

Holland Bloorview
Kids Rehabilitation Hospital

Environmental Sustainability Impact Report

2025-2026

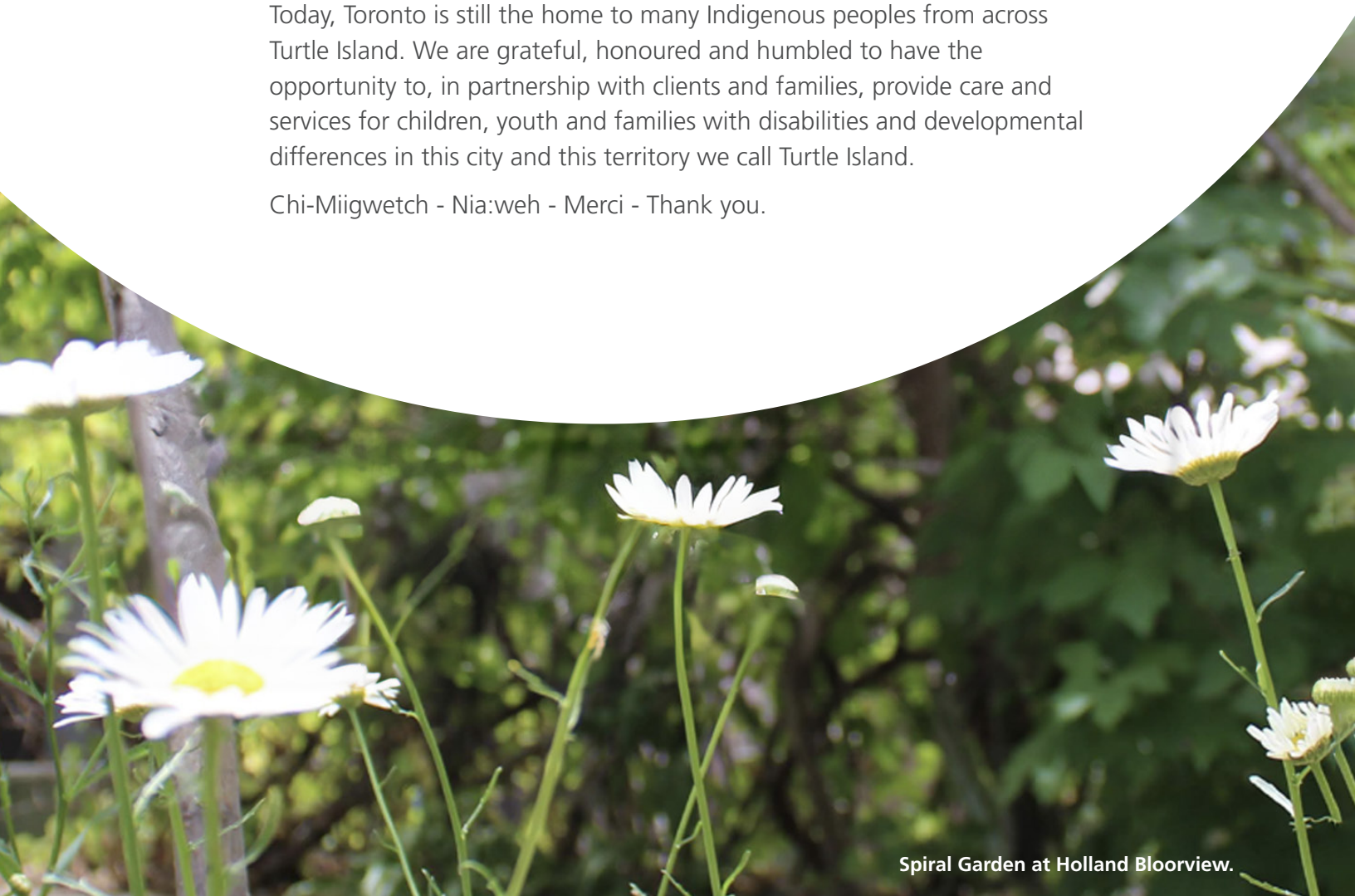
Land acknowledgement

We acknowledge the sacred land on which Holland Bloorview is situated. This land, Mother Earth, our Earth Mother, is the territory of the Huron-Wendat First Nation, the Seneca as part of the Haudenosaunee Confederacy, the Mississaugas of the Credit River and the Mississauga of Scugog Island First Nation. The City of Toronto is covered by Treaty 13.

