



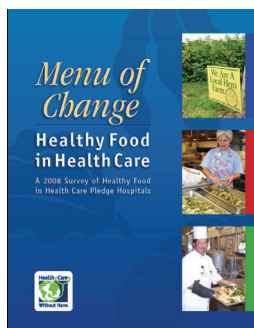
# Sustainable Food Newsletter



## Get Recognition for Your Hospital by Completing Food Survey–Due June 30<sup>th</sup>

Receive public acknowledgement in the 2011 [Menu of Change](#) report by completing the new 2011 Healthy Food in Health Care [survey and awards application](#) by June 30<sup>th</sup>.

You could have your picture/story included and/or win a national award from Health Care Without Harm given out at FoodMed Oct 18-19 in Seattle. **See details on Page 6.**



## Executive VP at Chester River Hospital Center Leads Healthy Food Initiative

When Executive Vice President Scott Burleson discovered that over 66% of employees in the Chester River Health System were overweight or obese, which is the same as the [national average](#), he launched a



Chester River Hospital Center signs the Healthy Food Pledge. L to R: Louise Mitchell, MD H2E; Nicole Morris, Chronic Disease Prevention, Kent County Health Department; Executive Chef Chris Finelli, Executive Vice President Scott Burleson; Sodexo District Manager Barry Perin.

multi-disciplinary “Healthy Food Committee” to identify ways they could change the hospital environment to make healthier foods more available, and unhealthy foods less available. “I knew that we needed to address this,” said Burleson. “Providing healthier foods for our employees and our patients is an important component of our expanding program to promote a healthy, active lifestyle at our hospital,” he added.

### Employees See Results

The data that caught Burleson’s attention came from a health risk assessment of their employees, conducted by *Get Healthy Kent*. Program Director Nicole Morris partnered with the health system on this *(continued on page 3)*

*“Although I was originally upset about not having French fries on the cafeteria line, I’ve lost 10 pounds as of late March.”*

*Beverly Somerville,  
LPN*

## Prepare Now for Buy Local Challenge— July 23<sup>rd</sup> — 31<sup>st</sup>



Prepare now for this year’s [Buy Local Challenge](#) from July 23-31. Start planning meals that showcase local and sustainable vegetables, fruit, poultry, meat, dairy, seafood, eggs & honey.

[Have your hospital listed in the MD H2E press release.](#)

Also **RECEIVE SPECIAL RECOGNITION FOR:** highest total dollars spent on local foods, highest percent of employees & community members signing the pledge to eat local, sending in a workplace photo, serving local organic produce and/or local sustainable protein foods, & using [Balanced Menus](#) to reduce your meat during Buy Local Week. Stay tuned for registration info, educational and marketing tools, and sign up sheets for your employees and community members.

## Inside

**Carroll Hospital Center .....Page 2**  
**May 5 Conference Report ..... Pages 4 & 5**  
**New Toolkit, Survey & Awards Program ..... Page 6**

**National News..... Pages 8 & 9**  
**FoodMed.....Page 10**  
**MD Hospitals Featured in Lancaster Farming..... Page 11**

## Clinical Dietitian Anders Grant Works with Food Service to Lead Changes at Carroll Hospital Center



Participating in the MD H2E Food Leadership Council's challenge last fall to feature local and sustainable turkey for a holiday meal was the start of a new approach to meal planning for Carroll Hospital Center Clinical Dietitian Anders Grant and her boss, Food Service Director Marcea Cotter. The response to the Thanksgiving week meal offered as a pilot was tremendous. "The wait at times was something like 30 minutes to get the meal," Grant



**Anders Grant, Clinical Dietitian  
Carroll Hospital Center**

says, adding that an employee survey afterwards showed that 44% percent of the survey respondents would be willing to pay more for local, sustainable food. "This is rural Carroll County," she notes. "It's in everyone's consciousness."

