

Chefs and Cooks Training

for Health Care and Other Institutions

Friday, October 14, 2011

The Universities at Shady Grove
Rockville, Maryland

Hosted by



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Chefs and Cooks Training for Health Care and Other Institutions

Part of the Healthy Food in Health Care Program &
the Grant-Funded Initiative for Local Sustainable Meat and Poultry
Purchasing by Hospitals and Other Institutions

This *Chefs and Cooks Training for Health Care and Other Institutions* is being hosted as the 2nd event in a series of year-long programs of the Healthy Food in Health Care initiative and the Local Foods to Local Hospitals initiative of Maryland Hospitals for a Healthy Environment (MD H2E). MD H2E is a regional organizer of the national Healthy Food in Health Care program by Health Care Without Harm.

Maryland Hospitals for a Healthy Environment received funding from the USDA Federal State Marketing Improvement Program and the Blaustein Fund in September 2010 to provide technical assistance and support to Maryland and DC hospitals and other institutions to implement local sustainable meat and poultry purchasing initiatives at their facilities.

The purpose of this initiative is to:

- to increase the purchase and availability of local sustainable meat and poultry at hospitals and other institutions in Maryland and DC, including schools, universities, nursing homes,
- to increase the market for producers in Maryland and the Mid-Atlantic region of sustainably produced protein foods through increased purchases of these products by food service personnel at area health care facilities and other institutions.
- change the food system so it values sustainable agricultural practices and local/regional sourcing as key factors in providing healthier food and supporting community health goals

The initiative also includes:

- establishing the Food Leadership Council of Maryland & DC as a forum for institutional food service purchasers to share best practices and work collaboratively to facilitate local sustainable meat and poultry purchasing;
- meeting with local farmers, processors, group purchasing organizations, distributors, and food service contractors to address challenges and identify effective purchasing strategies for local sustainable meat and poultry;
- hosting events including this conference and a training for chefs and cooks on using local, sustainable meats and poultry in institutional foodservice;
- communicating with these stakeholders through listservs, newsletters and presentations to keep them informed and engaged, to share resources, and to facilitate networking and relationships; and
- facilitating recognition from the media to highlight the shifts toward local sustainable products in institutional purchasing.

Special Thanks to our Funders

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Sara Ducey
Molly Englund**

**Kim Gilchrist
Louise Mitchell
Corrine Mohnasky
Keith Molesworth
Sandy Murphy
Ginger Myers**

**Jessica Nardi
Nemi Ogunronke
Derrick Purcell
Priya Saha
Deb Smith**

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Instructors

**Susan Callahan
Renee Catacalos
Sara Ducey**

**Rajiv Jaggi
William Morgan**

**Louise Mitchell
Ginger Myers**

Venue **The Universities at Shady Grove**
<http://www.shadygrove.umd.edu/>

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Agenda

Chefs and Cooks Training *For Health Care and Other Institutions*

Friday, October 14, 2011

7:00 am – 2:00 pm

Universities at Shady Grove

9630 Gudelsky Drive
Rockville, Maryland 20850

- 6:45 am **Registration and Local Sustainable Breakfast**
Bon Appétit Management Company, *Universities at Shady Grove, Rockville, Maryland.*
- 7:10 am **Welcome & Introduction: Healthy Food in Health Care**
Health & Environmental Effects of Large-Scale Meat & Poultry Production
Louise Mitchell, Sustainable Foods Program Manager, *Maryland Hospitals for a Healthy Environment (MD H2E).*
Priya Saha, Sustainable Foods Coordinator, *Maryland Hospitals for a Healthy Environment (MD H2E).*
- 7:40 am **Nutritional Benefits of Pasture Raised Meat & Poultry**
Sara Ducey, MS, CNS, Certified Nutrition Specialist, Faculty Member, *Montgomery College, Rockville, Maryland.*
- 8:15 am **Cost Saving Strategies**
Renee Catacalos, Community-Building Coordinator, *Future Harvest-CASA*; Board Member, *FRESHFARM Markets and Riverdale Park Farmers Market*; Steering Committee Member, *Buy Fresh Buy Local*; Communications Consultant, *Maryland Hospitals for a Healthy Environment (MDH2E).*
- 8:35 am **Break and Snack**
- 8:45 am **Cuts of Beef and Pork**
Ginger Myers, Director, *Maryland Rural Enterprise Development Center*; Agricultural Marketing Specialist and Chair of the Maryland Niche Meats and Poultry Producers Working Group, *University of Maryland Extension, Western Maryland Research and Education Center*; Agricultural Consultant, *Maryland Hospitals for a Healthy Environment (MDH2E)*; Farmer/Meat and Poultry Producer, *Evermore Farm, Westminster, Maryland.*
- 9:20 am **Break**

