



Sustainable Food Newsletter



FALL 2008

Close to 250 Attended & 50 Hospitals Represented at Conference on



From left: Jenny Siebenhaar, Nurse, St. Agnes Hospital & Founder/former Farmer, Cromwell Valley CSA; Pam Stegall, Farmer, Calvert Farm & Johns Hopkins Bayview Medical Center's Farmer's Market; Cathy Tipper, Agricultural Study, North County Preservation; and Tim Pickering, President, Biomedical Waste Services.

Environmental Excellence in Health Care

Nearly 250 attended and more than 50 hospitals were represented at MD H2E's 1st Annual Conference on Environmental Excellence in Health Care. Held at the

University of Maryland School of Nursing on Nov 12th, over 15 of Maryland's leading hospitals presented the details of their best environmental practices at their facilities, and over 18 exhibitors showcased their sustainable products and services. Topics included: Green Team Formation; Green Buildings; Waste Reduction & Recycling; Nurses as Change Agents; Integrated Pest Management; Pharmaceutical Waste Management; and Procuring Sustainable Foods. Chef Joe Fleischman from Washington County Hospital discussed "Local and Sustainable Food Purchasing—Direct from the Farmer." Kimmi Cam-



Conference attendee is served a delicious lunch by caterer, Rebecca Dongara of Dionysus' Kitchen, featuring local and sustainable foods.

pagna, Director of Partnership Development at Cura Hospitality, discussed "Implementing the Menu of Options [of Sustainable Foods]—Including Composting and Reusable/

Biobased Dishware" at Mercy Medical Center. Linda Paren, RD, LDN, Food Service Director and Green Team Chair at Johns Hopkins Bayview Medical Center, discussed "Hosting a Farmer's Market on Hospital Grounds." Dionysus' Kitchen catered a delicious breakfast, lunch and snacks, featuring local and sustainable foods. Composting services for the food waste and biobased dishware and utensils were donated by the compost facility, Recycled Green Industries. Attendees gave high praise to the quality of speakers, their presentations, the exhibitors & the food. Power point presentations: available at www.mdh2e.org. Webcasts coming soon

5 New Facilities Sign Food Pledge

Three hospitals and 2 nursing homes in Maryland have signed the Healthy Food Pledge over the past three months, bringing the total number of pledge facilities to 9 in MD. Their brief stories are below and on Pg 2.

Baltimore Washington Medical Center Implements Menu of Options



Chris Goglia, MAS, RD, LDN, Director of Nutritional Services at Baltimore

Washington Medical Center, said "Over the past year, we've been steadily adding sustainably produced foods to our menu." They provide rBGH-free milk to patients and staff, offer fair trade organic coffee, and use produce from local and regional farms in their cafeteria and patient menus, which they purchase through their distributor, Hearn Kirkwood. They also participated in Buy Local Awareness Week in September by providing and promoting locally grown fruit and a daily hot vegetable item made with produce from local farms.

"Signing the Pledge was a next step we were ready to take." said Goglia. BWMC also sends their fryer grease for recycling into biofuel, and they are recycling plastic bottles, cans, cardboard and paper. Next, Goglia is looking into composting their food waste.

Shady Grove Adventist & Washington Adventist Hospitals Participate in Buy Local Awareness Week



Diana Brande, Regional Director of Food Service at Shady Grove Adventist

and Washington Adventist Hospitals, said "When we read about the opportunity to participate in

Buy Local Awareness Week, we decided it would be a great way to get started using local produce." They talked to their distributor, Keany Produce, and received their list of food from local and regional farmers. They featured a daily menu item made with a local or regional food, posted a flyer listing these items for the week, and sold the local produce in the café along with recipe cards for that day. "We had already started to provide other sustainable foods" said Brande. (cont. Pg 2)

Shady Grove & Washington Adventist (cont.)

“When we realized we could buy local foods on a regular basis, we were ready to sign the Pledge.” Both hospitals are also providing rBGH-free milk and fair trade coffee, and they’re switching to re-useable dishware on the patient trayline and to biobased “to go” bags in the café. They are recycling plastic bottles, cardboard and paper, recycling fryer grease into biofuel or animal feed, turning lights off or down during cafeteria slow periods and installed a water- and energy-efficient dishwashing system. They would like to expand their local food sourcing and start composting in 2009.

1st Two Nursing Homes in Maryland Sign Food Pledge

Long View Nursing Home “We’ve been buying food from Carroll County farmers for over 5 years now.” said Wayne Kuhn, Food Service Manager at Long View Nursing Home in Manchester, MD. “It’s important to give the residents some of the same farm fresh foods they’ve enjoyed all their lives.” he said. Kuhn buys corn, tomatoes, peppers, pumpkin from Millers Market in town (their source is Wike Farm), and buys from produce stands in the area. He gets strawberries, peaches, apples, squash and asparagus directly from Baugher’s Orchard & Farm in Westminster. Their meat is from M&M Meats nearby who sources from local, family farms. A dietary employee has also donated beets and corn from a family farm to the Nursing Home. Kuhn said “It was a natural fit to sign the Food Pledge ... we’re already doing this.” The milk they serve is rBGH-free, they use chinaware and silverware for their meals, and they recycle their cans, cardboard and paper. Next steps, Kuhn is interested in locating sources for poultry produced without arsenic or the routine use of antibiotics.

Northwest Health and Rehabilitation

Center Val Tandora, Culinary Director at Northwest Health and Rehabilitation Center in Baltimore, MD, said “I’m encouraging our residents and employees to eat healthier food, that’s why I signed the Pledge.” Tandora has already increased the amount of fresh fruit and vegetable menu items, significantly limits fried foods and is now offering organic yogurt. Their milk is also rBGH-free. She has asked Sysco to provide her with local produce and is exploring other organic products. They also use chinaware for their resident and cafeteria meals and recycle their cardboard. Next, Tandora plans to buy local produce, increase the amount of organic foods and provide more rBGH-free dairy products.

