



Sustainable Food Newsletter



Summer 2008

4 Leading Hospitals in the News —



Press event at Mercy Medical Center unveiled 4 leading MD hospitals that have signed Healthy Food Pledge.

Sinai, Carroll, Anne Arundel & Mercy

were all featured in the news in July. These leading Maryland hospitals, unveiled at a press event on Tuesday, July 1st at Mercy Medical Center, have signed the Healthy

Food Pledge created by Health Care Without Harm. www.healthyfoodinhealthcare.org. They were included in the recent annual report about the 128 pledge hospitals around the country. Media coverage was featured on Channels 2, 11, 13, 45 and in the: Baltimore Examiner; Baltimore Times; The Capital (Annapolis); Daily Record.; Carroll County Times; Catholic Review; Jewish Times; and North County News.

To read the articles, click on **News** at www.mdh2e.org.

Sinai Hospital—signed Pledge January '07. Sinai is providing: local produce, including organic produce from One Straw Farm; organic yogurt; rBGH-free milk, creamer, sour cream, and cottage cheese; and organic coffee. They recently launched a local, organic produce section in their café. They are recycling fryer grease into biofuel, recycling bottles, cans, paper and cardboard, and sell a reusable mug. They will soon be serving local, rBGH-free ice cream from Kilby Cream, and they're exploring reusable or biobased dishware.

Carroll Hospital Center—signed Pledge April '07. Carroll is providing: local produce, including produce from Harris Farm; and local beef that is raised without growth hormones or the routine use of antibiotics from Bullock's Country Meats. They are recycling cans, paper and cardboard and sell a reusable mug with their Green Team Logo on it.

Anne Arundel Medical Center—signed Pledge October '07. Anne Arundel is providing: local produce; rBGH-free milk, cottage cheese and sour cream; and fair trade coffee. They have eliminated sodas at catered events, switched from bottled water to a filtered water line in the doctor's lounge, and the Wellness Department promotes their healthy foods monthly. They are selling a reusable mug and use compostable plates in the café.

Mercy Medical Center—signed Pledge May '08. Mercy is providing: local produce, including organic produce from One Straw Farm; rBGH-free milk; and fair trade coffee. They are composting their food waste, recycling fryer grease into biofuel, recycling bottles, cans and cardboard, and use biobased cups and on-the-go containers in the Bistro. They switched to reusable dishware & utensils in outpatient services and designed the Bistro in their new building to use reusable food service ware.

Washington County Hospital Announces Use of Local Produce — Eases Initial Fear of Salmonella on Tomatoes

In June, when the FDA initially issued their advisory on the link between the salmonella outbreak and certain types of tomatoes, Chef Joe Fleischman was pleased to ease concerns at Washington County Hospital. He sent out an email to everyone at the hospital to let them know that the tomatoes and several other produce items used in the hospitals' meals were not from our national food system, but were from Martin's farm 20 minutes away. "This is great ... Thank You!! ... Wonderful News!" were some of the 50 responses he received. "I was very surprised with the overwhelming response I received! I didn't really think that many people paid attention to that kind of thing," said Chef Fleischman. "I have been exploring local food purchasing for the past 2 years. After addressing several barriers, I finally started getting deliveries of produce and eggs in March of this year. The referral of this farmer and distributor from MD H2E really helped to get this started."



Joe Fleischman, Executive Chef at Washington County Hospital, receives delivery of tomatoes and other produce from Gill Thurston, local distributor for Martin's Farm.



Salad with local tomatoes is on the patient and café menu at Washington County Hospital.

"Chef Joe" loves using the local food in his menu. He said "There is no comparison. It's so much nicer than anything available commercially. It looks and tastes fabulous." Judy Fogel-songer, RD, LD, MBA, Nutrition Services Director, said "Having tomatoes on the salad bar that are ripe and fresh looks great, and tastes even better." The employees and patients are also enjoying the quality of the food and can tell when the café is running low

on local produce. "They ask 'when are those good tomatoes coming back?'" said Fleischman. He uses the local food for both the patient and café menus. So far this season they've received red and black raspberries, peaches, green leaf and Boston lettuce, English cucumbers, hydroponic and cherry tomatoes, green beans, sweet corn, and local cage-free eggs. Their other sustainable practices include using chinaware and silverware in patient services and in the café. They are exploring the possibility of purchasing local, sustainably raised pork in the near future.



Governor O'Malley Launches *Buy Local Challenge*

On July 18th, Governor O'Malley launched the *2008 Buy Local Challenge*, a statewide campaign to engage consumers, businesses and institutions to support Maryland farmers and our local economy by taking a pledge to eat at least 1 local food a day during the last week of July www.buy-local-challenge.com.

The Governor is encouraging everyone in Maryland to eat local foods during our growing season and throughout the year.

MD H2E launches Maryland Hospitals' *BUY LOCAL AWARENESS WEEK*

- Sept 8th - 14th

MD H2E has designated September 8th - 14th as Maryland Hospitals' *BUY LOCAL AWARENESS WEEK*. We are partnering with the Southern Maryland Agricultural Development Commission, who created this *Buy Local* campaign and launched it in July 2007. We are also partnering with the Maryland Department of Agriculture, Future Harvest—Chesapeake Alliance for Sustainable Agriculture, and the Maryland Organic Food and Farming Association to promote this campaign to the farmers in our region.



[Download this Logo](#) to use on a Flyer

Here's how hospitals can participate:

1. Food Service pledges to provide at least 1 local food each day during week of September 8th - 14th, and/or
2. Employees pledge to eat at least 1 local food each day during that week (Green Teams can promote this!)

TO REGISTER YOUR HOSPITAL, Click Here: [Online Registration](#)

To Download the Logo to use on a Flyer, Click Here: [Download Logo](#)

Tools, Resources and Ideas:

1. Post the list of menu items made with local food
2. Ask your distributor for their list of local foods
3. Locate farmers in the 2008 Buyer-Grower Directory at www.marylandsbest.net (scroll down, link on right)
4. Find local foods or list your needs at FoodTrader.org
5. Recipes: www.freshfarmmarkets.org/market_recipes.php
6. Educate staff on the benefits of eating local foods
7. Wear buttons: 'Ask Me about *Buy Local Awareness Week*'
8. Host a local food luncheon (ask vendors for donations)
9. Host a farm stand, farmers' market or CSA
10. Host a "Pick Your Own" event at a local farm
11. Invite Employee Health & Wellness to promote it

Share with us your hospital's activities & we will share your stories in our upcoming newsletters. Mark your calendars for the 2009 *Buy Local Challenge* (July 18-26) when hospitals can participate in the statewide campaign.

Save the Date: November 12th

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Find Local Foods & List What Your Hospital Needs at FoodTrader.org

FoodTrader.org is a new online farmers' market that connects farmers and buyers to each other for immediate local food purchases. Farmers can list description, quantity, price and location of available foods. Hospitals can search listings, contact farmers and/or post desired food items. This useful web-based tool was recently launched by the Environmental Finance Center and the National Center for Smart Growth located at the University of Maryland College Park.

For More Information, Contact:

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www.FoodTrader.org