We recognize Indigenous land title as set out in the Royal Proclamation of 1763, which envisioned self-determination and self-government. We understand The Truth and Reconciliation Report and calls to action that recommend all levels of government implement Indigenous rights in the original spirit of the treaties. Indigenous peoples, and allies for reconciliation, view the treaties as a sacred obligation that commits both parties to maintain a respectful relationship, sharing the lands and resources equitably. We are committed to a path of truth and reconciliation, which is based on partnership and respect for the many ways of learning, knowing and being.

Today, Toronto is still the home to many Indigenous peoples from across Turtle Island. We are grateful, honoured and humbled to have the opportunity to, in partnership with clients and families, provide care and services for children, youth and families with disabilities and developmental differences in this city and this territory we call Turtle Island.

Chi-Miigwetch - Nia:weh - Merci - Thank you.



Spiral Garden at Holland Bloorview.

Executive summary

Over the past two years, Holland Bloorview has moved sustainability from a set of good intentions into a measurable, hospital-wide program with real results. Through partnerships with Sodexo and Green Standards and through internal initiatives spanning waste sorting, energy, water and clinical practice, the hospital is building an infrastructure and shifting organizational culture to sustain progress.

Highlights include:

- Cut food waste by 33% through a food waste prevention program.
- Committed to a 30% reduction in food-related GHG emissions by 2035 through Nourish's Coolfood Pledge.
- Completed the first GHG analysis of all purchased food to help guide future menu planning.
- Diverted more than 22 metric tons of furniture from landfill, while also generating charitable value.
- Introduced centralized, accessible waste-sorting stations across campus to increase landfill diversion.
- Completed a hospital-wide LED* lighting retrofit, reversing rising electricity use, generating savings redirected to care and earning a 2025 Climate & Health Award for Best in TAHSN*: Low Carbon & Sustainable Buildings.
- Expanded sustainability engagement activities for staff through a growing calendar of events.

This report captures work from October 2025 to September 2026 including what's still in progress and where the hospital is headed next. All work is led by our cross-functional Environmental Sustainability Task Force, which brings together staff from across the hospital and family leaders.

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*Glossary of terms:

LED: Light emitting diode, a high efficiency style of light fixture that uses far less energy than older style incandescent bulbs.

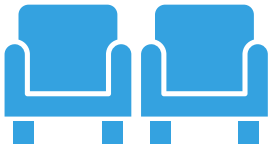
TAHSN: Toronto Academic Health Science Network. Holland Bloorview is one of a group of 14 teaching hospitals affiliated with the University of Toronto.

Key achievements at a glance



Food waste

1,176 kg prevented compared to baseline measure; 33 per cent reduction since program start.



Diversion from landfill

Re-use and furniture donations to local organizations diverted 22 metric tons of waste from landfill.



Waste sorting

300+ individual bins removed and replaced by 20 centralized stations with improved signage to improve waste sorting.



Energy

One year savings of 681,470 kWh of electricity since LED retrofit of hospital light fixtures.



Earth Week ‘26

200+ booth visits, 150 succulent plants distributed, 21 kg of waste collected across the Holland Bloorview campus.



Recognition

2025 Climate & Health Award – Best in TAHSN for Low Carbon & Sustainable Buildings.

Our vision for sustainability

At Holland Bloorview, we strive to integrate a lens of environmental sustainability in all that we do. We believe that caring for the environment is part of caring for children and families.

As Canada's hospital for children with disabilities and developmental differences, our commitment goes beyond care delivery. Our goal is to make environmental sustainability practical, impactful and embedded in daily hospital life. We want to be a leader and role model for hospitals across Ontario.

