

Sustainability Report



2026



A Message from our President & CEO	4
Sustainability Strategy	5
Statement of Purpose	5
Investing in Our Future.....	5
Appropriate Care	7
Past Successes.....	7
Nourish Plant Based Food Menu	7
2025/2026 Initiatives	8
Decommissioning Centralized Nitrous Oxide	8
Infrastructure and Energy	8
Past Successes.....	8
Operating Room Scheduling	8
2025/2026 Initiatives	9
Energy Savings.....	9
Ken & Marilyn Thomson Patient Care Centre LEED Silver v4 Award	12
Products and Supply	13
Past Successes.....	13
Stryker Initiative	13
2025/2026 Initiatives	14
Reducing Unnecessary Glove Use.....	14
Leadership and Governance.....	15
Past Successes.....	15
TAHSN Balanced Scorecard	15
Sustainability Committee.....	16
2025/2026 Initiatives	17
Statement of Purpose	17
Inaugural Earth Day Event	18

Looking Forward	19
Appendix	21

A Message from our President & CEO

Michael Garron Hospital (MGH), like all healthcare institutions, has both a responsibility and a unique opportunity to integrate environmental sustainability into our operations and patient care.

Embedding sustainability into decision-making is not new at MGH – the work has been ongoing for many years. Whether that means reducing single-use plastic and disposable glove waste, introducing more plant-based options on inpatient menus or the Lab updating its testing guidelines to reduce unnecessary material use, these changes reflect a shared commitment to reducing waste without compromising the quality of care we deliver.

In 2024, we made the decision to formally include environmental sustainability in our 2025–2035 Strategic Plan: Integrating Care. Bold Impact. We recognize that planetary health is deeply connected to human health, and investing in the future of our community starts today.

As part of this effort, our Sustainability Committee has put together this annual report to highlight our recent successes and current initiatives.

We are proud of the progress made and energized by what lies ahead. This work is not a destination – it is an ongoing commitment, and one we take seriously. We look forward to continuing it together with our patients, our staff, our partners and the East Toronto community we are privileged to serve.

Sincerely,

Melanie Kohn

President & CEO,

Michael Garron Hospital

Sustainability Strategy

Statement of Purpose

Through everyday stewardship, we are transforming how we deliver care to integrate clinical excellence, operational performance and planetary health. Toronto East Health Network is committed to environmental sustainability in collaborative ways that enhance the well-being of our patients, staff and community – today and into the future.

Investing in Our Future

Sustainability has long been an important part of how MGH operates – from energy and efficiencies in infrastructure to the work of teams who have championed environmental stewardship for decades. The formal establishment of the Sustainability Committee builds on that work, bringing together this work under a unified strategy. This report highlights recent progress, new initiatives and expanded programs that reflect how deeply sustainability is now embedded in how MGH operates and delivers care.

The report is organized around four areas of focus that together reflect the breadth of MGH's approach to environmental stewardship.

Appropriate Care

Reducing environmental impact through clinical and operational practices while maintaining a high standard of excellence in patient care.



Infrastructure and Energy

Covers upgrades to building systems and infrastructure to reduce energy consumption, greenhouse gas (GHG) emissions and utility costs across the campus.



Products and Supply

Reflects work done in close partnership with staff and vendors to source, reprocess, reduce and dispose of products and supplies responsibly.



Leadership and Governance

Captures how MGH is embedding sustainability into its strategic plan and governance structures while aligning its work with broader targets across the healthcare sector.



Appropriate care encompasses efforts to reduce environmental impact through clinical and operational practices while maintaining a high standard of excellence in patient care.

Infrastructure and Energy covers upgrades to building systems and infrastructure to reduce energy consumption, greenhouse gas (GHG) emissions and utility costs across the campus. This includes the new Ken and Marilyn Thomson Patient Care Centre, which was built to green building standards, along with the addition of green spaces across the campus.

Products and Supply reflects work done in close partnership with staff and vendors to source, reprocess, reduce and dispose of products and supplies responsibly.

Leadership and Governance captures how MGH is embedding sustainability into its strategic plan and governance structures while aligning its work with broader targets across the healthcare sector.

For each area, the report highlights past successes, current initiatives and goals for the year ahead.

Appropriate Care

Past Successes

Nourish Plant Based Food Menu



Princess MacKenzie (left), Supervisor, Food Services at MGH and Kris Florendo (right), Food Services Worker, Food Services at MGH, discuss the plant-based menu items.