Now more sustainably produced local products are being incorporated into their purchasing and meal planning. "When available, there is often a local fruit or vegetable on the menu," says Grant, as well as other products such as local grains. Local produce is purchased through Hearn Kirkwood, PFG Carroll County Foods and direct from local farmers, and incorporated into both the weekly cafeteria menus and the standardized patient meals. Working with their chef Louis DeMaio and purchasing manager Doug Crowl, Grant and Cotter determined that they could locally source at least one meal per month made with sustainable poultry or meat, in addition to the local sustainable beef they have already been purchasing. With the focus on chicken produced without arsenic for National Nutrition Month, Carroll Hospital Center started purchasing chicken from KCC Natural Farms in Forest Hill, Maryland, and expects to do so on an ongoing basis as the farm is able to ramp up its production. "The patients had fresh homemade chicken noodle soup made with local sustainable chicken ... and chicken bones to make the soup stock," Grant says.

Grant makes sure that education goes along with the food as well. "An education piece is always included on the menu," she says, adding that she also promotes the local offerings in the newsletter, *Hospital Happenings*. The menu, cafeteria signage, and hospital posters highlight local items, vegetarian choices which have replaced some meat entrees, and special observances such as Local Sustainable Thursdays during National Nutrition Month. "In addition to chicken, we highlighted local sustainable beef tips, buffalo and smoked turkey each Thursday in March."

## NOW is the Time to Order Local Thanksgiving Turkey & Christmas Ham!

MD H2E will again host a Local Sustainable Holiday Campaign to promote local sustainable protein foods for your holiday meals in November and December 2011. It may surprise you to learn that farm-raised meats, especially poultry, are seasonal, much like produce. Farmers plan the size of their fall flocks in the spring, so now is the time to contact local farmers so they can get the animals out on pasture to accommodate your holiday needs. For a list of local meat and poultry producers interested in selling to institutions, contact Louise at 410-706-1924 or [Lmitc001@son.umaryland.edu](mailto:Lmitc001@son.umaryland.edu).



## Chester River Employees Notice Results with Healthier Foods (con't from Pg 1)



Dietitian Christine Allen and Nutrition Services Manager Mary King help out at January launch by explaining the program and by serving healthier foods in the cafeteria at Chester River.

employee wellness initiative of the Chronic Disease Prevention program at the Kent County Health Department. She also encouraged the hospital to call on MD H2E for support and input. "The hospital was very responsive when they received the report from our health survey of their employees," said Morris. Commenting on the hospital's free employee work-out program in Cardiac Rehab, Morris noted, "They were already actively promoting increased physical activity at the worksite, so this was a natural next step."

The Chester River Healthy Food Committee started meeting weekly in the Fall of 2010 and on January 5, 2011, Chester River Hospital Center hosted a special event with the

signing the *Healthy Food in Health Care* Pledge and launching the initiatives listed below. They now meet every 2 months to make additional changes to the hospital environment to support healthier behaviors and lifestyles. Since Chester River kicked-off its healthy foods initiative several employees have commented that the changes in the cafeteria have helped them improve their eating habits and lose weight.

Beverly Somerville, LPN, said "Although originally upset about not having French fries on the cafeteria line, I've lost 10 pounds as of late March." Michelle Walls from Medical Records shared, "With the addition of the new ice and water machine, I have switched from drinking sodas to drinking ice water and I have lost 14 pounds."

"We receive a lot of support from Sodexo, which has a wellness program and a long list of healthy recipes to choose from," noted Chris Finelli, food service director at Chester River Hospital Center. "We also couldn't be doing this as successfully without support from the executive office, marketing, the County Health Department and our entire Healthy Food Committee," explained Finelli.

"For those who are working hard to be active and eat healthy at home, that behavior is now reinforced at their work place," said Kent County's Morris. "Unlike before the *Healthy Foods* campaign began, employees now have options to eat more nutritious, health-promoting foods with a focus on local and sustainable when possible.

"As the county's largest employer, these changes are significant," Morris added. "I hope that their efforts encourage other local employers to explore ways to promote employee health within their businesses."