> "As an environmentally-minded young person, it instills hope in me to see Holland Bloorview's genuine commitment to improving the health of both humans and ecosystems we're a part of. They understand that stewardship of our planet cannot be achieved through words alone. I am honoured to be a part of enacting systemic changes in health care that will benefit future generations."
>
> **– Lana Oikawa, family leader, environmental sustainability task force**



2025-2026 Initiatives

Reduce waste at the source

Food waste reduction

Through long-term food service partner Sodexo, the kitchen team tracked and prevented food waste before it happened. Since the program began in March 2025, 1,176 kg of food waste has been saved compared to baseline, avoiding an estimated 8 metric tons of CO_2 and saving the equivalent of more than 2,160 meals. Overall, food waste has reduced by 33 per cent.

The biggest gains came from plate waste: post-consumer waste (leftovers from the tray or catering) was down 45 per cent from baseline, while pre-consumer waste (items such as food trimmings and expired foods) from the kitchen was down 14 per cent. These changes are the result of conscious efforts to produce manage the entire food production process wisely and judiciously.

The Coolfood Pledge: Tackling food-related GHG emissions

Alongside food waste prevention, Sodexo and Holland Bloorview joined Nourish's Coolfood Pledge, a science-based commitment to reduce the greenhouse gas emissions of food by 30 per cent by 2035. To ground that commitment in real numbers, Holland Bloorview completed its first ever food-related GHG footprint evaluation, establishing a baseline that will directly shape our menus going forward.

The baseline surfaced a few notable findings. Between March 1, 2025 to February 28, 2026, Holland Bloorview purchased a total of 68,319 kg of food as follows:

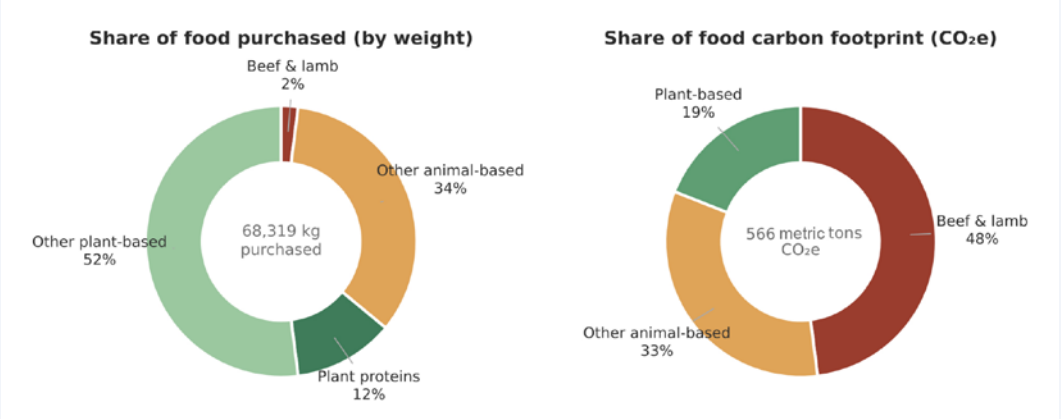


Figure 1. Food purchases by weight and carbon footprint.

The pie charts show that beef and lamb account for 48 per cent of our food-related carbon footprint despite representing only 2 per cent of food purchases by weight. Their disproportionately high environmental impact presents a significant opportunity, as even small reductions in beef purchases could substantially reduce our overall carbon footprint. As part of the Coolfood Pledge, Holland Bloorview is shifting its menu to more plant-based alternatives.

Other notable insights from our data show:

- 163 metric tons CO_2e* equivalent comes from agricultural supply chains (farming, processing, transport and packaging).
- Land required to grow purchased food was roughly 5 hectares, about the size of 10 football fields.

This baseline provides a clear starting point: shifting the mix toward more plant-based food offers the single largest lever for reaching the 2035 target.

To help implement the Coolfood Pledge, Holland Bloorview also joined Nourish Leadership's 100 Million Better Bites campaign, a sector-wide effort to improve the nutrition, deliciousness and climate impact of food served in health-care settings.



A lunch of grain salad, fresh fruit and wraps sits ready to eat.

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*Glossary of terms:

CO_2e: Carbon dioxide equivalent. This is a measure of the effect of different greenhouse gases (GHGs) on the climate.

Waste bin removal and landfill diversion

Building on the redesigned, easy-to-understand signage introduced on existing waste stations earlier this year, Holland Bloorview took the next step in its campus sustainability journey: moving away from individual desk bins entirely in favour of centralized waste sorting stations in non-clinical workspaces.

