

Sustainable Food Newsletter



December 2007

Getting Local Foods to Hospitals

At our 2nd Food Roundtable on October 30th at Good Samaritan Hospital, we had a group discussion on how to get local foods to hospitals, and make it work for everyone involved. Here's what our discussion revealed:

What Hospitals Need

A reliable supply of local foods, viable delivery and payment terms, farmers to carry liability insurance, ease of ordering and billing, a list of interested farmers, an increased budget for food costs from hospital administrators, customers willing to pay more, and assistance with marketing and promotion.

What Farmers Need

A reliable market, viable delivery and payment terms, to become approved vendors by the hospital, to be the 'first choice' when hospitals order food, to be paid well for their products, to know who to talk to at the hospitals, assistance with distribution and marketing, to start with small purchases, to have the capability to process fresh foods, and more USDA-inspected meat processing plants.

To support this effort of getting local foods to hospitals, MD H2E is co-hosting the Buyer-Grower Meetings in January and February 2008.

2008 Buyer-Grower Meetings

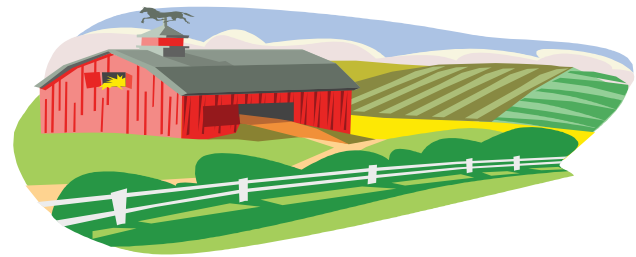
Food service buyers from hospitals, restaurants, colleges and more will meet one-on-one with Maryland farmers and producers. This is your chance to make new connections, and discuss products, availability, farming practices, delivery specifications, and other important business details.

Tuesday, January 22nd – 1 to 4 pm
Villa Julie College, Owings Mills, MD

Monday, January 28th – 1 to 4 pm
MD Dept of Agriculture, Annapolis, MD

Monday, February 18th – 1 to 4 pm
Tidewater Inn, Easton, MD

To register, visit: www.marylandsbest.net.
Sign up by **January 4th** to be listed in the Directory.



MD H2E Receives USDA Grant



This fall, Maryland Hospitals for a Healthy Environment (MD H2E) received a grant from the USDA's Federal State Marketing Improvement

Program (FSMIP) to assist hospitals with starting to purchase local foods & implement food waste composting. The grant provides funding to host events & presentations, provide support and technical assistance to individual hospitals, and publish a monthly newsletter. MD H2E is working with the Maryland Department of Agriculture, Maryland Organic Food & Farming Association, Southern Maryland Agricultural Development Commission, and Future Harvest-Chesapeake Alliance for Sustainable Agriculture to host these events and connect hospitals to local farmers. To request a presentation at your hospital, receive individual support, or connect to a local farmer, contact Louise Mitchell at 410-706-1924 or lmitc001@son.umaryland.edu.


Creating Healing Environments

Schedule time off **now** to attend CleanMed from **May 20 - 22 in Pittsburgh**. MD H2E is chartering a bus, running on biodiesel fuel of course, so we can travel as a group to and from the conference!! Join us for our premiere global environmental conference in health care. Registration opens in January.

www.cleanmed.org

Anne Arundel Medical Center Signs Healthy Food Pledge

The 3rd hospital in Maryland and the 101st in the country to sign the Healthy Food Pledge is Anne Arundel Medical Center. Mary Ellen Tuma, Director of Food & Nutrition Services, signed the pledge during the 2nd Food Roundtable on October 30th, saying "It's the right thing to do". Sinai Hospital was the 1st in Maryland to sign the Pledge in January 2007, and Carroll Hospital Center was the 2nd, in April 2007. If your hospital would like to sign on next, contact Louise at (410) 706-1924, or visit: <http://www.noharm.org/us/food/pledge>.

Listserv for Hospital Food Service on Sustainable Food



Health Care Without Harm invites hospital food service personnel to participate in The Healthy Food in Health Care Listserv -- a discussion and information-sharing tool for hospital and health care system representatives interested in bringing local and sustainably produced foods into their facilities. A national quarterly e-newsletter will also become available soon. Sign up for both, or just the newsletter at: www.noharm.org/us/food/listserv.

MD H2E Talking with Farmers at Upcoming Regional Conferences

MD H2E will be attending, exhibiting and/or speaking at these upcoming regional agricultural conferences to make new connections with farmers and let them know that hospitals are interested in purchasing their food.

January 5th

Maryland Organic Food & Farming Association
www.marylandorganic.org

January 18th - 19th

Future Harvest-Chesapeake Alliance for Sustainable Agriculture
www.futureharvestcasa.org

February 7th - 9th

Pennsylvania Association for Sustainable Agriculture
www.pasafarming.org

To attend, meet new farmers and/or learn more about sustainable agriculture, visit the websites listed above.

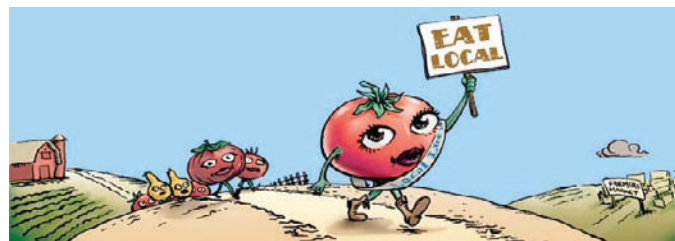


Illustration courtesy of Ecotrust (www.ecotrust.org)

What's in Season?

Turkey If you or your employees are still looking for local, sustainable or heritage turkeys, visit: www.mda.state.md.us/md_products/md_turkey_farms.php or see the web link to farmers below.

Produce in December

You can still find the following vegetables and fruit from our region:

Acorn Squash	Kale
Apples	Leeks
Arugula	Mushrooms
Beets	Mustard Greens
Bok Choy	Parsnips
Butternut Squash	Pears
Cabbage	Potatoes
Cauliflower	Rutabaga
Celery Root	Spaghetti Squash
Collard Greens	Sweet Potatoes
Endive	Swiss Chard
Escarole	Turnips
Fennel	Yams

Produce in January

You can still find Apples, Celery Root, Mushrooms, Potatoes, Sweet Potatoes, Winter Squash, and Yams.

Many are still available because they are kept in cold storage after their last harvest.



For great Seasonal Recipes, visit:
www.freshfarmmarkets.org/market_recipes.php

To find Local and Sustainable Farmers, visit:
www.h2e-online.org/docs/mdh2e/FarmersDirectory.pdf