- 9:25 am **Cooking Instruction – 5 Recipe Stations**
William Morgan, Executive Chef, *Union Hospital of Cecil County, Elkton, Maryland.*
Rajiv Jaggi, Senior Manager, Culinary Development, Health Care Brand Management, *Sodexo, Gaithersburg, Maryland.*
Susan Callahan, CHE, Chef Educator, Faculty Member, Department of Hotel and Restaurant Management, *University of Maryland Eastern Shore, Universities at Shady Grove, Rockville, Maryland.*
- 11:30 am **Local Sustainable Lunch**
- 12:15 pm **Value Cuts of Poultry, Fabrication of Whole Chicken, Bone Broth Technique**
William Morgan, Executive Chef, *Union Hospital of Cecil County, Elkton, Maryland.*
- 1:15 pm **Reworking Your Hospital Menu: Including Local, Sustainable and Seasonal Foods
Wrap Up & Evaluation**
Louise Mitchell, Sustainable Foods Program Manager, *Maryland Hospitals for a Healthy Environment (MDH2E).*
Priya Saha, Sustainable Foods Coordinator, *Maryland Hospitals for a Healthy Environment (MDH2E).*
- 2:00pm **Adjourn**

Instructors

Susan Callahan, CHE

Chef Instructor/Lecturer

University of Maryland Eastern Shore at Shady Grove



Susan Callahan teaches for UMES Department of Hotel and Restaurant Management and is the faculty sponsor of the UMES Campus Kitchen Project, an embedded service learning program where each month students plan, prepare and deliver meals to formally homeless families. Callahan received her Bachelor of Arts degree from Mount Saint Mary's College in Hooksett, NH; completed a theory and techniques course in culinary arts from L'Academie Cuisine Bethesda and Master's in Art Le Cordon Bleu Adelaide in Gastronomy. Her 25 years of experience in food service, education and training includes varied tours of duty such as cooking and serving meals in a community kitchen with former President of the United States Bill Clinton and cooking and serving for the Olympic Ski Team on an Alaskan mountain. Callahan has received the 2009 Camille Kendall Excellence in Teaching from the Board of Advisors and the Les Dames D'Escoffier Community Service Award in 2000.

Renee Catacalos

Community Building Coordinator, Future Harvest—Chesapeake Alliance of Sustainable Agriculture

Communications Consultant, Maryland Hospitals for a Healthy Environment

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, 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. 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.



Sara Bachman Ducey, MS, CNS

Certified Nutrition Specialist, Faculty Member

Montgomery College, Rockville, Maryland



Sarah Ducey earned a B.S. in plant and soil science from the University of Massachusetts at Amherst, and an M.S. in human nutrition from Michigan State University. She is completing a M.P.H. in Environmental Health Sciences at University of Maryland (College Park). Sara is course coordinator for the expanding *Nutrition and Food* curriculum at Montgomery College in Rockville, Maryland. She has taught at Tai Sophia Institute, The Catholic University of America and the University of Maryland. She chaired the curriculum development team for the new M.S. in *Nutrition and Integrative Health* at the Tai Sophia Institute (2010). Sara is co-producer, with Emmy-award winning producer Dan Rankin, of the Montgomery College television show: *Food for Thought*. She was a radio commentator doing nutrition segments on *Metro Talk with Jerry Phillips*, which aired Washington, DC area. Sara is the vice president of the Maryland Nutritionists' Association. Sara's work centers on environmental nutrition. She is co-author of the chapter "Presence of Pharmaceuticals and Personal Care Products in the Environment – A Concern for Human Health?" in *Contaminants of Emerging Concern in the Environment: Ecological and Human Health Considerations* (American Chemical Society, 2010).