The phased rollout began in early summer 2026, replacing more than 300 individual bins with 20 centralized waste stations equipped with clear, accessible signage to support intuitive sorting.



This shift was driven by the understanding that small, convenience-driven disposal habits can have a significant cumulative impact. Benefits include:

- Higher landfill diversion to meet the hospital's target of 85 per cent.
- Reduced contamination from organics leading to improved pest control.
- Enhanced accessibility with larger openings and Braille.
- Operational efficiencies via less time spent by environmental services staff managing individual bins; saves about 2 hours per day.
- Reduced cost by 17 per cent with less plastic liners being purchased.

A better picture of waste diversion rates resulting from this project will be monitored closely and reported fully in next year's impact report.





1,805 kg
of e-waste saved from landfill by recycling old servers and computers.

Furniture donation & decommissioning

Through a partnership with Green Standards, surplus furniture from decommissioning projects was diverted from landfill and redistributed to community organizations, generating both environmental and social benefits. In total, 22 metric tons of furniture were diverted, avoiding an estimated 27 metric tons of CO_2e emissions.

A total of 101 items were donated to Toronto District School Board schools and local non-profit organizations across the Greater Toronto Area, extending the useful life of furniture that would otherwise have been discarded.

Delivered more than
$47,000 in value
to recipient organizations by reducing the need to purchase new furnishings.



Crews move donated furniture from Holland Bloorview atrium and the furniture finds a new home at a local school's library.

> Creating a cleaner, greener workplace is a shared responsibility. When everyone plays a part in reducing waste and disposing of materials correctly, we can make a lasting difference for our organization and the environment."
>
> **– Victor Coppa, manager, environmental services and member of the environmental sustainability task force**

Clinical sustainability pilot project

Everyday care and clinical processes generate a significant amount of health-care waste, much of it unseen outside the care environment.

To better understand this issue, members of the environmental sustainability task force conducted assessments in 10 client rooms, tracking unused items discarded at discharge because they are considered contaminated once brought into a room. Partially used disposable wipes, cups and sanitary blue pads were among the most frequently discarded items.



Environmental sustainability task force members sort, weigh and record supplies discarded from a client's room at discharge.

The findings suggest that much of this waste is driven by room-stocking and infection prevention practices rather than actual use. The assessment provides a baseline to explore practical opportunities to reduce discharge-related waste while maintaining care and safety standards.

Through ongoing education and this pilot project, we continue to raise awareness of clinical sustainability, helping clinicians identify opportunities to minimize waste and adopt more sustainable care practices.

Smarter energy use

Energy and water conservation

Sustainability efforts at Holland Bloorview also extend to energy use. Following a hospital-wide LED lighting upgrade in February 2025, electricity consumption reversed its previous upward trend.

Between March 2025 and April 2026, the hospital used 681,470 fewer kWh than during the same period the previous year, making this one of the organization's most significant sustainability achievements to date.

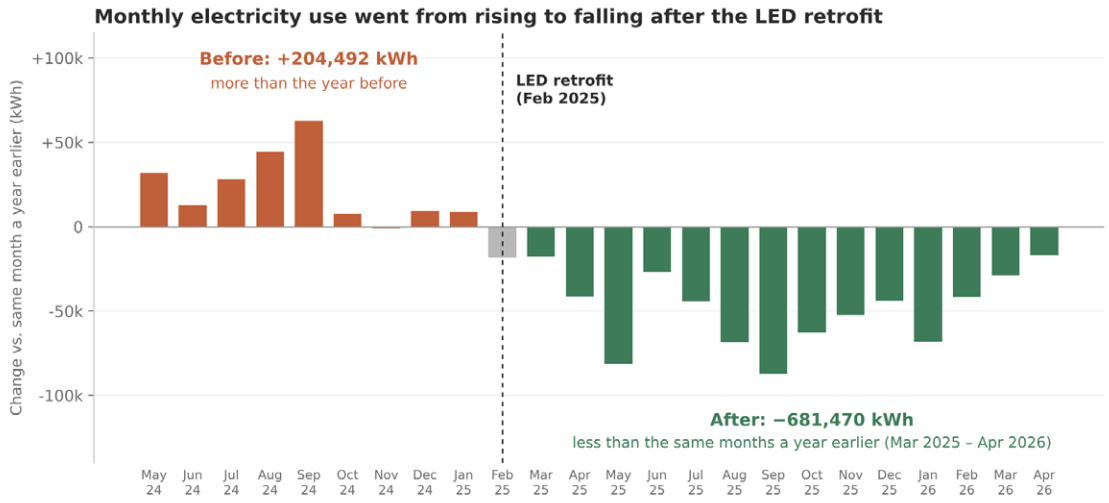
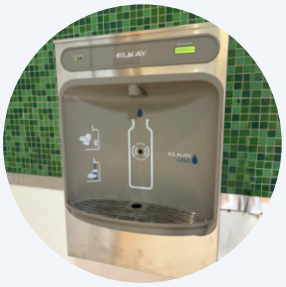


