



## Call for Abstracts for Annual Conference

MD H2E is accepting abstracts for presentations at our **Environmental Excellence in Health Care Conference on November 18, 2010** at the University of Maryland School of Nursing in Baltimore. Sustainable foods is one of five themes for presentations on best practices in health care.

Topics may include:

- Local sustainable meat/protein food purchasing
- Balanced Menus (reduced meat) initiatives and other cost-effective and climate change strategies
- Launching a hospital garden
- Reducing sodas and other sugar-sweetened drinks
- Eliminating bottled water and Styrofoam
- Benchmarking with the *Green Guide for Health Care*

Other presentation themes include best practices in health care in the Operating Room; Environmentally Preferable Purchasing; Managing Hazardous Pharmaceutical Waste; and Sustainable Building and Energy.

**Submission Deadline: This Friday, August 20<sup>th</sup>**

Abstract Information: [Conference Website](#)

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## Hospitals Represented at Governor's Cookout to Launch Buy Local Challenge



L to R: Brenda O'Connor & Holly Emmons, Union Hospital; Governor Martin O'Malley; Denise Choiniere, U MD Medical Center.

Union Hospital, University of Maryland Medical Center, Washington County Hospital and MD H2E participated in the Governor's Buy Local Cookout on July 15 to launch the Buy Local Challenge, a statewide campaign to engage consumers, businesses and institutions to purchase at least Maryland-produced food each day from July 17-25. Recipes by Chef John Cullen at Union Hospital and Chef Joseph Fleischman at Washington County Hospital, along with their participating farmers, are included in the 2010 MD Cookout Recipes: [www.mda.state.md.us/pdf/cookbook.pdf](http://www.mda.state.md.us/pdf/cookbook.pdf).

## Secretary of Agriculture Visits Johns Hopkins Hospital to Launch Farmers' Market Week, Aug 1-7

Maryland Secretary of Agriculture Buddy Hance visited the Farmers' Market at Johns Hopkins Hospital on July 29<sup>th</sup> to kick-off the Maryland and National [Farmers' Market Week](#), Aug. 1-7.



L to R: Amy Crone, MD Department of Agriculture; Shannon Gregor, Johns Hopkins Hospital; Buddy Hance, Secretary of Agriculture, MD Department of Agriculture; Roneet Mallin, Johns Hopkins Hospital; Louise Mitchell, MD H2E.

"Every dollar spent on local agricultural products contributes to the state's economic health, helps create jobs, keeps our land in farming, and supports a smart, green and growing future for Maryland," said Secretary Hance. Roneet Mallin, RN, MPH and Shannon Gregor, RN, volunteer co-coordinators of the Farmers' Market at Johns Hopkins Hospital, couldn't agree more. "Our farmers love our market and so do our employees and members of the community," said Gregor. Mallin proudly added "Every farmer and vendor at our market is from Maryland. (cont'd on Page 6)

## Local Awards &amp; Announcements

## Union Hospital Lauded for Environmental Efforts

Excerpted from the [Cecil Whig, July 8, 2010](#)



Only a little more than a year after creating its “Green Team,” Union Hospital has earned recognition for its environmentally conscious initiative from the Maryland Department of the Environment. Representatives from the hospital accepted a 2010 Maryland Green Registry Leadership Award during the first annual awards event at the Green Building Council in Jessup on Tuesday night. The Maryland Green Registry is a voluntary, self-certification program that offers tips and resources to help organizations become a more environmentally friendly operation. It currently serves about 215 business members. Award winners were chosen based on their commitment to continuous improvement and environmental results achieved to date.

For Union Hospital food service manager Holly Emmons, the award was vindication for hard work in a highly successful first year. “I think it is a real honor to be one of the first recipients of the award, especially considering how large of an operation Union Hospital is,” she said. “We started on Earth Day 2009 and have made great strides in what chemicals we purchase, what we recycle and what we serve in our cafeterias.”

Union Hospital was the first in Maryland to sign up for Healthcare Without Harm's “Balanced Menu Challenge,” which proposes that hospitals and medical centers reduce the amount of meat and poultry they buy by 20 percent in a year, while increasing their purchasing of sustainably-produced alternatives.