Chef Rajiv Jaggi

Senior Manager, Culinary Development, Health Care Brand Management



Sodexo, Gaithersburg, Maryland

Chef Rajiv Jaggi started his career at the Hyatt Regency in Delhi and learned classic Indian Cuisine at the Aangan Restaurant. In the US, he completed his Bachelors Degree in Business Administration and then graduated from the Culinary Institute of America in Hyde Park, NY. He then moved to Boston and learned how to run a restaurant at Chef David Kinkead's Spasso's Italian Restaurant. He next opened Jaipur Café, an Indian fast food establishment and after moving to New Jersey opened Aangan Indian Restaurant which received a four star rating in just a matter of three months. He developed menus for Flying Food Group, which manages 26 Airlines and hosted Inaugural Flights for Singapore, British Midland, P.I.A, and Asiana Airlines. He has catered to various dignitaries such as the President of Korea, Prime Minister of India, King of Kuwait, Prime Minister of France, and President of Pakistan and also major league sports teams in New York and Chicago. Joining Sodexo USA, he managed Shedd Aquarium, catering many events including the GALA for the Shedd which was 1000 guests at \$1000 a plate. He has been actively involved in developing Indian recipes for the health care division and promoting Indian cuisine at many corporate accounts within the Sodexo group. He is currently the National Development Chef for the Health Care Division of Sodexo USA and develops patient and retail menus.

Louise Mitchell, P.T.

Sustainable Foods Program Manager



Maryland Hospitals for a Healthy Environment

Louise Mitchell is the sustainable foods program manager at Maryland Hospitals for a Healthy Environment (also known as MD H2E), a program of the University of Maryland School of Nursing. She is also a regional organizer of the *Healthy Food in Health Care* program for Health Care Without Harm. Louise provides technical assistance to the food service professionals in Maryland and DC hospitals on strategies for increasing their purchase of local and sustainably produced foods, launching on-site farmers' markets, CSAs and gardens, implementing environmentally sustainable practices, and promoting their initiatives. Louise has a diverse background as a physical therapist, a publicist for non-profit organizations promoting conferences on nutrition, integrative medicine, sustainable agriculture and environmental issues, and in 2002 she helped start a farm which focuses on growing mineral-rich foods.

Chef William Morgan

Executive Chef

Union Hospital of Cecil County



William Morgan is the Executive Chef at Union Hospital of Cecil County in Elkton, Maryland and a graduate of the Culinary Institute of America. He has 10+ years of corporate and restaurant food service experience including Corporate Food Service Manager for T-Mobile, Chef Trainer for Morrison Senior Dining Services, and Sous Chef at several fine dining farm-to-table restaurants. He was also part of the opening team that launched the Bolete restaurant in Bethlehem, Pennsylvania, which was named one of the Conde-Nast Hot Tables for 2008 and one of the 105 Hottest New Restaurants internationally named by Food & Wine Magazine. He is currently completing his bachelor's degree in Hotel and Restaurant Management at Pennsylvania State University. He recently chose to work at Union Hospital of Cecil County because of the commitment and steady progress that Food & Nutrition Services Manager Holly Emmons has demonstrated in providing healthier local, sustainable foods. In addition to sourcing more and more local sustainable foods, William's goal is to eliminate the refined foods in the menu and switch to providing minimally processed, nutrient-dense whole foods in the meals at the hospital.

Ginger Myers

Director of the Maryland Rural Enterprise Development Center & Agricultural Marketing Specialist
College of Agriculture & Natural Resources at University of Maryland Extension
Agricultural Consultant, Maryland Hospitals for a Healthy Environment



Ginger Myers is the Director of the Maryland Rural Enterprise Development Center & 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 produc-

ers working group and hosts the group’s directory, the Maryland Niche Meats & Poultry Directory, on her website: 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.

Priya Saha, BSN, RN

Sustainable Foods Coordinator
Maryland Hospitals for a Healthy Environment



Priya Saha 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.