### Chester River Hospital Center's Healthy Food Initiatives include:

- Reduced portion sizes and 300 calorie entrees
- Low sodium / lower saturated fat options
- Improved salad bar selections with employee discount
- Detailed nutrition labeling of menu items
- More filtered water dispensers, less vending machines
- Light cooking of vegetables to retain nutrients
- Increased local sustainable food purchasing
- Launching an on-site farmers' market

*"With the addition of the new ice and water machine, I have switched from drinking sodas to drinking ice water and I have lost 14 pounds."*

**Michelle Walls,  
Medical Records**



Healthy salad dressings are just one of the healthier food changes at Chester River.

Monthly Educational Lunch & Learns called "Wellness Wednesdays" are free to employees.



## Conference Highlights Cost-Effective Strategies for “Making the Shift” to Local Sustainable Meat and Poultry Purchasing

The Sustainable Foods Program of MD H2E hosted nearly 100 food service professionals, farmers, distributors and other stakeholders at Ten Oaks Ballroom and Conference Center in Clarksville, Maryland, on May 5 to learn and share cost-effective strategies that work for institutional purchasers.

### Understanding the Regulatory and Purchasing Environment

**Keeve Nachman**, director of the Farming for the Future Program at the Center for a Livable Future, spoke about the health and environmental impacts of large-scale meat and poultry production, sustainable agricultural practices, and the regulatory environment for small-scale local meat and poultry producers. Conference organizer **Louise Mitchell** helped set the stage by giving definitions of sustainable agriculture and certifications that help purchasers evaluate the practices and products of farms they buy from.

### Institutional Purchasers' Best Practices

Following presentations on Maryland food safety requirements, a panel of institutional purchasers talked about their specific strategies that have allowed them to incorporate local sustainable meat and poultry without increasing their budgets and in some cases even saving them money.



**Anders Grant** of Carroll Hospital Center and **Holly Emmons** of Union Hospital of Cecil County talked about reducing their meat purchases through the [Balanced Menus Challenge](#) and buying whole chickens, resulting in a lower overall costs and more variety in their menus. “Local sustainable meat costs more but the farmers deserve it,” said Emmons, who buys all her beef from Liberty Delight Farm. “They deserve a fair price, so I’m saving money elsewhere.”

**Doug Davis**, director of food service for Burlington, Vermont public schools, began buying local sustainable chicken drumsticks when he discovered local farmers had trouble selling these parts, which are less expensive but less in demand by retail or farmers market consumers. **John Engstrom**, East Coast regional manager for Bon Appetit Management Company, which has been sourcing from local and sustainable farmers for many years, urged purchasers to get to know their local farmers, “then inspect what you expect.”

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### Farmers' Perspectives

Farmer and agricultural marketing specialist **Ginger Myers** shared the producer’s point of view with a presentation that helped purchasers understand the time involved in raising animals for market as well as other factors that affect a small farm’s production cycles. **Shane Hughes** of Liberty Delight Farm explained meat cuts, product labeling and delivery logistics for working with institutions including Union Hospital of Cecil County. He also told



**Sherry Donovan-Morris** of MD Dept of Health and Mental Hygiene and **Deanna Baldwin** of MD Dept of Agriculture walked attendees through food safety requirements for Maryland meat and poultry producers.



**Kip Hardy**, of Emory Healthcare in Atlanta, shared the stage with her distributor **Gloriane Crater**, of US Foodservice, (pictured here with MD H2E’s Louise Mitchell) for the day’s final presentation about how they have incorporated local sustainable poultry, among other foods, through the distribution relationship while working toward a goal of 75% local sustainable food by 2015.

the group that buying the whole animal is a win-win for both the institution and the farmer. “We can sell you ground beef for \$5 or \$6 a pound, we can sell you rib eye steaks for \$15 or \$20 a pound but if you buy the whole entire steer, you’re getting all the cuts processed for around \$4, \$4.50 per pound.”



Videos and powerpoints of the speakers and conference materials are online at <http://e-commons.org/mdh2e/sustainable-foods/may-5-conference-archive/>.