Union met the goal in half the time after signing up in October, Emmons said. Union Hospital also had the highest percentage of employee participation for a medical facility in the organization's “Buy Local Challenge,” Emmons said. “Employees had to pledge that they would eat only locally produced food at least once a week,” she said. “We helped to provide those local foods in our cafeterias daily with help from Priapi Garden in Cecilton.”

To read Union Hospital's Leadership Award Profile: [www.mde.maryland.gov/assets/other/Union\\_Hospital.pdf](http://www.mde.maryland.gov/assets/other/Union_Hospital.pdf).

To join the MD Green Registry or to apply for an award: [www.mde.maryland.gov/MarylandGreen/awards.html](http://www.mde.maryland.gov/MarylandGreen/awards.html).



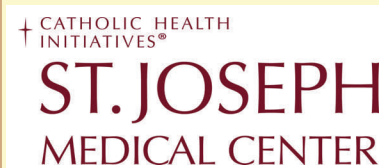
Holly Emmons of Union Hospital and Phillip Nessler Jr. of the NASA/Goddard Space Flight Center display their Maryland Green Registry Leadership Awards.



### MD H2E Receives USDA Grant

The USDA awarded \$100,620 to MD H2E at the University of Maryland School of Nursing to facilitate increased purchasing of local, sustainable meat and other protein foods by Maryland & Washington, DC hospitals and other institutions. This initiative includes formalizing the Food Leadership Council of Maryland & DC to provide leadership in these purchasing initiatives. Collaborators include the MD Department of Agriculture, Future Harvest - Chesapeake Alliance for Sustainable Agriculture, Southern MD Agricultural Development Commission, MD Organic Food and Farming Association, University of MD Extension and others. See the [USDA Press Release](#).

### New Signer of Healthy Food Pledge & Balanced Menus Challenge



St. Joseph Medical Center recently signed the [Healthy Food in Health Care Pledge](#), making it the 20<sup>th</sup> health care facility

in Maryland and DC to commit to providing more local, sustainable foods and implement environmentally sustainable initiatives. St. Joe's also simultaneously signed the [Balanced Menus Challenge](#) to permanently reduce their meat purchasing by 20% over the next 12 months and implement local sustainable meat purchasing. They are the 10<sup>th</sup> facility in Maryland and DC to sign on to this reduced meat and sustainable meat purchasing initiative.

## Antibiotics in Agriculture

### Health Care Community Presents Petition for Antibiotics Legislation

Over 70 hospitals, including Maryland's Mercy Medical Center and Union Hospital, and more than 1,000 physicians, nurses and other health care providers were signatory to a petition presented on July 13, 2010 asking Congress to enact federal legislation that would prohibit the routine use of antibiotics in animal agriculture. This request was made at a press conference in Washington, DC on the eve of a congressional hearing on this issue by the House Energy and Commerce Subcommittee on Health.

"The healthcare community has clearly indicated that they need help from their elected officials in protecting the antibiotics they use for the health of patients and staff," stated Jamie Harvie, Chair of the Healthy Food Initiative of Health Care Without Harm (HCWH). "...we hope our government will support the health of people and communities by eliminating non-therapeutic uses of antibiotics in agriculture," Harvie said. [The press conference](#) was held jointly by HCWH & the PEW

Campaign on Human Health & Industrial Farming. More than 80 members of the press participated. To read the HCWH document submitted to Congress, [click here](#).

### Individual Health Care Providers Can Still Sign the Antibiotics Petition at:

[www.protectantibiotics.org](http://www.protectantibiotics.org)

### Hospitals Can Still Sign the Petition:

Call 410-706-1924 or

[Lmitc001@son.umaryland.edu](mailto:Lmitc001@son.umaryland.edu)

### USDA, FDA, CDC Testify—Link Between Antibiotics in Agriculture, Human Health

On July 14, 2010, at the House Energy and Commerce Subcommittee on Health hearing, the FDA, USDA and CDC testified on the evidence showing the link between antibiotic use in animal agriculture and antibiotic resistant infections in humans.

Some of the most compelling testimony came from Rear Admiral Ali S. Khan, MD, MPH, from the CDC, who said "There is unequivocal and compelling evidence that the use of antibiotics in animals leads to the development of drug-resistant bacteria that have adverse impacts on human public health. This has been demonstrated for numerous production animals—pigs, cattle, poultry; for numerous pathogens—salmonella, e-coli, campylobacter, enterococcus; and in numerous countries—Denmark, England, Spain, Canada and right here in the United States." The FDA, USDA, and others testified also. For a transcript and video of the proceedings: [click here](#).

