center relies on donations from the public and revenue from recycling projects. They estimate that money from recycling pays one-third of the monthly operating expenses.<sup>2</sup>

## A WEB OF BENEFITS





## ONE YEAR SNAPSHOT<sup>3, 4</sup>

Avoid 5,800 plastic bags



Replace 5,800 meat servings with vegetarian option



= 10.9 tons avoided CO<sub>2</sub>

Equivalent to taking 2.3 vehicles off the road



## LEADERSHIP AND COLLABORATION

**HEALTHCARE**  
Tzu-Chi Dialysis Center  
(C, D, I)

**VOLUNTEERS**  
Staff, patients (A)

A: Advocacy, C: Champion,  
D: Design, I: Implementation

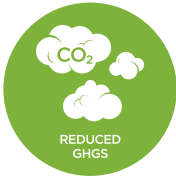
The Tzu-Chi Foundation is a faith-based, non-governmental organization working to ensure that healthcare contributes to environmental protection and the well-being of patients. Staff, volunteers, and patients in Tzu-Chi establishments are the main implementers and beneficiaries of the recycling and vegetarianism policies.

## REPLICATION

The policies of vegetarian meals and recycling are present in all Tzu-Chi medical establishments in 54 countries around the world. Other environmental protection activities are also being undertaken, with a focus on promoting the core values of Tzu-Chi to those who interact with the institution.

## BENEFITS

CLIMATE BENEFITS



HEALTH BENEFITS



Recycling proceeds pay for dialysis treatments and enable patients to have independent lives upon recovering.

## OTHER BENEFITS



**FOOD & WATER**  
**JOBS & ASSETS**  
**HEALTH, WELL-BEING, & SAFETY**

**CONNECTION**

## CONTACT INFORMATION

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