Figure 2. Annual electricity purchased from grid in 2024 and 2025.

Water stewardship has followed the same intentional approach. Multiple water refill stations were installed across the hospital, giving staff, patients, and families an easy, accessible alternative to single-use plastic bottles. Monthly water use remained steady before rising with summer heat in June and July, when outdoor temperatures climbed above 34°C. Overall water usage was close to flat year-over-year. Initiatives to reduce absolute water usage include the installation of waterless urinals and making improvements to our 114,000 litre cistern that allows rainwater to water our grounds.

> "With a refill station just steps away, I can quickly refill my water bottle whenever I need to. It has also helped me cut back on buying single-use sparkling water, making it an easy choice that's better for the environment and supports a more sustainable workplace."
>
> **– Angela Renkema, nursing vision and strategy lead and member of the environmental sustainability task force**



Culture in action: engaging hearts and minds

Earth Week 2026

Holland Bloorview engaged the community through a full week of interactive sustainability initiatives from April 20-24. Booths set up across campus saw over 200 visits from staff, clients and families, offering an accessible entry point into the hospital's broader sustainability efforts. A highlight was the "Touch-a-Truck" event featuring a GFL waste collection vehicle, giving 80 students from the on-site school hands-on exposure to the operations behind the hospital's waste diversion program. These activities were anchored by the launch of a new staff learning module on planetary health and sustainability care.

The week concluded with sustainability-themed activities, including trivia, bingo, a waste-sorting game and a sustainability pledge campaign. Participants received 150 succulent plants as a thank-you, while a Forward Food event featured a fully plant-based menu, reinforcing the hospital's Coolfood Pledge commitment.

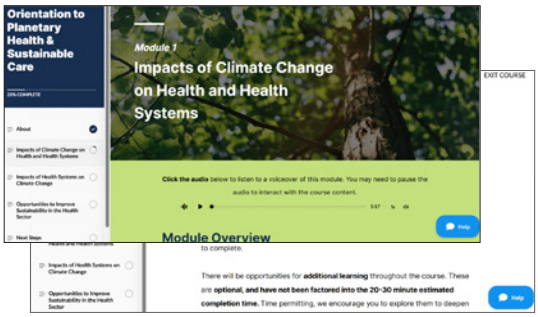
Holland Bloorview also partnered with Sunnybrook Hospital, Toronto French School and York University (Glendon Campus) to cross-promote Earth Week activities.

21 kg
of waste collected during campus clean-up



Earth Week at Holland Bloorview included sustainability pledge wall, campus clean-up and an information table.

Staff learning module on planetary health



During Earth Week, Holland Bloorview launched a staff learning module called, *Orientation to Planetary Health & Sustainable Care*, developed by CASCADES (Creating a Sustainable Canadian Health System in a Climate Crisis). The short 20-minute course, designed specifically for the Canadian health sector, gives staff, students and volunteers the tools to:

- Explain the impacts of climate change on health and health systems
- Describe how health systems contribute to climate change
- Identify opportunities to integrate sustainability into their own work

All staff, students and volunteers have been encouraged to complete the module, giving the hospital an ongoing resource to build sustainability into everyday clinical and operational practice year-round.