## Meals That Walked the Talk

Breakfast and lunch served by conference caterer **Bobby Mitchell** of **Putting on the Ritz** showcased the principles being discussed at the conference. “We worked closely with Bobby not only to identify nearby farms, but to come up with a menu using nutritious whole foods and Balanced Menus,” said MD H2E conference organizer Louise Mitchell. “We also used less familiar and less expensive cuts of pork, beef and chicken which were slow-cooked and delicious!” Local sustainable offerings also included an egg frittata at breakfast, and spinach salad, brown and wild rice, and home-made ice cream at lunch.



## Making Connections

Vendors who sell local sustainable meats to institutions were on hand all day to answers questions from potential buyers. **Murray’s Chicken** and **Roseda Beef** exhibited alongside distributor **Hearn Kirkwood**, which carries both their lines. **K.C.C. Natural Farms** and **Liberty Delight Farms**, local farms that both sell to local hospitals, also were exhibitors.



Conference partners **Health Care Without Harm** and **University of Maryland Extension** had numerous handouts on meat and poultry purchasing, including U MD’s Guide to Niche Meat and Poultry Producers in Maryland, while **Future Harvest-Chesapeake Alliance for Sustainable Agriculture** handed out the *Amazing Grazing* guide to local grass-based farms. Other partners involved as speakers and supporters were Johns Hopkins Center for a Livable Future, Practice Greenhealth and US Foodservice.

## May 5th Conference Takeaways: Cost-Effective Strategies

### Culinary Strategies

- Move meat away from the center of the plate
- Reduce reliance on higher-priced pre-cooked and/or processed meats, such as fajita strips, chicken strips, beef patties, etc.
- Avoid using scarce and expensive small cuts, such as tri-tip steaks, from large animals
- Develop recipes using economical cuts such as ground beef, sausage, stew meat and roasts

### Reduction Strategies

- Reduce portion sizes of the meat you serve
- Reduce overall purchases of meat and protein foods

### Volume Strategies

- Purchase the whole animal and make full use of it, including using bones to make soup stock
- Collaborate with other nearby institutions on collective purchasing of whole animals or bulk volume

### Marketing Strategies

- Promote featured foods/healthier foods to increase revenue
- Charge a premium on less healthy foods to incentivize purchase of local sustainable foods
- Educate customers about the flavor, health and economic benefits of local sustainable foods

## MDH2E/Health Care Without Harm

### Get Recognition for Your Hospital – Survey & Awards Application Due June 30

Health Care Without Harm announces the **2011 Healthy Food in Health Care Annual Survey & Awards Program** to recognize excellence in sustainable food services at health care institutions across the country. All facilities engaged in improving their food service in alignment with Healthy Food in Health Care (HFHC) are encouraged to complete the **Survey**. Health care facilities that have signed the Healthy Food in Health Care Pledge OR otherwise meet minimum eligibility criteria may use the Survey to **apply for the HFHC Awards**.

#### Recognition for Completing the Survey:

- Public acknowledgement in the 2011 *Menu of Change* Report + receive free copy of report
- Possible picture/story of hospital in Report
- Entered into drawing to win one of three free registrations to FoodMed 2011

#### Award Categories:

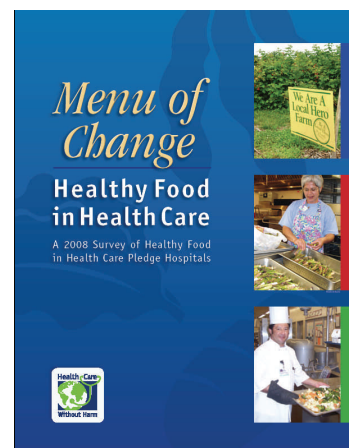
- Sustainable Food Procurement
- Public Policy
- Food Climate Health Connection
- Clinical Engagement

To learn more, download the [HFHC Survey & Awards flyer](#)

Click here to complete the online [Survey/Awards Application](#)

For more information contact: [hfhcsurveyinfo@hcwh.org](mailto:hfhcsurveyinfo@hcwh.org)

Survey and Award Application: **Due by midnight, June 30, 2011**



### New “Toolkit” to Measure Your Healthy Food Progress



The Healthy Food in Health Care (HCWH) program announces the release of the Green Guide for Health Care (GGHC) Food Service Credits Toolkit.