Quinoa-Stuffed Acorn Squash

Ingredients:

- 3 acorn squash, halved and seeded
- 1 Tbsp Olive oil
- 1/2 c Small dice onions
- 1/2 c quinoa, rinsed and drained
- 1 c Home made Chicken Stock
- 1/2 tsp salt
- 1/8 tsp fresh ground black pepper
- 2 Tbsp chopped fresh parsley
- 4 Tbsp grated Parmesan cheese
- 1 Cup diced boneless skinless chicken breast

Prep:

1. Preheat oven to 350°. Spray or oil the bottom of a baking pan and arrange acorn squash cut side down. Bake until the squash are tender, about 45 to 55 minutes. Leave the oven on. Let squash cool slightly.
2. Meanwhile, bring the chicken broth to a slight simmer and add the diced chicken breast. Cook until cooked through. Remove the chicken and cool.
3. Melt oil in a large skillet over medium heat. Add onions, stirring until golden, about 8 minutes. Add quinoa, stirring until toasted, about 3 minutes. Stir in stock. Bring to a boil. Reduce heat and simmer, covered, for 15 minutes. Uncover and let cool slightly.
4. Scoop out half of the pulp from each portion of squash and dice. Turn the halves cut side up and season with salt and pepper. Combine quinoa mixture, chicken breast meat, and diced squash. Stir in parsley, and 2 tablespoons of cheese. Spoon mixture into the squash cavities, distributing evenly. Sprinkle the tops with the remaining 2 tablespoons of cheese. Bake until heated through, about 20 minutes.

Substitutions:

Squash:	Butternut squash, zucchini, other hearty squashes
Quinoa:	Wheatberry, lentil, other hearty grains
Nuts:	You may also add a nut for additional textural contrast
Herbs:	Other herbs such as basil, cilantro, and marjoram may be added to change the flavor profile.
Chicken Breast:	Substitute ground sausage or pork or any other lean protein.

Braised Chicken with Apple Cider, Apples, & Mustard

Ingredients:

- 6 bone-in, skinless chicken thighs
- Salt & Pepper for seasoning
- 2 tablespoons olive oil
- 2 tablespoons butter
- ½ cup mirepoix (onions, celery, butternut squash)
- 6 apples (Rome or granny smith)
- 2 cups fresh apple cider
- ¼ cup Dijon mustard
- 1 Tbsp or 1 sprig fresh sage chiffonade
- 3 sprigs fresh thyme
- Some chopped fresh parsley for garnish
- Pinch cinnamon and clove.

Prep:

1. Preheat your oven to 350° F
2. Rinse the chicken under cold water and pat dry. Season with salt & pepper.
3. Core the apples. Slice them into sixths. Transfer the apples to a baking dish, sprinkle with cinnamon and clove and dot with butter. Roast until slightly tender.
4. In a large Dutch oven or enameled pot, heat the olive oil. When hot but not smoking, brown the chicken pieces a few at a time being sure not to crowd the pan with too many pieces or they will steam. Depending on the size of the pan, you may have to do this in batches.
5. When all sides are browned, remove the chicken from the pot and transfer it to a plate to reserve. Pour out most of the butter/oil fat from the pan, but leave about 1 tablespoon for browning mirepoix.
6. Over medium high heat, cook the mirepoix for about 4 minutes until slightly caramelized.
7. Add the cider to the pan to deglaze. Bring to a boil. Using a wooden spoon, scrape any bits of browned chicken from the pan.
8. Now add the mustard and using whisk, stir the mustard into the cider. Return the chicken pieces along with any juices that may have leaked out back to the pan. Add the sage and thyme sprigs, cover and place the pan into the oven on the middle rack. Bake the meat until tender about 50 minutes.
9. Carefully remove the chicken and fruit to a plate with a slotted spoon and cover. Strain the liquid and skim the fat from the surface of the broth.
10. Transfer liquid and mirepoix to a blender and puree, reduce to a glaze. Serve on the chicken and garnish with apples.

Substitutions:

Apples, pears, quince, other stone fruits may be used in place of the apples
Other fruit juices may also be used to vary the braising liquid.

Serve with roasted root vegetables

Beef Stew

Make this stew in a large, heavy-bottomed soup kettle measuring at least ten inches in diameter. If the kettle is any smaller, you may need to cook the meat in three batches rather than two.

