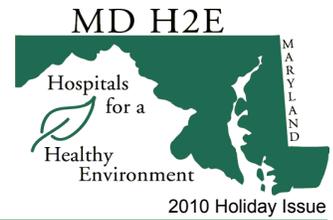




# Sustainable Food Newsletter



## Good Samaritan Hospital & Union Hospital Captivate Audience with Healthy Food Initiatives at Annual MD H2E Conference



MD H2E Sustainable Foods Program Manager Louise Mitchell with Executive Chef Jason Saunders from Good Samaritan Hospital & Food Service Manager Holly Emmons from Union Hospital of Cecil County, at MD H2E's annual conference.

Sustainable food had a double spotlight at MD H2E's annual conference on November 18<sup>th</sup> entitled *Environmental Excellence in Health Care: A Showcase of Best Practices*. Delicious local, sustainable meals were served for breakfast and lunch, catered by local restaurant Clementine. And in the sustainable food breakout session held in the afternoon, Food Service Manager Holly Emmons of Union Hospital of Cecil County and Executive Chef Jason Saunders of Good Samaritan Hospital captivated attendees with practical tips and measurable results from their proven programs, and held a riveting discussion in response to many questions following their presentations.

Speaking first in the afternoon breakout session, Emmons of Union Hospital honed in on the reduction of the hospital's carbon footprint achieved by following a policy of "environmentally preferred food purchasing." From her participation in Health Care Without Harm's Balanced Menus Challenge, Emmons has significantly reduced the total volume of meat she purchases ... (con't. on Page 2)

## Carroll Hospital Center & Union Hospital of Cecil County Serve Local Sustainable Turkey for Thanksgiving

Carroll Hospital Center and Union Hospital of Cecil County served local sustainable turkey in their Thanksgiving meals. Amid growing concern over the routine use of arsenic in poultry feed, both of these hospitals demonstrated their commitment to serve healthier foods at Thanksgiving by serving turkey from local farmers raised without arsenic or antibiotics.



Discussions at MD H2E's monthly Food Leadership Council meetings spurred them to search for sources of local sustainable turkey and to work to identify strategies for increasing hospitals' ability to purchase it more regularly from local sources.

Anders Grant, RD, LD, clinical dietitian at Carroll Hospital Center, took the lead in contacting local producers. "The farmers I talked with were very open to addressing the needs of institutional purchasers from hospitals, nursing homes, universities and other large purchasers," said Grant.

And with the recent media coverage about local organizations' call for eliminating arsenic use in Maryland poultry production, Food Leadership Council members are finding that they have an increased sense of responsibility, especially as health care institutions, to purchase poultry produced using sustainable farming practices.

Turn to Page 4 for a breakdown of each of these hospitals' Thanksgiving meals, and to Page 5 for more information on why it's important to buy local sustainable turkey.

## Inside

**Food Stories at MD H2E Conference** ..... Pages 2 & 3  
**Breakdown of Thanksgiving Meals** ..... Page 4  
**Why Buy Local Sustainable Poultry** ..... Page 5

**Voices from Health Care on Healthier Foods** ..... Page 6  
**New Staff & Consultants at MD H2E** ..... Page 7  
**Upcoming Events & Opportunities** ..... Pages 8 & 9

## Conference Attendees Captivated, cont'd.

and has shifted her budget for meat over to purchasing grass-fed meat from nearby Liberty Delight Farms. Now, all of the beef on her patient and retail menus is local and grass-fed, produced without antibiotics or added growth hormones. Emmons also contracts with a certified organic grower, Vic Priapi in Cecil County, who has increased his organic acreage and put in a high tunnel for year-round production to grow vegetables and fruit specifically for Union Hospital. Whatever produce Emmons can't get from Priapi Gardens, she purchases from other local farms that practice integrated pest management to minimize the use of chemical pesticides and fungicides.



Beef cattle from Liberty Delight Farms, where Union Hospital of Cecil County buys their beef.

Emmons showed that her food costs have remained flat as she has shifted to a less meat-intensive menu with higher quality, more nutritious, local and sustainable food. "Shifting one day's worth of calories [per week] from red meat and dairy achieves more greenhouse gas reduction than even all-local sourcing." A combination of less beef, grass-based sources for the red meat she does use, organic produce, composting, reducing bottled water, eliminating Styrofoam, and working with local farmers is Emmons' recipe for mitigating climate change. Plus her environmentally preferable purchasing practices have added value by preserving and securing local land for food production, creating a local food infrastructure, and supporting the local economy.