### In The News

#### *The Washington Post:*

[Meatless Mondays, a movement that has legs](#)

#### *The Chicago Tribune:*

[Meat with antibiotics off some hospital menus](#)

#### *NPR:*

[Hopkins report shows hospitals taking meat off menu could reduce costs by thousands of dollars](#)

### FDA Draft Guidance on Use of Antimicrobials in Food-Producing Animals

The Food and Drug Administration has issued draft guidance intended to help reduce the development of resistance to medically important antimicrobial drugs used in food-producing animals. It outlines the FDA's current thinking on strategies to assure that antimicrobial drugs that are important for therapeutic use in humans are used judiciously in animal agriculture.

The FDA states that the overall weight of evidence available to date supports the conclusion that using medically important antimicrobial drugs for production or growth-enhancing purposes (i.e., non-therapeutic or sub-therapeutic uses) in food-producing animals is not in the interest of protecting and promoting the public health. Read more on the draft guidance [here](#).

[Johns Hopkins Report on Hospitals' Reduced Meat Purchasing is Now Online](#)

## Spotlight on Urban Farming

## Sinai Hospital's Urban Farm Purchases Support Green Jobs, Food Access

On July 15<sup>th</sup>, Sinai Hospital received its first delivery of food from one of Baltimore's first urban farms, [Real Food Farm](#), just 8 miles away. The cucumbers and squash that Matt Sercombe, Assistant Director of Food and Nutrition Services for Aramark Healthcare at Sinai, purchased were grown in "hoop house" greenhouses and in the field on this 10-month old farm in Lake Clifton Park in east Baltimore. "We are excited to launch our first delivery to the health care sector in Baltimore and we look forward to supplying more hospitals soon," said farmer Tyler Brown of Real Food Farm.

In addition to being able to supply Sinai with food all year long, the farm provides affordable healthy food, free of pesticides, to low income residents in the surrounding community. This area is one of Baltimore's 'food deserts,' where access to healthy food is very limited. The farm also provides 'green job' training to youth at risk. Sercombe added, "My interest is showing people what farm fresh quality food really is. We have a very unique opportunity with this large farm right in the middle of the city." Find more on [Sinai's Blog](#) or read more about Real Food Farm's programs at: [www.real-food-farm.org](http://www.real-food-farm.org).



Assistant Director of Food and Nutrition for Aramark Healthcare at Sinai Hospital Matt Sercombe with delivery of food from Real Food Farmer Tyler Brown.

## Call for Hospitals to Invest in Hoop Houses For Year-Round Local Produce

Real Food Farm and other urban and rural farms are inviting hospitals, nursing homes and elder care communities to help provide the funding needed to build hoop house greenhouses on their farms.



Real Food Farm will have five of these hoop house greenhouses by this Fall, with a goal of having twenty hoops operating by 2012. [www.real-food-farm.org](http://www.real-food-farm.org).

These hoop houses could then be used to grow food for the health care facility, providing local food throughout the year. The cost to build one hoop house at Real Food Farm is \$7,000, which includes labor, frame, plastic, compost and seedlings. A hospital can provide the entire amount or a smaller portion, which can be aggregated with other funding to complete a hoop house.

Potential benefits to hospitals could include:

- Fresh, local, pesticide-free produce through the year
- Partial credit towards future food purchases
- Training in growing food & building greenhouses
- Activities to engage & educate employees

Real Food Farm will have five hoops in place this fall, with a goal of having twenty hoops operating by 2012.

To explore the possibilities, contact Louise at 410-706-1924 or [Lmitc001@son.umaryland.edu](mailto:Lmitc001@son.umaryland.edu).



Baltimore Sun photo by Barbara Haddock Taylor

## City Farms Could Flourish Under New Zoning Code

Change could be coming to Baltimore City neighborhoods, says a recent *Baltimore Sun* article. With a proposed change to the zoning code, last revised in 1971, urban farming could become a more frequent sight as part of an attempt to make the city healthier. By lightening some restrictions, the code would also encourage more small businesses to set up in residential neighborhoods. The goal is to encourage walking and to increase accessibility of healthy foods, all while getting neighbors together and socializing. According to the article, "This reflects the thinking that health disparities are less a function of health services and more a function of your community and environment," said Madeleine Shea, a commissioner with the Health Department's healthy homes division.