Johns Hopkins Bayview Medical Center Launches 1st Hospital-Based Farmer’s Market in Baltimore



Bayview's Fall Farmer's Market: Sept 10—Oct 29

Johns Hopkins Bayview Medical Center hosted Baltimore’s 1st on-site hospital Farmer’s Market this Fall. Linda Paren, Food Service Director & Chair of the Green Team at Bayview, said “It took

a while to get the permit finalized but it was worth the wait. The employees loved it and so did our Hospital Administrators.” she said. Paren received an email from the CEO on opening day of the market, September 10th, to let her know that he met the farmers and was glad to see a lot of excitement amongst the staff.

Farmer, Pam Stegall Roberts, of Calvert Farm in Rising Sun, MD, was thrilled with the turnout. “I think we had about 500 people each week at the market, and they were very excited about the variety of produce that we offered.” Stegall had 10 tables with cabbage, eggplant, turnips, potatoes, squash, tomatoes, kale, collard greens, mustard greens, peppers, sweet corn, berries, melons, apples, pears, jams & jellies, baked goods, honey, pumpkins, organic cheese, flowers & gourmet doggie biscuits.

Bayview’s presentation on **Hosting a Farmer’s Market on Hospital Grounds** from our Nov 12th Conference: Power Point is at www.mdh2e.org. Webcast available soon.

Farmers’ Markets and CSAs on Hospital Grounds

www.noharm.org/details.cfm?ID=1134&type=document

How to Start a Farmers’ Market (Dept .of Agric.)

www.h2e-online.org/docs/mdh2e/StartingFarmersMarket.pdf

Resources to Start a Farmers’ Market (in Balt. City)

www.h2e-online.org/docs/mdh2e/FarmersMarketResourcesBaltimore.pdf

Farmers’ Market Coalition

www.farmersmarketcoalition.org/resources

Holiday Turkeys Free of Antibiotics/Arsenic

Amazing Grazing www.futureharvestcasa.org/amazing.html

Sustainable Table www.sustainabletable.org

Local Harvest www.localharvest.org

“Why an Organic Turkey for Thanksgiving”

www.enviRN.umaryland.edu - see Komen MD Articles

Compost Facility Now Receiving Food Waste



Recycled Green Industries, LLC. has now opened their compost operation to receive food waste from hospitals, and other institutions and businesses. Located in

Woodbine, MD (Carroll County), they have been composting yard waste and leaves for 4 years & have piloted food waste composting for Mercy Medical Center and Good Samaritan Hospital over the past year.

Jim Stewart, Operations Manager at Recycled Green, said "Our food waste pilots have been successful. As a result, we are launching our full-scale food waste operation."

Recycled Green Industries
www.recycledgreenindustries.com

Mercy Medical Center is composting both pre- and post-consumer food waste. Chris Nelson, General Manager of Dining and Nutrition Services at Mercy, said "We have a dedicated staff person for our composting program. He oversees the separation of our kitchen food waste and the post-consumer food waste at the trayline."

Mercy's presentation on **Composting & Biobased Dishware** from our Nov 12th Conference: Power Point is available now at www.mdh2e.org. Webcast is coming soon.

To Compost at Your Facility, Contact a Food Waste Hauler:

Bates Trucking www.batestrucking.com
EnviRelation www.envirelation.com
Waste Neutral www.wasteneutralgroup.com

Save the Date - January 29, 2009



Buyer-Grower Meeting

10:00 am — 3:00 pm
 MD Dept. of Agriculture
 Annapolis, MD
www.marylandsbest.net

Meet local farmers to discuss local food purchases in 2009 and find out the farmers' availability for farmers' markets & CSAs. Join other hospitals, restaurants, universities, hotels, schools, grocery stores and businesses.

Baltimore Date & Location - To Be Announced

MD H2E Receives 2nd year of USDA Funding for Local Foods to Hospitals



MD H2E received a 2nd year of funding from the USDA's Federal State Marketing Improvement Program to assist hospitals with establishing local food purchasing programs and food

waste composting. The grant provides funding to assist MD H2E in hosting the 1st Annual Conference on Nov 12th and co-hosting a 2nd year of Buyer-Grower Meetings in January 2009. It also allows MD H2E to provide individual support and technical assistance to hospital food service departments and to publish the Sustainable Food Newsletter. MD H2E is continuing to work 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 with a local farmer,** contact us at limitc001@son.umaryland.edu.

Upcoming Events

Buyer-Grower Meetings:

- | | | |
|------------|--|-------------------|
| Jan 29 | MD Dept of Agriculture | Annapolis, MD |
| | www.marylandsbest.net | 10 am - 3 pm |
| Jan-Feb | Site/Date To Be Announced | Baltimore, MD |
| | www.mdh2e.org | |
| Jan 10 | Maryland Organic Food & Farming Association's Conference | Annapolis, MD |
| | www.marylandorganic.org | |
| Jan 16-17 | Future Harvest Conf. - Connect Locally: Food, Farms & Community | Frederick, MD |
| | www.futureharvestcasa.org | |
| Feb 5-7 | Pennsylvania Association for Sustainable Agriculture's Conference | State College, PA |
| | www.pasafarming.org | |
| May 18-20 | CleanMed 2009 | Chicago, IL |
| | www.cleanmed.org | |
| June '09 | FoodMed 2009 | Detroit, MI |
| | www.foodmed.org | |
| July 18-26 | Buy Local Challenge | Throughout MD |
| | www.buy-local-challenge.com | |