Executive Chef Jason Saunders gave his presentation next. Saunders works at Good Samaritan Hospital in Baltimore, MD for Morrison Management Specialists, the first large foodservice contractor to sign Health Care Without Harm's Healthy Food in Health Care contractor pledge. In his presentation, Saunders explained how Morrison



Rendering of the proposed garden at Good Samaritan Hospital, created by Alyson Taylor, landscape architect.

has made a national commitment to source from local mid-sized farmers who are struggling to stay in business, and to reduce their meat offerings with increased vegetarian options and more whole nutritious foods. Saunders was also committed to switching all of Good Samaritan's hamburgers to local beef from Monkton-based Roseda Beef, where they raise their animals without antibiotics or added growth hormones. Good Sam now purchases the beef through their approved produce distributor, Hearn Kirkwood, and the burgers have become a standing menu item in their newly renovated cafeteria. Saunders is passionate about his dedication to these local sustainable initiatives. "I love seeing the response of people, when they're seeing the fresh food compared to health care food five years ago."

Good Samaritan's current project is the installation of a garden on the hospital property. Saunders walked session attendees through their process of forming a gardening team including Master Gardener Larry Kloze, landscape architect Alyson Taylor, Food Service Director Chris DeRocco, Environmental Services Director Florin Kuhn, Good Samaritan's vendor Reduction in Motion and others from the hospital to help plan a garden that would garner executive approval, be appealing to hospital visitors, therapeutic for patients and provide usable produce for the hospital kitchen. The garden is set for its first season next spring. Saunders expects to harvest more than 700 lbs of Swiss chard and collard greens in the spring and summer, along with a harvest of butternut squash and pumpkins in the fall, as well as a variety of herbs and cutting flowers throughout the growing season.



Chef Jason Saunders (center left) and Master Gardener Larry Kloze (center right) talk with others on the garden planning committee at Good Samaritan at the proposed garden site.

**To view conference presentations, visit:**

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

## Food at the Conference — a Big Hit!

### **Chefs from Harford Memorial Hospital & Sinai Hospital Work with Restaurant, Clementine, to Provide Delicious Meals at Conference**

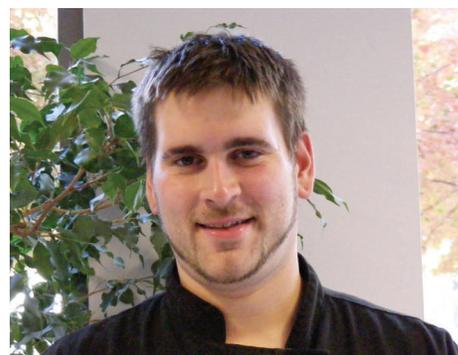
The great thing about promoting local sustainable food is the opportunity to practice what you preach and learn while you're doing it. For the November 18<sup>th</sup> MD H2E conference, restaurateurs, Winston Blick and Cristin Dadant, co-owners of Clementine in Baltimore, lead the effort to provide a delicious breakfast and lunch. Staying true to the educational spirit of the conference, MD H2E invited chefs from two



Assistant Director/Executive Chef of Food and Nutrition Services Matt Sercombe from Sinai Hospital.

local hospitals to work with the Clementine team to find out which local farms provide sustainable foods and learn more about designing a delicious menu for over 200 people using as much locally sourced, seasonal ingredients as possible, which can be more of a challenge during the late Fall in Baltimore.

“I had never seen in my whole life an entire menu of all local ingredients,” said Isaac Nowak, chef at Harford Memorial Hospital and a graduate of the Culinary Institute of America.



Chef Isaac Nowak from Harford Memorial Hospital

“Winston is an incredible chef and every food we got was just incredible. I had a blast, learned a lot and got that spark to do more

of this. I would do it again in a heartbeat.” Nowak worked with the staff at Clementine the day before and the day of the conference, snapping green beans, roasting butternut squash, serving and answering questions from conference attendees about the food.