The GGHC is a best practices guide for healthy and sustainable building design, construction, and operations for the healthcare industry. The GGHC Food Service Credits have been designed to help you organize, plan and quantify your accomplishments related to healthy food and sustainable food service (i.e., dollars spent on local products or pounds of sustainable beef purchased).

The Food Service section, located in the operations section of the GGHC, includes eight credits. You can earn between 1-3 points for each credit you complete for a maximum total of 20 points in this self-certifying program.

The new planning and benchmarking “toolkit” offers templates, tools and tracking sheets to support hospital food service departments in implementing and tracking your progress towards achieving sustainable operations. Use of the Toolkit will also enable hospitals to compile and share actual data on their sustainability-related food service achievements with hospital executives, your community benefits departments, the general public, the media and other interested parties.

Download the Toolkit Here: [GGHC Food Service Credits Toolkit](#).





## MD H2E Focuses on Local, Sustainable Meat and Poultry in 2011

With the assistance of funding received through the USDA Federal-State Marketing Improvement Program (FSMIP), the Sustainable Foods Program of MD H2E has made facilitating the purchase of local sustainably produced beef, pork and poultry by health care institutions its primary focus for 2011.

The National Nutrition Month campaign to encourage hospitals to buy chicken produced without arsenic additives or antibiotics and the May 5 conference were part of this effort. It continues with meat and poultry purchasing campaigns for the Buy Local Challenge in July and Winter Holidays in November/December, as well as:

- A hands-on Chefs & Cooks Training on using local sustainable meat & poultry for institutions in the Fall 2011;
- The publication of reports on best practices in local sustainable meat & poultry purchasing by institutions;
- Formalizing the Food Leadership Council of Maryland & DC with leadership from food service professionals at hospitals and other institutions; and
- Other activities and communication that will help hospitals and other institutions in our region successfully incorporate proteins that are better for the environment and for human health into their foodservice menus.

“It’s not only our food that affects our health, it’s also how it’s produced, processed, packaged and distributed,” says Louise Mitchell, sustainable foods program manager for MD H2E. “For systemic change to take hold in our food system, institutions must be part of the equation, and who better but health care institutions to lead the way,” she said. “It’s exciting to work with the hospitals, nursing homes and other institutions in Maryland and DC that are addressing the challenges of procuring healthier foods with creative solutions. We are learning a lot from each other and these hospitals’ best practices help to move these initiatives forward for everyone.”

MD H2E is the first state-wide program in the country to bring environmentally sustainable initiatives to hospitals, which is inspired by the work of Health Care Without Harm. For more info: [2011 Meat & Poultry Purchasing](#).

### What is MD H2E?

Maryland Hospitals for a Healthy Environment (MD H2E) is a technical assistance and networking initiative that promotes environmental sustainability in health care. Participants include hospitals, clinics, nursing homes, and other ancillary health care providers in Maryland.



MD H2E professionals provide assistance to health care facilities with preventing pollution, reducing the generation of solid, hazardous, and special medical waste, eliminating mercury, recycling, and implementing other programs such as environmentally preferable purchasing, green building, integrated pest management, and sustainable food practices.