"There are very few gardeners out there who don't eat fruits and vegetables," said Holly Freishtat, the city's new food czar, who adds that gardens and urban farms can help Baltimoreans pick up healthier eating habits, in addition to becoming havens for residents and unofficial open-air community centers. Tyler Brown of Real Food Farm demonstrates her point: "I actually have to tell kids to stop eating the radishes," he said, adding that most of them hadn't tasted radishes – or the kale, chard and beets grown at the farm – before." To read the full article, [click here](#).

## [New Baltimore City Draft Zoning Code](#) Open for comment until Sept 10

## Farmers' Market Roundup

### Farmer's Markets Now at 12 Health Care Facilities in Maryland

- Anne Arundel Medical Center (new)
- Calvert Memorial Hospital (new)
- Civista Medical Center (2<sup>nd</sup> year)
- Greater Baltimore Medical Center (new)
- Holy Cross Hospital (2<sup>nd</sup> year)
- Howard County General Hospital (new)
- Johns Hopkins Bayview Medical Center (3<sup>rd</sup> year)
- Johns Hopkins Hospital (2<sup>nd</sup> year)
- Kaiser Permanente, Baltimore City (2<sup>nd</sup> year)
- University of Maryland Medical Center (2<sup>nd</sup> year)
- Washington County Hospital (2<sup>nd</sup> year)
- Western Maryland Regional Medical Center (new)

#### New Market:

### Anne Arundel Medical Center

Anne Arundel Medical Center's twice-weekly farmers' market opened on Monday, June 7 in a temporary location and moved to its permanent site on campus as of June 28. There are four vendors total – two on Monday (including one who is certified organic), and two on Friday — offering fresh produce, such as corn, peaches, and squash, as well as jams, baked goods (zucchini bread and pies) and flowers (potted and fresh cut). AAMC will also have a dietitian-at-market the first Monday of every month to answer staff and visitor questions.

Both employees and visitors are enjoying the market, and Charlotte Wallace, Chairman of the AAMC green team, has even noticed cars driving by, seeing the signs, and pulling in to make some purchases. "Our new COO, Tori Bayless, has a focus on employee health," says Ms. Wallace, making it the perfect time to respond to staff requests for a farmers' market. Check it out on [AAMC's Facebook page](#).

#### Anne Arundel Medical Center

2002 Medical Parkway, Sajak Pavilion

Monday and Friday: 2 p.m.— 6 p.m. all summer

Contact: Charlotte Wallace  
cwallace@aahs.org



#### New Market:

### Calvert Memorial Hospital

Calvert Memorial Hospital is one of the largest employers in Calvert County, so the new farmers' market hosted by Calvert Memorial Hospital's Green Team, with the help of the Calvert County Farm Bureau, is available to a huge range of people – employees and visitors alike.

On any given week, the market has 2-3 vendors, with a classic mix of Maryland produce, including corn, tomatoes, cucumbers, and some cantaloupe, along with bread and pastries. The market started in May, and is expected to go on as long as the farmers have product to sell – typically until the week before Thanksgiving.

#### Calvert County Farmers' Market - Prince Frederick

Calvert Memorial Hospital, 130 Hospital Rd.  
Parking Lot D

Tuesday: 3:00 p.m. to 7:00 p.m. May 4 - November 23

Contact: James Shepherd  
410-535-4583

FMNP Checks (WIC & Senior) & FVC Accepted

Debra Dennis, Director of Environmental Services and Farmers' Market Coordinator, shows off their market sign.



## Farmers' Market Roundup

## New Market: Greater Baltimore Medical Center

In conjunction with its Green Team, GBMC launched its Farmers' Market on June 24 to help promote healthy eating as well as to educate employees, patients and visitors about local and sustainable farming.

Fresh vegetables and fruit, sustainably raised, pastured chicken, raw honey, fresh-baked breads, muffins and pastries, and local grass-fed beef are available from the mix of Pennsylvania and Maryland farmers. A local prepared

foods vendor prepares Cuban-inspired foods using fresh, local & sustainable products and will soon offer items in the GBMC Café as well.

Keith Sappington, GBMC's Food Production Manager and

Farmers' Market Coordinator, notes that even more variety is on the horizon for the new market. "We continue to look for farmers to participate so that we can give customers increased options and keep them coming back for these healthy foods," he says. "We are hoping to soon partner with a creamery to provide fresh milk and ice cream . . . and a dairy that makes its own cheese."