Since 2018, the Food Services Department (FSD) at MGH has been gradually transitioning the inpatient menu in favour of menu options with lower GHG emissions, whilst also increasing variety. Guidance from Nourish and EAT Lancet provided the source material for these changes. The FSD has also consulted with the MGH Patient Experience Panel and initiated inpatient surveys with results indicating that 38.9% of inpatients feel a plant-based diet was important/somewhat important to them; a higher rate than anticipated.

The FSD continues to offer its inpatients a menu choice, providing a plant-forward option for all meals, including some in-house made items. With the goal of increasing the variety of in-house made, plant-forward options, during summer 2026, the FSD is

participating in a pilot project in partnership with PEACH Healthcare Ontario/McMaster University.

Feedback from patients in response to the plant-forward menu options has already been very positive. Project results are aimed at providing measurable data on GHG emissions, budgetary and staffing impacts with the transition to more sustainable food options, which will help shape procurement going forward.

2025/2026 Initiatives

Decommissioning Centralized Nitrous Oxide

Nitrous oxide is a gas that is used in medical sedation. It is a very potent greenhouse gas that, over a 100-year period, traps approximately 270 times more heat per molecule than carbon dioxide. This makes nitrous oxide the largest human-caused ozone-depleting substance still being emitted into the atmosphere.

A recent analysis comparing nitrous oxide supply to actual clinical usage found a significant gap between the volume of gas delivered to the hospital and the volume used in patient care, with the hospital losing roughly five times more nitrous oxide to leakage than use in patient care.

MGH approved the elimination of the use of nitrous oxide through tank-to-pipeline delivery systems in the hospital's operating rooms (OR) and Family Birthing Centre. This tank-to-pipeline system, consisting of 37 units, is being decommissioned and will be replaced with portable canisters in summer 2026.

Infrastructure and Energy

Past Successes

Operating Room Scheduling

The Operating Room occupancy scheduling initiative has reduced annual energy consumption by approximately 194,255 kWh. This avoids emitting an estimated 138 metric tonnes of greenhouse gas annually through optimized HVAC air exchange scheduling during unoccupied periods.

This environmental benefit is equivalent to eliminating approximately 565,000 kilometres of passenger vehicle travel each year – roughly the same as driving from Toronto to Vancouver and back about 65 times.