Matt Sercombe, assistant director/executive chef of Food and Nutrition Services at Sinai Hospital also took this opportunity to learn more about sourcing and menu design using



local sustainable foods. One of the dishes he prepared, among other things, was the roasted root vegetable salad. “The staff of Clementine is very knowledgeable on organic and sustainable foods,” Sercombe said. “They were very pleasant to work with and willing to pass their knowledge on.”

Clementine worked hard to fulfill all of the specifications from MD H2E for not only a local seasonal menu, but also to identify those farmers

that went the distance with their sustainable farming practices to produce the healthiest food possible. They also supported other local food vendors for the bread, coffee and the probiotic drinks that they served at the conference.

The prep work and early morning call on the day of the conference resulted in the following menu that had conference attendees returning for more! To see the delicious menu, follow this link:

[Clementine's Conference Menu](#)



The team from caterer and restaurant Clementine who provided excellent meals that received rave reviews from conference attendees.

## Breakdown of Local Sustainable Thanksgiving Meals

### Carroll Hospital Center

#### The Meal

- Pre-Thanksgiving meal, one week before the holiday for patients, staff and visitors
- Turkey breast from Hillside Farms-Thurmont, MD
- Locally grown acorn squash, sweet potatoes, greens

#### The Prep

- Using breast meat only was a concession to the existing capacity of the hospital kitchen.
- Kitchen staff enjoyed preparing the local turkey.

#### Marketing

- Education—newsletter article on health and environmental impacts of conventional poultry production practices, including arsenic and antibiotic use
- Onsite signage—promotional ad in cafeteria inviting guests to purchase their pre-Thanksgiving “green” meal
- Post-meal survey—76% of respondents said they wanted more local sustainable food on the menu, 44% said they would pay more for it

#### Bottom Line

- Served before the holiday to maximize the number of employees able to enjoy the meal
- Extremely popular, many customers lined up over 20 minutes; employees received wellness points
- Charged \$5.99 for meal, which was subsidized
- Considering a monthly meal with local sustainable meat meal for those willing to pay more and to engage more employees in healthier eating

Anders Grant, Clinical Dietitian  
Carroll Hospital Center

### Union Hospital of Cecil County

#### The Meal

- Thanksgiving Day meal for employees and patients
- 10 whole turkeys weighing more than 25 lbs each from Farmer Tom’s Farm Fresh in Reisterstown, MD
- Roasted local organic carrots, organic mashed potatoes, peaches and pumpkin pie

#### The Prep

- Kitchen staff roasted the turkeys through round-the-clock shifts to prepare more than 400 meals

#### Marketing

- Email—announcement to all staff a few days before the meal telling them the turkey would be local and sustainable, raised without arsenic or antibiotics
- Tray signage—bookmarks from MD H2E templates on patient trays educating them about the meal
- Cafeteria signage—point of sale signage from MD H2E template describing where the food came from and how it was grown

#### Bottom Line

- The meal was free to employees and adjustments were made to the meal selections so the food service dept’s total costs were the same as last year
- Very positive staff comments, best holiday meal in 15 years at the hospital
- Dark meat was less popular, but kitchen used it in pot pie and soup on the menu after Thanksgiving

Holly Emmons, Food Service Director  
Union Hospital of Cecil County

**Turkey Tip:** Roasting turkey thighs is a good way to manage the cost of purchasing local and sustainable turkey, according to Ginger Myers, a Maryland agricultural marketing specialist, farmer of grass-fed meats and pastured poultry, and new consultant to MD H2E. She also suggests purchasing whole birds, which is always less expensive than buying individual cuts, and serving smaller portions of breast meat while using the rest of the bird for hearty soups. These tips work for chicken, too!

If your institution is interested in participating in the Food Leadership Council of Maryland & DC or in receiving a list of local sustainable producers and food safety guidelines when purchasing from local farmers, contact Louise Mitchell at 410-706-1924 or [Lmitc001@son.umaryland.edu](mailto:Lmitc001@son.umaryland.edu)

## Why Buy Local Sustainable Turkey for the Holidays and Everyday?

This article is reprinted from Health Care Without Harm's [Purchaser's Guide to Sourcing Sustainable Poultry](#), with permission from the author, Marie Kulick, Senior Policy Analyst, Institute for Agriculture and Trade Policy (published August, 2007).