### Greater Baltimore Medical Center

6701 North Charles St,  
Lot F, adjacent to Physicians Pavilion North

Every other Thursday:  
2:30 to 5:30 p.m.  
May 6 - November

Contact: Keith Sappington  
443- 849-2715



Ribbon-cutting at opening day of GBMC's market with members of their green team, including Matt Tresansky, Food Service Director (far L in blue); Mike Forthman, VP, Facilities (L in white); Louise Mitchell, MD H2E (center); and Keith Sappington, Food Service Production Manager & Farmers' Market Coordinator (far R in blue).

## New Market: Howard County General Hospital

Howard County General Hospital's Friday market is part of a greater program of markets put together by the Howard County Economic Development Authority (HCEDA), meaning that now there are farmers' markets every day from Wednesday-Sunday in Howard County! At the HCGH market, vendors sell fresh vegetables and fruit; plants and flower seedlings; bread; cakes and pies; and beef, lamb, and pork. Some vendors are certified organic, and each vendor can only sell what they produce on their own farm.

According to Vic Broccolino, president and CEO of Howard County General Hospital, as quoted in an article on the HCEDA website ([found here](#)), "This is in line with the other 'green initiatives' Howard County General Hospital has been vigorously pursuing and promoting.

### Howard County General Hospital

5575 Cedar Lane,  
Columbia, MD

Friday: 2:00 to 6:00 p.m.  
June 4 - October 29

Contact: Howard County Economic Development Authority 410-313-6500



Howard County General Hospital launches their farmer's market with (L to R) Ken Ullman, Howard County Executive; Liz Bobo, Maryland State Delegate; Kathy Zimmerman, Agricultural Marketing Specialist, Howard County Economic Development Authority; Vic Broccolino, President and CEO, Howard County General Hospital.

We've signed the nonprofit Health Care Without Harm's 'Healthy Food Pledge' and have applied for recognition as a Howard County Healthy Workplace for 2010."

## Agriculture Secretary at Hopkins *(from Pg 1)*

In a telephone survey of 800 Marylanders last year, 78 percent said they are more likely to buy produce identified as having been grown by a Maryland farmer. The visit by Secretary Hance and Deputy Secretary of Agriculture Mary Ellen Setting also celebrated Governor O'Malley's

selection of Baltimore as "Capital for a Day." Secretary Hance and Deputy Secretary Setting also stopped at Faidley's at Lexington Market for a crab cake lunch and toured Real Food Farm in east Baltimore.

Read more in the Maryland Department of Agriculture's Press Release: [www.mda.state.md.us/article.php?i=27130](http://www.mda.state.md.us/article.php?i=27130)

## Farmers' Market Roundup

### Kaiser Permanente Opens Market, Celebrates with City Officials

Spirits were high and the sun was shining brightly at the opening day of the Kaiser Permanente Farmers' Market, Friday, June 11<sup>th</sup>, at 10 Hopkins Plaza in downtown Baltimore.

The weekly market, now in its second year, offers a small but varied selection of fresh produce, bread, flowers and plants. The crowd was entertained by a large stalk of broccoli (although some thought it was asparagus), called "Doc Broc." The opening ceremony began shortly after noon with several speakers, including George King of the IRS (which has offices in the federal building in the plaza); Olivia Farrow, Commissioner of the Baltimore City Health Department; and Holly Freishtat, the new Food Policy Director for Baltimore City, also known as the Baltimore Food Czar. Freishtat worked with

#### Kaiser Permanente, Baltimore City

Next to the medical center on West Baltimore Street at Hopkins Plaza in downtown Baltimore

Friday: 10:00 am to 2:00 pm. June - October

Contact: Sue Lovell  
410-281-6225



Health Care Without Harm in Seattle, Washington before relocating back home to Baltimore, MD. She spoke about the hopeful message behind the market and others like it: "The food culture of Baltimore City is changing," she said. "Baltimore City takes access to healthy foods seriously." But farmers' markets are not enough, Freishtat went on to say. "We also need to get healthy foods into the corner stores and food deserts and support CSA's."

There are thousands of people who work and live in downtown Baltimore; all are encouraged to come by.