2025/2026 Initiatives

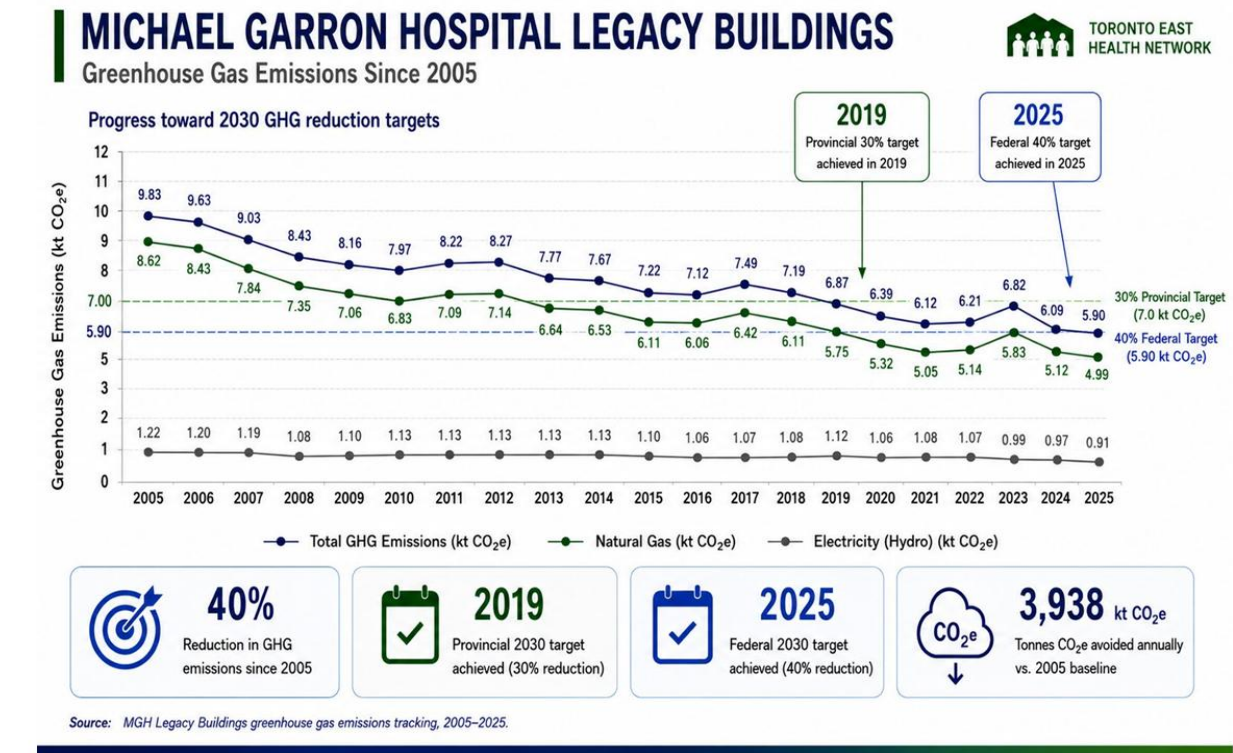
Energy Savings



Austin Rooney, Supervisor, Engineering Services at MGH (left) and George Hronis (right), Master Electrician, Engineering Services at MGH stand holding lighting materials.

In 2019, the GHG emissions of MGH's legacy (older) buildings were 30 percent below their 2005 emissions, in alignment with the provincial target to reduce levels of GHG emissions by 30 percent from 2005 levels by 2030. In 2025, the GHG emissions of MGH's legacy buildings were 40% below their 2005 emissions, in alignment with the federal target to reduce levels of GHG emissions by 40% from 2005 levels by 2030.

By 2025, energy use and GHG emissions had decreased 37% and 40%, respectively, relative to 2005. The 2025 energy cost reduction relative to 2005 was approximately \$1 million, based on MGH's present utility rates. Emissions were calculated using

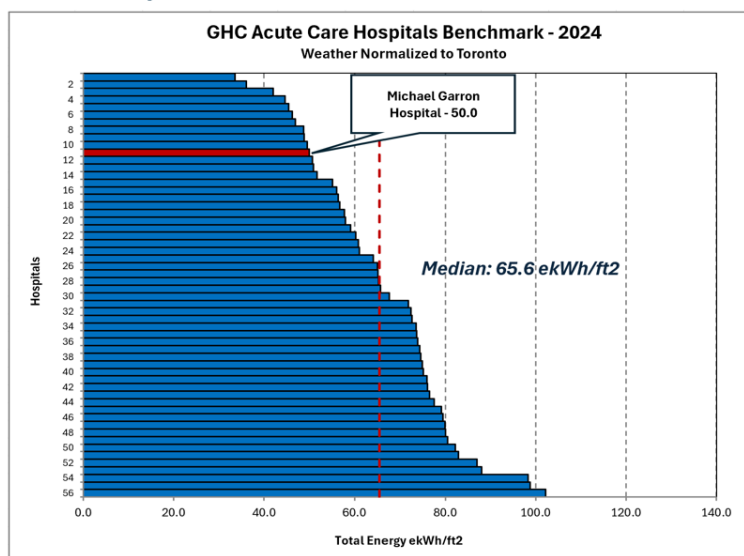


To achieve this reduction, MGH took numerous measures, which are summarized below:

2006 - 2009	\$9.5 million energy performance contract completed
2013 - 2019	Optimized control of space-heating
2015 - 2017	LED lighting upgrade project began – approx. 20% of building converted
2016	Replaced cooling tower with high-efficiency model
2016-2017	Completed roof replacement: Powerplant, G & H Wings

2017	Two steam boilers were replaced with a high-efficiency model. One boiler eliminated
2019	Implemented a fan shedule reductions project
2020	Installed VFDs on three 800-tonne chillers
2020-2022	LED lighting upgrade – >80% of the facility is now LED lighting
2021	Operating rooms – Occupancy fan scheduling project
2022	Decommissioned oxygen concentrator system to convert to bulk tank
2022-2024	Replaced six DHW tanks with instantaneous heaters. Reduced temperature by 5 F.
2023-2024	Roof replacement for K-Wing
2024-2025	Roof replacement for J-Wing

GHC – 2024 hospitals benchmark



GREENING HEALTHCARE

Prepared by Greening Healthcare using similar acute hospitals that participate in the Greening Healthcare Program. The energy use has been normalized on a per-square-foot basis. In 2024, MGH was just below the top decile when measuring energy intensity.

Ken & Marilyn Thomson Patient Care Centre LEED Silver v4 Award

The Ken & Marilyn Thomson Patient Care Centre (Thomson Centre) has been awarded Leed Silver v4 for Building Design and Construction – Healthcare. This certification recognizes the organization’s commitment to sustainability, energy efficiency, environmental stewardship and the creation of a healthier healing environment for patients, staff and the community.

To achieve this certification, several high-performance envelope (walls, windows and roofing), high efficiency HVAC measures and an efficient lighting system were incorporated in the Thomson Centre design to reduce the heating/cooling loads of the building.