Our staff includes:

- |   |  |
|---|--|
| ◆ Joan Plisko, PhD, Technical Director<br><a href="mailto:plisko@son.umaryland.edu">plisko@son.umaryland.edu</a> ; 410-706-2107                       | ◆ Molly Englund, Communications Coordinator<br><a href="mailto:englund@son.umaryland.edu">englund@son.umaryland.edu</a> ; 410-706-6832 |
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## National News

### Michigan Hospitals to Combat Obesity

Michigan launched a model state-wide healthy food initiative in May that also promotes the role of a healthy food system in protecting public health. Sponsored by the **Michigan Hospital Association**, the innovative program is aimed at combating the state's obesity crisis. The elements include improving the nutritional value of pediatric menus for food and beverages; providing nutritional content labels to cafeteria and menu items; and committing to purchase more Michigan grown and sustainably produced food products. The fourth element requires hospitals to commit to purchase at least 20 percent Michigan-grown, produced and processed foods. Already, more than sixty-five hospitals have voluntarily joined the effort, which was announced at Sparrow Hospital in Lansing. Eventually, the goal is to have 100% participation by Michigan hospitals, according to the MHA.

*"You can't have healthy people without a healthy food environment," said Hillary Bisnett, Healthy Food Program Coordinator at the Ecology Center. "This initiative goes beyond hospital nutrition. It is about transforming Michigan's food system infrastructure to be healthy for people, the environment, and local economies."*

More information about Michigan's *Healthy Food Hospitals* initiative is available at [www.healthyfoodhospitals.org](http://www.healthyfoodhospitals.org).

### FDA Announces Pfizer Will Voluntarily Suspend Sale of Arsenic-Based Animal Drug

**Company takes action in response to FDA data**

*Excerpted from the June 8, 2011 FDA press release:*

The U.S. Food and Drug Administration today announced that Alpharma, a subsidiary of Pfizer Inc., will voluntarily suspend U.S. sales of the animal drug 3-Nitro (Roxarsone), a product used by poultry producers since the 1940s.

"FDA detected increased levels of inorganic arsenic in the livers of chickens treated with 3-Nitro, raising concerns of a very low but completely avoidable exposure to a carcinogen," said Michael R. Taylor, FDA deputy commissioner for foods. "We are pleased to announce that the company is cooperating with us to protect the public health."

Alpharma decided to voluntarily suspend sale of 3-Nitro and to facilitate an orderly process for suspending use of the product in the United States. Alpharma's plan provides for continued sales of 3-Nitro for 30 days from today. The company stated that allowing sales for this period will provide time for animal producers to transition to other treatment strategies and will help ensure that animal health and welfare needs are met.

### Webinar: June 30 12:00 noon

#### BPA and Phthalates in Food Packaging: Reducing Dietary Exposure



A striking new peer-reviewed study in Environmental Health

Perspectives found that eliminating canned and other prepackaged foods from a family's diet over a three day period and replacing foods with fresh, organic meals, caused concentrations of bisphenol A (BPA) in urine to drop by an average of 66% and levels of the phthalate DEHP to decrease over 50%.

This webinar, presented by Healthy Food Action and Safer Chemicals Healthy Families, will explore the findings of this study and equip health professionals with information on how to reduce environmental exposures to BPA and DEHP. [Read More and Register Here.](#)



## National News

### MyPlate Icon Launches to Help Consumers Make Healthier Food Choices



First Lady Michelle Obama and Agriculture Secretary Tom Vilsack unveiled the federal government's new food icon, *MyPlate*, as a new generation icon with the intent to prompt consumers to think about building a healthy plate at meal times and to seek more information to help them do that by going to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). The new *MyPlate* icon emphasizes the fruit, vegetable, grains, protein and dairy food groups. *MyPlate* will replace the *MyPyramid* image as the government's primary food group symbol as an easy-to-understand visual cue to help consumers adopt healthy eating habits consistent with the *2010 Dietary Guidelines for Americans*.

ChooseMyPlate.gov provides practical information to individuals, health professionals, nutrition educators, and the food industry to help consumers build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information. As Americans are experiencing epidemic rates of overweight and obesity, the online resources and tools can empower people to make healthier food choices for themselves, their families, and their children. Later this year, USDA will unveil an exciting "go-to" online tool that consumers can use to personalize and manage their dietary and physical activity choices.