### Western Maryland Regional Medical Center

The Western Maryland Regional Medical Center, which opened in its new hospital location last year, now has a farmers' market to boot!

Launching June 9<sup>th</sup>, the market has 4-5 vendors from the Alleghany Mountain Fresh Producers Association that attend each week. The items available for sale include fruits, vegetables, and preserves. The response has been a steady flow of faithful customers, who have mainly been employees from the Western Maryland Health System and from the Alleghany County Health Department, which is located directly across the street from the hospital. They look forward to seeing the market continue to grow and attract more shoppers from the surrounding neighborhoods.



Patrons to the market have expressed their appreciation for it, saying "This is so much easier than stopping at the market on the way home," and "I'm learning about vegetables I have never seen before."

#### Western Maryland Regional Medical Center Farmers' Market

12500 Willowbrook Road, Parking Garage

Wednesday:

11:00 a.m. to 1:00 p.m.  
June 9 - October 13

Contact: Jack Miltenberger  
304-738-1093

*FMNP Checks (WIC & Senior) & FVC Accepted*

### Marketing & Educational Tools for Farmers' Markets

The Farmers Market Coalition has developed marketing and educational tools that farmers' market coordinators can use to promote your market and educate the consumers in your region about the many benefits of shopping at farmers' markets.

#### Download Marketing Tools Here:

<http://farmersmarketcoalition.org/membership/markets-are-up-campaign/>

Farmers' Market Roundup

**Returning Markets**

**Civista Medical Center**



**Civista Medical Center Farmer's Market**

5 Garrett Avenue  
Main Entrance Parking Lot

Every other Thursday:  
10:00 a.m. to 4 p.m.  
April—October

Contact: Dan Jefferson  
301-609-4335

**Holy Cross Hospital**



**Holy Cross Hospital Farmer's Market**

Damerson Street  
Employee Entrance  
Parking Lot

Monthly on Wednesday:  
12:00 noon to 3 p.m.

June—October

Contact: Kyle Jossi 301-754-8641 or Claudia Schreiber 301-754-7191

**Johns Hopkins Bayview Medical Center**



**Johns Hopkins Bayview Medical Center Farmer's Market**

Off the Hopkins Bayview Circle

Wednesday: 10:00 a.m. to 2:00 p.m.

Contact: Linda Paren  
410-550-1025

**Johns Hopkins Hospital**



**The Farmers' Market at Johns Hopkins Hospital**

Jefferson Street pathway near Cancer Research Buildings

Thursday: 10:00 a.m. to 2:00 p.m.  
May 6 - November

Contact: Roneet Mallin  
410-955-9014

Secretary of Agriculture Buddy Hance with the young crew from Zahradka Farm at the Farmers' Market at Johns Hopkins Hospital.

**University of Maryland Medical Center**



Denise Choiniere, University of Maryland Medical Center, with Lucie Snodgrass, author of "Dishing Up Maryland."

**University Farmers' Market**

Plaza Park, Paca Street

Tuesday: 10:30 a.m. to 2:30 p.m.  
May 11 - November 23

Contact: Denise Choiniere 410-328-2009

*FMNP Checks (WIC & Senior) & FVC Accepted*

**Washington County Hospital**



Amish goods at Washington County Hospital's indoor farmers' market.

**Washington County Hospital Farmers' Market**

251 East Antietam Street

Tuesday: 10:30 a.m. - 2:30 a.m.

Contact: Chef Joe Fleischman  
301-790-8565

University Farmers' Market on WJZ TV: [May 11](#) & [June 15](#)



## Conference Reports

## Urban Agriculture Summit Highlights Community Health Issues



The growth of urban agriculture in the greater DC and Baltimore regions set the stage for June's Sowing Seeds Here and Now! Urban Farming Summit at the USDA's Beltsville Agricultural Research Center. One of the key topic tracks explored the links between food and community health. The track's opening panel was moderated by Celeste James of Kaiser Permanente Community Benefits and included Louise Mitchell, sustainable foods coordinator for MD H2E, Jody Tick of the Capital Area Food Bank and Esther Tempies of United Medical Center Foundation. Panel members discussed programs underway to bring local, sustainable foods to health care and other community health venues.