Please refer to the appendix for a full list of measures.

Products and Supply

Past Successes

Stryker Initiative



Luminita Brinzan (left), Registered Nurse, Palliative Care Unit and Jimmy Arciaga (right), Nursing Attendant, Palliative Care Unit demonstrate proper waste disposal.

MGH successfully partnered with Stryker Canada to collect and reprocess select used items from the Operating Rooms (OR), greatly reducing waste and supply costs. Since launch, the program has generated \$300,000 in cumulative savings.

Through the program, single-use devices including trocars, LigaSures and other surgical instruments are collected in dedicated bins placed throughout the OR. They are then shipped to Stryker's facility where they are individually inspected, cleaned, sterilized and repackaged to Health Canada standards before being returned to MGH, at a significantly reduced cost.

MGH also transitioned from paid sharps containers in the OR to green bins provided by Stryker, generating additional annual savings.

What began as a sustainability initiative has proven to be a strong fiscal decision as well – reducing landfill waste while freeing up budget that can be redirected where needed.

2025/2026 Initiatives

Reducing Unnecessary Glove Use



Amanda Stagg (left), Quality Improvement Specialist, Infection Prevention and Control at MGH and Christelle Arciaga (right), Hand Hygiene Auditor & Trainer, Infection Prevention and Control at MGH provide staff education through huddles on appropriate glove use, highlighting risks of overuse while reinforcing proper hand hygiene and sustainability.

The use of nitrile gloves increased by over three-fold during the pandemic and continues to increase year over year by 3%. Overuse of gloves, without clinical necessity, leads to an increased risk of cross-contamination and prevents appropriate hand hygiene practices.

Unnecessary use of gloves is an ineffective use of scarce hospital budgets and has a substantial carbon footprint. This has led multiple international jurisdictions to promote 'Gloves-off' educational campaigns, which have had a variable impact on glove use.

After leading a successful TAHSN pilot in 2024-25, starting in 2026, we implemented a multifaceted program to reduce unnecessary glove use. This has led to improved compliance with appropriate glove use across the organization, and a reduction in glove use by approximately seven gloves per patient care day on intervention units. MGH will continue to expand this work to all inpatient units in 2026-27.

Leadership and Governance

Past Successes

TAHSN Balanced Scorecard

The TAHSN (Toronto Academic Health Science Network) Sustainable Health System Community of Practice has developed a Sustainability Balanced Scorecard. This initiative is led by the Collaborative Centre for Climate, Health & Sustainable Care at the University of Toronto, with the goal of promoting and monitoring sustainability performance for member organizations. They do this by:

- Establishing shared sustainability objectives and indicators across member organizations
- Helping TAHSN organizations track progress and recognize annual improvements
- Strengthening existing TAHSN performance monitoring frameworks

- Encouraging ambition by sharing progress and best practices across the network.¹

Fourteen academic hospitals affiliated with the University of Toronto self-assess their sustainability performance across eight categories in four domains:

Leading	Organizational Capacity	Leadership and Governance
Caring	Appropriate Care	Supply Stewardship
Building	GHG Reduction	Waste Reduction
Shaping	Procurement	Resilient Institution

Each of the eight categories is scored as Yes, In Development or No. The final score for each sustainability objective was based on how many questions the organization's response was Yes. For each objective, organizations received a score of achieved, partially achieved, or not achieved.

MGH Score Overview vs TAHSN (2025)

1. Leading				2. Caring			
1.1. Organizational Capacity		1.2. Leadership & Governance		2.1. Appropriate Care		2.2. Supply Stewardship	
MGH	Achieved	MGH	Achieved	MGH	Achieved	MGH	Achieved
	10 Achieved		5 Achieved		12 Achieved		9 Achieved
TAHSN*	4 Partially achieved	TAHSN	6 Partially achieved	TAHSN	1 Partially achieved	TAHSN	5 Partially achieved
	0 Not achieved		3 Not achieved		1 Not achieved		0 Not achieved
3. Building				4. Shaping			
3.1. GHG Emissions Reduction		3.2. Waste Reduction		4.1. Procurement		4.2. Resilient Institution	
MGH	Not achieved	MGH	Not achieved	MGH	Not achieved	MGH	Achieved
	6 Achieved		4 Achieved		8 Achieved		8 Achieved
TAHSN	6 Partially achieved	TAHSN	6 Partially achieved	TAHSN	2 Partially achieved	TAHSN	4 Partially achieved
	2 Not achieved		4 Not achieved		4 Not achieved		2 Not achieved

*Total for the 14 participating TAHSN organizations

Sustainability Committee

The Sustainability Committee brings together representatives from across the hospital to evaluate, prioritize and advance environmental initiatives at MGH. The committee

¹ Maguire, B, Nour, S, Miller, FA. *TAHSN 2025 Climate & Sustainability Report*. Collaborative Centre for Climate, Health Sustainable Care. University of Toronto, Toronto, Canada. January 2026.

identifies funding opportunities, secures leadership approval for new projects and tracks progress on goals across the organization.