Recognition



In 2025, Holland Bloorview's sustainability program earned external validation, receiving the **2025 Climate & Health Award: Best in TAHSN for Low Carbon & Sustainable Buildings** at the Toronto Academic Health Science Network's 2nd annual Climate, Health & Sustainable Care Symposium. The award, presented by The Collaborative Centre for Climate, Health and Sustainable Care at the University of Toronto, recognized the hospital's energy reduction program as the strongest in its category across all submissions.

The recognition highlighted three key initiatives:

- Hospital-wide LED lighting retrofit that upgraded 5,400 fixtures and reduced lighting energy use by an estimated 50 per cent.
- Reduced heating, ventilation and lighting on non-active floors during weekends.
- 52 kW solar array that generates renewable electricity and $35,000 to $40,000 annually in rebates.

Together, these initiatives saved more than 600,000 kWh of energy and 108 metric tons of CO_2e emissions.

Measuring our progress and looking into the future

The past two years have laid the groundwork: infrastructure is in place, baselines are established and staff engagement is growing. The next phase is about building on that strong foundation.

In the coming year, Holland Bloorview will track the first full year of diversion data following the rollout of centralized waste stations and expand discharge waste assessments while piloting waste-reduction initiatives with inpatient teams. The newly established food-related GHG baseline will also inform menu planning, with increased plant-based sourcing identified as the primary opportunity to advance the hospital's 2030 Coolfood Pledge target.

Indicator	2024	2025	Change	2030 Goal	Notes
Total CO_2e greenhouse gas emissions (metric tons)	2,041	2,050	↑ +0.4%	↓ 14% from 2024	Up slightly, mainly due to weather: 2025 was colder than 2024, so more natural gas was used for heating.
Electricity consumption (kWH)	6,715,378	6,177,109	↓ -8%	↓ 20% from 2024	–
Natural gas (m^3) Total consumption	839,229	860,089	↑ +2.5%	↓ 8% from 2024	2025 was colder than 2024, so more natural gas was used for heating.
Weather normalized	921,373	847,173	↓ -8.1%		Adjusted to remove the effect of hotter or colder weather.
Water consumption (m^3)	31,144	30,972	↓ -0.6%	↓ 10% from 2024	
CO_2e from food purchases (metric tons)	–	566	–	↓ 30% from 2025	Coolfood Pledge target
Landfill diversion rate (%)	70	75	↑ +5	85%	–
Food waste prevented (kg)	–	1,176	–	7,500 kg cumulative 2025-30	–

↑↓ green = moving in the right direction ↑ red = moving in the wrong direction

Longer term, we will continue to look at ways to build sustainability into operations to ensure our 2030 goals are met. This includes looking at infrastructure upgrades that will ensure continuity of care in the face of major climate change upheaval.

We are excited about the progress to date and look forward to engaging more of the Holland Bloorview community in our journey as we seek to become one of the greenest, climate-friendly hospitals in Ontario.

Sustainability pledge wall during Earth Week at Holland Bloorview.





Not all members pictured.

Thank you to environmental sustainability task force members: Sreyas Adusumilli, Jordan Attisano, Wei Chien, Victor Coppa, Michael Craven, Harshi Dama, Caroline Ivorra, William Lam, Linda MacKay, Jamie Marshall, Allana Martins, Lana Oikawa (family leader), Angela Renkema, Kara Sharp (family leader), Stewart Wong and Ashley Wu.

About Holland Bloorview

Holland Bloorview Kids Rehabilitation Hospital is Canada's hospital for children with disabilities and developmental differences. We are daring to create a world where all kids and youth belong, helping to power their infinite potential and possibility. As Holland Bloorview advances toward its vision for a Centre for Excellence in Childhood Disability, we are bringing together world-class care, transformational research and academic leadership in child and youth rehabilitation. Each year we serve more than 9,500 kids and youth with disabilities and complex medical needs through inpatient and outpatient programs, delivering safe, inclusive care that supports physical and mental well-being.

Together, we dream big and dare to shape the future of disability health care for kids.

Holland Bloorview
Kids Rehabilitation Hospital

Holland Bloorview Kids Rehabilitation Hospital
150 Kilgour Road, Toronto, ON M4G 1R8
T: 416-425-6220 Toll-Free: 800-363-2440
F: 416-425-6591 E: info@hollandbloorview.ca
HollandBloorview.ca

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