Informal networking throughout the day helped participants identify potential connections and partnerships among urban farms like Baltimore's Real Food Farm and Great Kids Farm, and Offshoots Farm in Prince Georges County, Maryland, a project of Engaged Community Offshoots which organized and hosted the Summit. "The range of people and the energy at the summit was incredible," said MD H2E's Mitchell. "Urban farming is an exciting development because it brings more food production right into our cities and neighborhoods where many hospitals are located. Hospitals can start to purchase from urban farms, and in some cases, hospitals may even be able to launch urban farming on their campuses."

Approximately 375 urban farmers, planners, healthy food advocates, food systems researchers and educators attended the Summit. The keynote session included a live remote presentation from Will Allen, CEO of Growing Power in Milwaukee, the premier urban agriculture enterprise and training center in the country. Other sessions included: how to compost, how to build a hoop house, and more. To view the presentations, or to get the handouts, visit: [www.SowingSeedsHereandNow.com](http://www.SowingSeedsHereandNow.com) and click the "Handouts" tab.

## CleanMed Hosts Maryland Hospitals Sharing Best Practices in Healthy Foods & Hosts 2 Baltimore Farm Tours

The food pre-conference and main conference sessions at CleanMed, kicked off on May 10th, packed a punch, leaving the health care professionals who attended locally and from around the country raving about the great value they received.



[www.CleanMed.org](http://www.CleanMed.org)

### Four Maryland health care leaders shared their best practices & lessons learned:

- ▶ Holly Emmons, RD LD MPA, Food Service Manager, Union Hospital of Cecil County—"Cool" Food Purchasing
- ▶ Joe Fleischman, Executive Chef/Production Manager, Washington County Hospital—Direct Farm Purchasing
- ▶ Roneet Mallin, RN MPH, Farmers' Market Co-coordinator, Johns Hopkins Hospital—Launching Farmers' Market
- ▶ Lauré Sullivan, Food Service Director, Sinai Hospital-LifeBridge Health—Composting & Waste Reduction

On the farm tours, Food Service Director Tony Geraci, of Baltimore City Public Schools, farmer Greg Strella of the schools' Great Kids Farm, and farmer Tyler Brown of Real Food Farm, gave attendees not only a taste of the food



Great Kids Farm of Baltimore City Public Schools

they grow, but also a wealth of information on how to work with an urban farm or start a farm at their location. Both farms use hoop houses (greenhouses with rounded plastic roofs) to grow food year round, have beehives, and grow produce in their outdoor fields, providing food to city schools and neighborhoods. Great Kids Farm also has earth boxes, chickens, goats, an orchard, and earth oven and is preparing to raise fish and set up a goat milking barn.



Touring a hoop house at Real Food Farm.

## Upcoming Events

**Food Leadership Council Meetings**

The Food Leadership Council of Maryland & DC meets monthly to implement strategies for increased local sustainable meat & other protein food purchasing at hospitals and other institutions. Food service professionals are invited to attend or join by conference call. The council will soon create leadership positions and a formal structure for communication and decision-making. Open to leaders in institutional food purchasing in Maryland & DC.

<b>Tuesday, September 14</b>	<b>2:00–4:00 pm</b>	<b>Tuesday November 9</b>	<b>2:00–4:00 pm</b>
<b>Wednesday, October 13</b>	<b>2:00–4:00 pm</b>	<b>Wednesday, December 8</b>	<b>2:00–4:00 pm</b>

Locations of Meetings To Be Announced

To participate, contact Louise at 410-706-1924 or [Lmitc001@son.umaryland.edu](mailto:Lmitc001@son.umaryland.edu)

## Join Us for “The Hungry Mind” Free Lecture and Movie Series September, 2010 - April, 2011

University of Maryland, Baltimore, SMC Campus Center, 621 W. Lombard St., Baltimore, MD 21201

The Hungry Mind is an eight month series of expert lectures, movie screenings and field trips focused on food, food sustainability, food politics, nutrition and the environments that support food production. Hosted by the Wellness Hub of the University of Maryland Baltimore and co-sponsored by MD H2E, it is open to University of Maryland students, faculty, staff and the community free of charge.

