

After taking a look at Andy's videos on YouTube™, post one of your healthy recipes on Mercy's Facebook page. One lucky winner will be selected to receive a free three-course luncheon for four at the Mercy Café – compliments of Chef Andy!

Andy Deutmeyer  
Culinary Manager,  
Food & Nutrition Services



# NO RESERVATIONS NECESSARY

Chef Andy Deutmeyer brings his special “blend” of culinary experience as he spices up the menu at Mercy’s Cafeteria. Affectionately known at the hospital as Chef Andy, he formerly owned Cedar Rapids’ well-known Blend restaurant.

Employees, patients and visitors are celebrating and the word is getting out – the stigma traditionally associated with hospital food is officially over at Mercy! Not that the food wasn’t good before, but now Andy says he is breathing new life into current dishes and introducing some fresh ideas of his own.

In fact, Andy’s food is so good Mercy is featuring “Health-e Eats” cooking demonstrations on YouTube for anyone who wants to learn how to make his delectable delights at home. Learn how to make Cracked Wheat Pilaf, Focaccia Bread or get a crash course in rolling sushi by going to Mercy’s YouTube channel at [www.youtube.com/MercyMedicalCenterCR](http://www.youtube.com/MercyMedicalCenterCR). The free demos are sponsored by Steps2Health, Mercy’s free walking program that promotes healthy lifestyles in our community.

After owning a restaurant for four years, cooking at a hospital has been an adjustment for Andy, whose official job title is Culinary Manager for Food & Nutrition Services. Hospitals traditionally feature standard high-fat, high-sodium fare – not because it’s healthy, but because it is what consumers want. Andy’s goal is to change that trend, making the Mercy Café the place to go for fresh, healthy fare. He’s even

introducing an international flair with Thai, Indian and Japanese cuisines.

“In the past, there hasn’t been a better alternative to cheeseburgers or fried chicken. Now we are providing a more appealing option – like sushi. It went gangbusters!” exclaims Andy. “Customers will go for that over a piece of fried chicken.”

More and more menu items are made from scratch using produce and products, like cheese, from local food vendors.

Andy works closely with Mercy’s dietitians to ensure recipes meet healthy guidelines. He also relies on the cafeteria’s retail manager, Hope Gericke, for ideas on menu planning.

Andy envisions a day – soon – when people will come to Mercy for lunch just as they would a restaurant. And a side benefit is that customers can e-mail Andy for a recipe at [adeutmeyer@mercycafe.org](mailto:adeutmeyer@mercycafe.org).

Serving restaurant quality food has the full support of Mercy’s administration. “They are all for good quality, healthy food in the hospital. Administration is definitely behind this healthy movement for our community,” says Andy.

