

# Sample Letter: Written Complaint to Hospital About Unhealthy Patient Meals

Date: [Insert Date]

To,  
The Administrator  
[Hospital Name]  
[Hospital Address]  
[City, State, ZIP]

Subject: **Complaint Regarding Unhealthy Patient Meals**

Dear Sir/Madam,

I am writing to formally express my concern regarding the quality of meals provided to patients at [Hospital Name]. During my recent stay at your facility (or during my family member's stay), I noticed several issues with the food served, which I believe warrant your immediate attention.

- **Nutritional Quality:** The meals often lack sufficient nutritional balance, with limited inclusion of fresh vegetables and fruits. There appears to be an over-reliance on processed and high-sodium options, which is not ideal for patient recovery.
- **Taste and Variety:** The food is often bland and repetitive, making it unappetizing and difficult for patients to consume. Lack of menu variety can impact patients' willingness to eat and, consequently, affect their recovery.
- **Portion Sizes:** The portion sizes served are often inadequate, leaving patients feeling hungry or unsatisfied.
- **Dietary Options:** There is a noticeable lack of dietary accommodations for patients with special needs, such as low-sodium, diabetic-friendly, vegetarian, or allergy-sensitive meals.

These issues not only compromise the overall hospital experience but may also impede the healing process for patients who rely on nutritious meals as part of their treatment and recovery. Balanced, appetizing, and appropriately portioned meals are crucial for the well-being of all patients, particularly those with specific dietary needs.

I kindly request the hospital administration to review and improve the current meal planning and preparation standards. Collaborating with dietitians, introducing more fresh options, and regularly collecting patient feedback could significantly enhance the quality of meals served.

Thank you for your attention to this important matter. I look forward to seeing improvements in the hospital's food services, ensuring that all patients receive meals that support their health and recovery.

Sincerely,  
[Your Name]  
[Your Contact Information]  
[Your Relationship to the Patient, if applicable]