### The first set of lectures and movies include:

Sept 23: Mindful Eating	Oct 21: UMB Food Film Festival: Fresh
Sept 28: Transforming the Way We Eat	Oct 26: Urban Farming in Baltimore
Sept 30: UMB Food Film Festival: Food, Inc.	Oct 28: UMB Food Film Festival: End of the Line
Oct 7: UMB Food Film Festival: Waterlife	Nov 4: My Food Journey
Oct 14: UMB Food Film Festival: The Future of Food	Nov 10: Food As Medicine

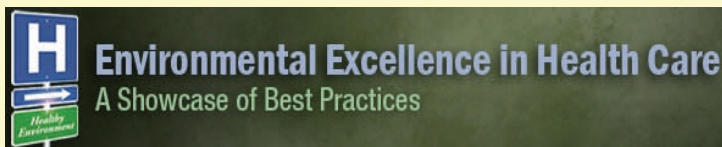
See the Entire Series at: <http://e-commons.org/mdh2e/sustainable-foods/> RSVP to: [flilly@umaryland.edu](mailto:flilly@umaryland.edu)



**UNIVERSITY OF MARYLAND**  
Southern Management Corporation  
Campus Center



## Maryland Hospitals for a Healthy Environment and the University of Maryland School of Nursing present:



NOVEMBER 18, 2010

To register for the conference, go to:

<http://nursing.umaryland.edu/events/environmental/november/index.htm>

## Tidbits &amp; Resources

## Hearing Vegetarian Voices



Stories from Sodexo Health Care, Union Hospital in Elkton, MD and Compass Group North America were included among the many stories shared in this article in Food Service Director Magazine recently on vegeta-

tarian choices. The article shows how vegetarian options at a variety of institutions – hospitals, schools – are finally becoming a contender against meatier choices. The focus is on reducing meat purchasing, while offering vegetarian alternatives that are still nutritious and protein-packed. Baltimore's Tony Geraci, from the Baltimore City Public Schools is also included. Read the full article at <http://www.foodservicedirector.com/menu-features/hearing-vegetarian-voices.html>.

## Hospital Saves and Makes Money with Local Foods, Scratch Cooking

Puget Sound Food Network's Lucy Norris caught up with Chef Chris Johnson, Food Service Director at United General Hospital in Sedro-Woolley, Washington, for an interview. Johnson has been saving money since he started purchasing local food at the nearby Skagit Wholesale Market. His cashiers have also been noticing new customers.

According to the article, "Actually last year when we started sourcing local food, we came under budget," said Johnson, who has been training his cooks to prepare golden beets, sautéed clams, glazed carrots and more.

Chef Johnson also noted, "I look at the cost of sourcing local from a different angle. For ready-to-eat foods, I was paying for labor twice. Now I pay once for labor- my co-workers seem to like what we're doing and we're attracting more business. Sourcing local makes perfect sense." To read the full article, click [here](#).



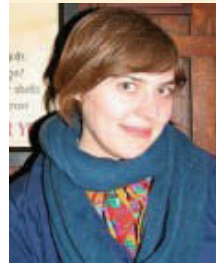
United General Hospital Chef Chris Johnson with local food



## Where is my milk from?

There is now a handy website: [www.wherismymilkfrom.com](http://www.wherismymilkfrom.com) that can tell you what dairy your milk came from by simply typing in the code found on most cartons or jugs. You can also find out where your ice cream, cottage cheese, and lots of other dairy products, came from, even soy milk! Know for certain how many miles your milk traveled and then check to see if the dairy is rBGH-free in the [rBGH-free Dairy Guide](#) by Food and Water Watch.

## MD H2E Welcomes New Communications Coordinator



Please welcome Molly Englund, our new Communications Coordinator. Joining us with a writing background, Molly is here to help us let the world know who we are and what we are doing. She will be doing that through our website ([mdh2e.org](http://mdh2e.org)), our newsletters and much more. If you have news, Molly is here to help you share it. See below for her contact information.

## 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. **Our staff now includes:**



- ◆ Joan Plisko, PhD, Technical Director  
[plisko@son.umaryland.edu](mailto:plisko@son.umaryland.edu)  
410-706-2107
- ◆ Louise Mitchell, PT, Sustainable Foods Coordinator,  
[Lmitc001@son.umaryland.edu](mailto:Lmitc001@son.umaryland.edu)  
410-706-1924
- ◆ Denise Choiniere, RN, MSN, Nursing Coordinator,  
[dchoiniere@umm.edu](mailto:dchoiniere@umm.edu)  
410-706-2352
- ◆ Molly Englund, Communications Coordinator,  
[englund@son.umaryland.edu](mailto:englund@son.umaryland.edu)  
410-706-6832