**Antibiotics:** Antibiotics are routinely and legally added to poultry feeds in large-scale production. An estimated 70 percent of all U.S. antibiotics are in fact fed to poultry, swine, and beef cattle for nontherapeutic reasons—growth promotion, feed efficiency, and to compensate for the heightened risk of infection in raising animals under confined, often unhygienic conditions.<sup>2</sup> Routine use of antibiotics in animals contributes significantly to the human epidemic of infections from bacteria resistant to antibiotic treatment.<sup>3</sup> Antibiotic-resistant pathogens from these farms routinely contaminate retail meats and can infect consumers handling or undercooking it.<sup>4</sup> A substantial percentage of antibiotic-resistant Salmonella comes from use of antibiotics in food animals.<sup>5,6</sup> Farm workers and their families can become directly colonized with resistant bacteria.<sup>7</sup> And, contaminated manure spreads resistance throughout the environment that bacteria inhabit—everywhere.

**Arsenic compounds:** Large-scale producers routinely feed arsenic (in the form of the organic arsenic compound, roxarsone) to at least 70 percent of U.S.-raised broiler chickens, as well.<sup>8</sup> The FDA-approved uses are for growth promotion, feed efficiency and meat pigmentation. Some arsenic ends up in chicken meat, but much of it passes through the birds into chicken litter, typically ending up in soil and water.<sup>9</sup> Organic arsenic is converted into cancer-causing inorganic arsenic by bacteria in soil in as little as 10 days.<sup>10</sup> [Arsenic is also routinely fed to turkey and swine. Next section includes concern of arsenic in waste]

**Poultry Waste:** Large-scale poultry production equals large-scale waste issues. More than 8.7 billion U.S. broiler chickens raised each year will generate an estimated 26 to 55 billion pounds of litter or waste,<sup>11,12,13</sup> also creating a huge disposal problem concentrated in relatively few geographic areas—for example, the Delmarva peninsula, the Appalachian region, the Southeast and the Mississippi Delta.<sup>14</sup> Turkey production is similarly concentrated.<sup>15</sup> Approximately 90 percent of poultry waste is currently applied to fields and cropland as “fertilizer.”<sup>16</sup> Also, poultry litter is fed to beef cattle<sup>17,18</sup> and sold as fertilizer in home garden stores.

**Threats to workers:** Poultry growers and workers suffer high rates of eye infections, respiratory ailments, and other health problems, in part from the toxic brew of volatile gases and particles—including degrading manure, antibiotics, bacteria and dust—in poultry barns.<sup>19</sup> One in five poultry workers is injured on the job.<sup>20</sup> Repetitive stress injuries, lacerations and amputations are common.<sup>21</sup> Also, the U.S. Department of Labor found substantial violations of the Fair Labor Standards Act when conducting surveys of poultry processing plants in 1997 and again in 2000.<sup>22</sup>

**Fairness:** Poultry growers and workers are poorly compensated. Nationwide, 71.6 percent of poultry farmers earn below poverty level income for their poultry operations;<sup>23</sup> the average poultry worker with two children living on the Delmarva peninsula, one of the larger poultry producing regions in the US, qualifies for food stamps, low income home energy assistance, Head Start and school lunches.<sup>24</sup> In contrast, poultry integrators (Tyson Foods, Gold Kist, Pilgrim's Pride, etc.) earn a 10-25 percent rate of return on equity.<sup>25</sup> This economic disparity is created by a complex set of factors that ultimately force poultry growers to assume much of the risk, but reap none of the rewards.<sup>26</sup>

**Animal husbandry:** Broilers and turkeys are provided an average of 0.8-1.0 sq. ft. to 3 sq. ft., respectively, in an indoor, industrial-scale poultry operation.<sup>27</sup> Four percent of broilers<sup>28</sup> and between 10-12 percent of turkeys<sup>29</sup> die prematurely from the crowding and unsanitary conditions. Four percent of 8.7 billion birds is 348 million dead chickens annually. Turkeys commonly have their beaks trimmed and are easily injured if moved improperly.<sup>30</sup> Additionally, as a result of intensive genetic manipulation to produce faster growing, uniform birds with large breasts, birds suffer from skeletal, reproductive, heart and circulatory problems.<sup>31,32</sup> Click Here for the [List of References](#).