For more information, visit [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov). Additional resources include: [www.DietaryGuidelines.gov](http://www.DietaryGuidelines.gov) and [www.LetsMove.gov](http://www.LetsMove.gov). For the MyPlate Graphics Standards (terms of use), click here: <http://www.cnpp.usda.gov/Publications/MyPlate/MyPlateGraphicsStandards.pdf>

#### Guidelines Include

##### Balance Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

##### Foods to Increase

- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.

##### Foods to Reduce

- Compare sodium (salt) in foods like soup, bread, and frozen meals, and choose foods with lower numbers.
- Drink water instead of sugary drinks.

### June 28 Webinar One of Many Events Leading Up to National "Food Day"



Organized by the Center for Science in the Public Interest (CSPI), the observance of Food Day on October 24 will encourage people around the country to sponsor or participate in activities that encourage Americans to "eat real" and support healthy, affordable food grown in a sustainable, humane way.

To help you prepare for Food Day, CSPI will host a webinar conversation with Robert Lawrence, founding director of the Center for a Livable Future at the Johns Hopkins Bloomberg School of Public Health, on the topic "Industrial food animal production and the high-meat American diet: health and environmental consequences on Tuesday, June 28<sup>th</sup>, from 1:00-2:00 PM (EST). [Register](#) today!

You can access a recording of the previous webinar on junk food marketing to kids by Dr. Kelly Brownell at: [http://www.foodday.org/files/2011-05-26Curbing\\_Junk\\_Food\\_Marketing\\_to\\_Kids.wmv](http://www.foodday.org/files/2011-05-26Curbing_Junk_Food_Marketing_to_Kids.wmv). Also visit [www.foodday.org](http://www.foodday.org) for a map of events planned around the country for Food Day, as well as resources for coordinating your own Food Day event.



**Save The Date!**



## FoodMed

*The 4<sup>th</sup> International Conference on Healthy Food in Health Care*

**October 18-19, 2011**

**Seattle, Washington**

Hyatt Olive 8 Hotel



*Since 2005, FoodMed is the nation's premier conference on sustainable foods & the health care sector.*



**More information on registration, sponsorship, and exhibitor opportunities coming soon!**

**[www.foodmed.org](http://www.foodmed.org)**

## MD H2E In the News



### Maryland Hospitals Featured in 3-Part Front-Page Series in *Lancaster Farming*

In January, *Lancaster Farming*, one of the leading agricultural news publications in Pennsylvania and Maryland, published a three-part series by Frederick writer Laurie Savage examining the sustainable food work of Maryland Hospitals for a Healthy Environment in-depth. Each of the three articles rated front-page placement.

The first article, published January 1, describes MD H2E's sustainable food initiatives, including this year's campaign to encourage greater purchasing of locally produced sustainable meat and poultry, which is funded by a \$100,000 USDA grant.

[Maryland Health Care Facilities Buy Local Food.](#)



**Louise Mitchell, Sustainable Foods Program Manager at MD H2E**



**Chef Joe Fleischman of Meritus Medical Center**

The second article, published January 8, highlighted Union Hospital of Cecil County, Carroll Hospital Center, Good Samaritan Hospital, Meritus Medical Center and Sinai Hospital, and their individual efforts to buy from local farmers and to reduce their food waste.

[A Healthy Relationship.](#)

The final article, published January 15, looked at hospital purchasing from the perspective of the farmer, specifically Shane Hughes of Liberty Delight Farm, who is the exclusive beef producer for Union Hospital of Cecil County. [Beefing Up His Business.](#)



**Farmer Shane Hughes of Liberty Delight Farms**

#### Article highlights:

***"If . . . every hospital in Maryland spent an average of \$400 per week on local food purchases during just the five months of the growing season, the result would be more than half a million dollars spent on local food purchases by Maryland's hospitals," Mitchell said.***

***"In a health care environment, people don't get better if they don't eat. We try to serve the best food we possibly can," said Chef Joe Fleischman of Meritus Medical Center, formerly Washington County Hospital, in Hagerstown.***

***"I think it's great that people in a public environment want to provide a healthy product. I hear people say, 'When I get sick, I'm going there,'" [Shane] Hughes said of Union.***