By embedding sustainability into everyday decision-making, the committee plays a central role in connecting this work to MGH's broader strategic priorities.

2025/2026 Initiatives

Statement of Purpose

In 2026, the Sustainability Committee developed a formal Statement of Purpose to guide its work and ensure a coherent, unified approach to sustainability across MGH.

Having a shared Statement of Purpose matters. Without it, sustainability efforts risk remaining siloed – meaningful within individual departments – but disconnected from a broader institutional direction.

A formal statement that is approved by hospital leadership creates a common framework, helping everyone understand how their work contributes to a larger goal and supports consistent decision-making. To read our full Statement of Purpose, please refer to page 4 of this report.

Inaugural Earth Day Event



Hundreds of MGH staff and credentialed clinicians filled the Dr. Molly Rundle & Stephen Lister Auditorium to celebrate Earth Day for the first time and learn more about the sustainability work happening across the hospital.

The event featured 10 stations where MGH departments and vendors showcased their initiatives, sparking conversations and giving staff a chance to see firsthand how the hospital is integrating environmental responsibility into everyday care.



Students from R H MacGregor Elementary School also joined the celebration, bringing with them their pledge tree they created filled with their own sustainability commitments.

Earth Day was exceptional – the energy in the room was joyful and refreshing, and there was a sense of pride in all that was showcased. By aligning environmental stewardship with quality and safety through staff engagement, we are strengthening both MGH and the communities we serve.

Looking Forward

MGH's sustainability work is ongoing, and the committee has identified several priorities for the year ahead.

A waste audit is currently in progress, which will help MGH better understand its waste streams and identify opportunities to reduce, divert and manage waste more effectively across the campus.

As this phase of the hospital's redevelopment project continues to take shape, green spaces are being integrated into the campus design, marking a tangible reflection of MGH's commitment to environmental stewardship and community well-being.

On the infrastructure side, the hospital is assessing the feasibility of solar panel installation onsite and exploring heat recovery chillers to improve energy efficiency. MGH is also looking into waterless urinals as part of a broader effort to reduce utility consumption.

These initiatives are grounded in the same conviction that drives all MGH's sustainability work: the belief that planetary health and human health are inseparable, and that every decision made within these walls has the potential to extend well beyond them. The road ahead is ambitious, and we're ready for it.

Appendix

The following are the measures incorporated into the Thomson Centre's design to improve energy efficiency.

High Performance Envelope

- Windows and curtain wall vision panels have a centre of glass U-value of 0.24 Btu/h-ft²°F and an overall SHGC of 0.27.
- The roofs are high performance have an overall R-value of 30.

High Efficiency HVAC System

- A heat recovery chiller act as the first stage of cooling (when a coincident heating load exists). The heat recovery chiller cools the process loads and recovers condenser waste heat to the hot water loop; thereby significantly reducing boiler energy use.
- High efficiency centrifugal chillers (non-heat recovery) operate as the second stage of cooling, after the heat recovery chiller. The centrifugal chillers have VSDs and operate very efficiently under part-load.
- Heat recovery chillers also act as the first stage of heating (when a coincident cooling load exists).
- High efficiency condensing boilers act as the second stage of heating after heat recovery chiller. The condensing boilers have high thermal efficiencies (93% with a EWT of 100 F).
- DHW is served by instantaneous high efficiency gas-fired heaters.
- Low flow plumbing fixtures are incorporated throughout the building to reduce DHW heating requirements.
- All chilled water and hot water pumping is equipped with variable speed drives.
- All AHUs with 100% outdoor air are equipped with enthalpy recovery wheels to preheat the outdoor air and recover humidity from the exhaust air.

Efficient Lighting System

- The interior lighting design has an installed average lighting power density of 0.65W/ft². The LED design significantly reduces the electricity consumption, which is one of the largest energy end-uses in the building.
- Occupancy sensors are incorporated throughout the building to automatically shut down lighting when spaces are unoccupied.

- Daylight sensors are incorporated in the design, including corridor areas with exterior glazing, which automatically shut down lighting when sufficient daylighting is available.
- The exterior lighting design is LED and controlled via photo sensors.