Click Here for a [List of Local Sustainable Meat and Poultry Producers](#) or contact Future Harvest—Chesapeake Alliance for Sustainable Agriculture at **410-549-7878** to receive the newly updated 2010 Amazing Grazing Directory in print format. Also, you can find these foods at many local farmers' markets, health food stores and some grocery stores.

For more information on antibiotic use in agriculture & its link to antibiotic resistance in humans, visit: [Protect Antibiotics](#)

Print out this factsheet on arsenic use in Maryland poultry: [Arsenic Factsheet](#) to educate employees at your hospital.

Learn how your hospital can start to purchase healthier sustainable poultry: 410-706-1924 or [Lmitc001@son.umaryland.edu](mailto:Lmitc001@son.umaryland.edu).

## Voices from Health Care on Healthier Foods



### Casey Starshine, MS, RN

Ask Casey Starshine, MS, RN, how to improve your health and the environment at the same time, and she'll have a ready answer for you. A part-time hospice nurse who also teaches at two community colleges, she has made healthy choices an integral part of her life. For her Master's of Science, which she just completed, Casey did a two-semester practicum with MD H2E. Her first project consisted of interviewing different hospital food service directors, farmers and meat processors around the country and in Maryland to document the different models for beef, pork and poultry purchasing by hospitals. In the report, titled, "[Local Sustainable Meat Purchasing in Healthcare Institutions: A Preliminary Look at Existing Models and Pilot Programs](#)," Starshine describes examples of hospitals that demonstrate

cost-effective and efficient strategies for local sustainable meat purchasing, which other hospitals can implement.

Starshine appreciated the irony of writing this meat report given that she has been a vegetarian for twenty-four years and a vegan for the last four. "The science is out there that vegetarian diets are healthier. Environmentally, socially and healthfully, it's the way to go. It would be great to have this taught in medical, nursing and dietetic schools." Ultimately, Starshine enjoyed doing the research and interviews for this report and felt that her efforts were a contribution towards the steps that hospitals are taking to serve healthier meals.

Another project in Starshine's nurse leadership program for her Masters Degree involved creating a [You Tube video](#) that showcases nurses who have made changes with regards to food service in their hospitals. Says Starshine, "I wanted to show nurses that one person can make a difference, one person can change their hospital." She also recently wrote a grant proposal to start farm stands and vegetable gardens at senior living communities, especially those of low income. "The goal is to get the food system changed, get [seniors] access to fresh local food that many of them don't have. Many of these people grew up gardening and farming; this will bring the process of growing and harvesting back into their lives." The gardens would ideally be used for physical therapy, as well.



### Mindy Athas, RD, CSO, LDN

Reprinted from *Exerists*, a blog by the Baltimore Sun on Baltimore area health and fitness —posted on November 2, 2010.

*Each week a nutritionist from the [University of Maryland Medical Center](#) will provide a guest post on healthy eating. Have questions or ideas for future topics? E-mail [healthsci@baltsun.com](mailto:healthsci@baltsun.com). This week, nutritionist Mindy Athas (pictured) weighs in on the benefits of eating green.*

#### How to have a nutritious and sustainable Thanksgiving

Sustainable is about eating in season with foods grown naturally and raised humanely, ideally within a 100-mile radius of your home. Health benefits come with choosing locally-grown, in-season foods. Without the need for long transportation, fruits and veggies can be eaten just-picked, at the peak of ripeness, ensuring freshness and maximum nutritional value. Organic, pesticide-free produce may also be higher in antioxidants. Antioxidants scavenge free radicals and protect the body's cells from oxidative stress, assisting in disease prevention. Buying from a local farm also fosters a relationship between consumers and their food. See [www.sustainabletable.org](http://www.sustainabletable.org)

Some Earth-friendly tips when planning your Thanksgiving meal this year:

#### Go Local

Hit the farmers' market and order a fresh Thanksgiving turkey. Ask how the turkeys are raised .. [Read Full Blog.](#)

## New MD H2E Staff Member



**Priya Saha, BSN, RN** is the newest addition to the MD H2E team. She is working on the Healthy Foods in Health Care initiative with Louise Mitchell and is a graduate student at the University of Maryland School of Nursing in the Masters of Science in Community and Public Health Nursing Program with a specialization in Environmental and Global Health. We welcome her back to Maryland from the University of California in Los Angeles Medical Center where she spent three years working as an Acute Care Pediatric Hematology and Oncology Nurse. She has experience in renewable energy brokerage for residential, small and large businesses and is now combining her backgrounds and channeling her passion for environmental sustainability towards local sustainable foods in health care. Welcome Priya!

## 2 New Consultants on Local Sustainable Meat Purchasing Initiative at MD H2E

**Renee Catacalos** specializes in helping organizations and businesses, especially those in the farm-to-table sector, use effective and innovative communications with a variety of audiences to achieve and maintain sustainability. She has more than 20 years of experience in the communications field and has been immersed in the local food community of the DC-Baltimore region since 2005. Catacalos has provided public relations services for local restaurants and caterers, and became a source for practical consumer information about eating local through the email newsletter *Local Mix*, the website [www.realpeopleeatlocal.com](http://www.realpeopleeatlocal.com), and *Edible Chesapeake* magazine, a quarterly publication about the region's local foods and farms which Catacalos published from 2006 through 2009. She is the Community-Building Coordinator for [Future Harvest-CASA](http://FutureHarvest-CASA.org). She also serves on the boards of FRESHFARM Markets and Riverdale Park (MD) Farmers Market, the steering committee for Buy Fresh Buy Local Chesapeake Region, and as a member of the Prince George's County Agricultural Preservation Workgroup. Catacalos is working with MD H2E over the next year, as part of the USDA grant on local sustainable meat purchasing, to provide communications support for this newsletter, press releases, educational articles and reports, and to also provide expertise and support with the Food Leadership Council members' meat purchasing initiatives.



**Ginger S. Myers** is the Director of the [Maryland Rural Enterprise Development Center](http://MarylandRuralEnterpriseDevelopmentCenter.org) & Agricultural Marketing Specialist for the College of Agriculture & Natural Resources at University of Maryland Extension. Myers brings over 30 years of experience in production agriculture, agri-business and consulting. She is also a meat producer in Westminster, MD. In her current position, Myers works with agricultural entrepreneurs, develops new markets and networking opportunities, works with new and beginning farmers, and assists with business development and planning. She also publishes the "BARN" Newsletter, covering rural economic development issues and projects, maintains two websites, and is a regular contributor to the agricultural press. She has received numerous grants—currently completing a project funded by the Harry S. Hughes Center for Agro-Ecology that is geared to help expand value-added and on-farm processing opportunities in Maryland. She coordinates a producers working group and hosts the group's directory, the [Maryland Niche Meats & Poultry Directory](http://MarylandNicheMeats&PoultryDirectory.org), on her website: [www.agmarketing.umd.edu](http://www.agmarketing.umd.edu). Myers is a graduate of LEAD Maryland—the state's agricultural leadership training program, and a current board member of Future Harvest-CASA. She is working with MD H2E over the next year, as part of our USDA grant, to provide her expertise to our Food Leadership Council members on identifying purchasing and processing specifications of local sustainable meats for institutional purchasers, and to work with local farmers, processors & institutions to communicate each others' needs and facilitate these purchasing initiatives.

## Upcoming Events / MD H2E Contacts

### Annual Maryland Farmers' Market Conference

Baltimore County Agricultural Resource Center  
1114 Shawan Road, Cockeysville, MD 21030

#### Wed Feb 16<sup>th</sup> – Market Manager Day

Sessions on using social marketing, Maryland health and food regulations, accepting SNAP (formerly known as food stamps) at markets, insurance options and a presentation on how to use the free SEED market evaluation tool to measure & report on your market's economic impact in your community.

#### Thurs Feb 17<sup>th</sup> – Market Farmer Day

Training for Maryland Farmers' Market Nutrition Program, Fruit and Vegetable Checks (FVC) and Good Agricultural Practices (GAP), as well as sessions on Maryland health and food regulations, mediation services and Crop Insurance opportunities!



Registration is \$15 per day or \$25 for both days; pay in advance or at the door.

[Register Here](#)

### Workshop on WIC and Electronic Benefit Transfer (EBT) Machines at Farmers Markets

Wednesday, January 5<sup>th</sup>

9:30am– 1:30pm

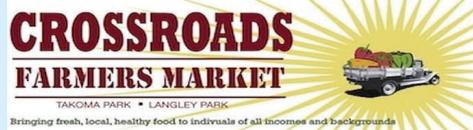
7500 Maple Ave. in Takoma Park, MD 20912

*Crossroads Farmers' Market* invites all Maryland farmers market managers and other interested stakeholders to attend a workshop to address common experiences accepting Electronic Benefit Transfer (EBT) food stamps and Women, Infant & Children (WIC) Fruit and Vegetable Check (FVC) coupons at farmers markets in 2010, as well as planning for future outreach and related initiatives across the state.

For more information or to register, email

[crossroadsfarmersmarket@gmail.com](mailto:crossroadsfarmersmarket@gmail.com)

& visit Crossroads Farmers' Market [Facebook](#) page



### 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 Program Manager  
[Lmitc001@son.umaryland.edu](mailto:Lmitc001@son.umaryland.edu); 410-706-1924
- ◆ Karin Russ, MS, RN, Nursing Coordinator  
[kruss003@son.umaryland.edu](mailto:kruss003@son.umaryland.edu); 410-706-2352
- ◆ Molly Englund, Communications Coordinator  
[englund@son.umaryland.edu](mailto:englund@son.umaryland.edu); 410-706-6832
- ◆ Priya Saha, RN, Sustainable Foods Coordinator  
[saha@son.umaryland.edu](mailto:saha@son.umaryland.edu); 410-706-3077

### 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. Our next meeting is:

**Tuesday, January 18<sup>th</sup>**

**10:00 am- 12:00 noon**

Location — To Be Announced

To participate, contact Louise at 410-706-1924 or

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

## Upcoming Events & Opportunities

### Sustainable Agriculture Conference



**Friday, January 14<sup>th</sup> – Saturday, January 15<sup>th</sup>**

**Where:** Pearlstone Conference and Retreat Center, Reisterstown, MD

**What:** **“We Are What We Eat: Community Health Through Sustainable Farming”**

Annual conference attracting farmers and other food and agricultural professionals from our region

**Why:**

- Power Purchasers Panel– with restaurant chefs & Holly Emmons of Union Hospital
- Food Safety Update
- Small Scale Farming
- Local, sustainable foods
- True Benefits of Pasture-raised Meats
- Farm, Food and Health Connection: Food as Relationship
- Preserving Foods to Extend the Harvest
- Extensive networking

Full schedule and registration information is at: [www.futureharvestcasa.org](http://www.futureharvestcasa.org)



### Buyer Grower Meeting

**Tuesday, January 25<sup>th</sup>**  
**10:00 am – 1:00 pm**

**Annapolis Elks Lodge**

**2517 Solomons Island Road, Edgewater, MD 21037**

The Buyer-Grower Event is a trade show-style meeting where Maryland growers and producers have the opportunity to display their products and buyers have a chance to speak with them one-on-one.

**We strongly encourage you to attend this event if you are looking for sources of local products for your hospital. Remember to ask farmers and producers if they use sustainable farming practices.**

No charge for this event

**Advance Registration is required by Jan 14<sup>th</sup>**

Lunch will be served following the event.

Register online at: [www.marylandsbest.net](http://www.marylandsbest.net)

### Food and Society Fellowship – Applications due January 18<sup>th</sup>

The Institute for Agriculture and Trade Policy (IATP) Food and Society Fellows program has announced a Request for Applicants for the next two-year class of fellows.

The program has a specific interest in emerging leaders working to make healthy food a reality in communities of color, low-income communities and other places that are in the most need of healthy food access. The program is committed to a class of fellows that represents the diversity of issues, race and ethnicity, and geography of the United States.

While there are no specific age- or experience-level criteria, the program is designed for leaders who have already established a level of expertise in their field or community and are looking for an opportunity to build their leadership skills, vision and media outreach. The program comes with an annual stipend and a wide range of support through the resources of IATP. **For more information and application procedures, visit:** [www.foodandsocietyfellows.org](http://www.foodandsocietyfellows.org).