Ingredients:

- 3 pounds chuck-eye roast , cut into 1 1/2-inch cubes
- 1 ½ teaspoons table salt
- 1 teaspoon ground black pepper
- 3 tablespoons vegetable oil
- 2 medium onions , chopped coarse (about 2 cups)
- 3 medium cloves garlic , minced
- 2 cups chicken broth
- 2 bay leaves
- 1 teaspoon dried thyme
- 6 small boiling potatoes, peeled and halved
- 4 large carrots, peeled and sliced 1/4-inch thick
- 1 cup frozen peas (6 ounces), thawed
- ¼ cup minced fresh parsley leaves

Prep:

1. Heat oven to 300 degrees. Place beef cubes in large bowl. Sprinkle with salt and pepper; toss to coat. Heat 2 tablespoons of the oil over medium-high heat in large non-reactive soup kettle; add beef to kettle in two separate batches. Brown meat on all sides, about 5 minutes per batch, adding remaining tablespoon of oil if needed. Remove meat and set aside. Add onions to now empty kettle; sauté until almost softened, 4 to 5 minutes. Reduce heat to medium and add garlic; continue to sauté about 30 seconds longer. Add broth, scraping up any browned bits that may have stuck to kettle. Add bay leaves, and thyme; bring to simmer. Add meat; return to simmer. Cover and place in oven; simmer about 1 hour.
2. Remove kettle from oven, add potatoes and carrots, cover, and return to oven. Simmer until meat is just tender, about 1 hour. Remove stew from oven. (Can be cooled, covered, and refrigerated up to 3 days.)
3. Add peas and allow to stand 5 minutes. Stir in parsley, adjust seasonings, and serve.

Substitutions:

Meat:	Pork, chicken, or other lean meats
Carrots:	Root vegetables such as turnips and parsnips

Kofta Kabobs

Ingredients:

- 4 cloves garlic, minced
- 1 teaspoon kosher salt
- 1 pound ground beef
- 3 tablespoons grated or pureed onion
- 3 tablespoons chopped fresh parsley
- 1 Tbsp Fresh ginger
- 1 tablespoon fresh cilantro
- ½ teaspoon paprika
- Zest of one lemon
- Juice of half a lemon
- 1 tbspoon fresh mint
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- 1/2 tablespoon ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 1 egg for coagulation

Prep:

1. Mash the garlic into a paste with the salt using the flat side of a chef's knife
2. on your cutting board. Mix the garlic into the ground beef along with the onion, and all of the remaining spices and herbs. in a mixing bowl until well blended. Form the mixture flattening into a 2 inch oval; repeat with the remaining meat. Place the kebabs onto a baking sheet, cover, and refrigerate at least 30 minutes, or up to 12 hours.
3. Preheat a grill for medium heat, and lightly oil grate.
4. Cook the skewers on the preheated grill, turning occasionally, until the beef has cooked to your desired degree of doneness.

Substitutions:

Meat: other lean meats such as pork or chicken

French Pork and White Bean Casserole (Cassoulet)

Ingredients:

- Table salt
- 1 pound dried cannellini beans (about 2 cups), rinsed and picked over white or navy bean
- 2 medium celery ribs
- 1 bay leaf
- 4 sprigs fresh thyme
- 1 ½ pounds fresh French garlic sausage (see note)
- 4 ounces salt pork , rinsed of excess salt
- 4 tablespoons vegetable oil
- 1 ½ pounds pork shoulder , cut into 1-inch chunks
- 1 large onion , chopped fine (about 1 1/2 cups)
- 2 medium carrots , peeled and cut into 1/4-inch dice (about 1 cup)
- 4 medium cloves garlic , minced or pressed through garlic press (about 4 teaspoons)
- 1 t tablespoon tomato paste
- 1 (14.5-ounce) can diced tomatoes
- ½ cup dry white wine
- 4 cups low-sodium chicken broth
- Ground black pepper
- 4l arge slices high-quality white sandwich bread , torn into rough pieces
- ½ cup chopped fresh parsley leaves

Prep:

1. Dissolve 2 tablespoons salt in 3 quarts cold water in large bowl or container. Add beans and soak at room temperature, 8 to 24 hours. Drain and rinse well.
2. Adjust oven rack to lower-middle position and heat oven to 300 degrees. Using kitchen twine, tie together celery, bay leaf, and thyme. Place sausage and salt pork in medium saucepan and add cold water to cover by 1 inch; bring to boil over high heat. Reduce heat to simmer and cook 5 minutes. Transfer sausages to cutting board, allow to cool slightly, and then cut into 1-inch pieces. Remove salt pork from water; set aside.
3. Heat 2 tablespoons oil in large Dutch oven over medium-high heat until beginning to smoke. Add sausage pieces and brown on all sides, 8 to 12 minutes total. Transfer to medium bowl. Add pork shoulder and brown on all sides, 8 to 12 minutes total. Add onion and carrots; cook, stirring

- constantly, until onion is translucent, about 2 minutes. Add garlic and tomato paste and cook, stirring constantly, until fragrant, 30 seconds. Return sausage to Dutch oven; add white wine, using wooden spoon to scrape browned bits from bottom of pan. Cook until slightly reduced, about 30 seconds. Stir in tomatoes, celery bundle, and reserved salt pork.
4. Stir in broth and beans, pressing beans into even layer. If any beans are completely exposed, add up to 1 cup water to submerge (beans may still break surface of liquid). Increase heat to high and bring to simmer. Cover pot, transfer to oven, and cook until beans are tender, about 1 1/2 hours. Remove celery bundle and salt pork and discard. (Alternatively, dice salt pork and return to casserole.) Using large spoon, skim fat from surface and discard. Season with salt and pepper. Increase oven temperature to 350 degrees and bake, uncovered, 20 minutes.
 5. Meanwhile, pulse bread and remaining 2 tablespoons oil in food processor until crumbs are no larger than 1/8 inch, 8 to ten 1-second pulses. Transfer to medium bowl, add parsley, and toss to combine. Season with salt and pepper.
 6. Sprinkle 1/2 cup bread-crumble mixture evenly over casserole; bake, covered, 15 minutes. Remove lid and bake 15 minutes longer. Sprinkle remaining bread-crumble mixture over top of casserole and bake until topping is golden brown, about 30 minutes. Let rest 15 minutes before serving.

Slow-Roasted Pork Shoulder with Cherry sauce

Ingredients:

- Pork Roast
- 1 bone-in pork butt , 6 to 8 pounds (see note)
- 1/3cup kosher salt
- 1/3cup packed light brown sugar
- Ground black pepper
- Cherry Sauce
- 10 ounces fresh or frozen pitted cherries
- 2 cups red wine
- ¾ cup granulated sugar
- ¼ cup plus 1 tablespoon red wine vinegar
- ¼ cup ruby port

Prep:

1. For the roast: Using sharp knife, cut slits 1 inch apart in crosshatch pattern in fat cap of roast, being careful not to cut into meat. Combine salt and brown sugar in medium bowl. Rub salt mixture over entire pork shoulder and into slits. Wrap roast tightly in double layer of plastic wrap, place on rimmed baking sheet, and refrigerate at least 12 and up to 24 hours.
2. Adjust oven rack to lowest position and heat oven to 325 degrees. Unwrap roast and brush off any excess salt mixture from surface. Season roast with pepper. Transfer roast to V-rack coated with nonstick cooking spray set in large roasting pan and add 1 quart water to roasting pan.
3. Cook roast, basting twice during cooking, until meat is extremely tender and instant-read thermometer inserted into roast near but not touching bone registers 190 degrees, 5 to 6 hours. Transfer roast to carving board and let rest, loosely tented with foil, 1 hour. Transfer liquid in roasting pan to fat separator and let stand 5 minutes. Pour off ¼ cup jus; discard fat and reserve remaining jus for another use.
4. For the sauce: Bring cherries, wine, granulated sugar, ¼ cup vinegar, ¼ cup defatted jus, and ruby port to simmer in small saucepan; cook, stirring occasionally, until reduced to 1 1/2 cups, about 30 minutes. Stir in remaining tablespoon vinegar. Cover and keep warm.
Using sharp paring knife, cut around inverted T-shaped bone until it can be pulled free from roast (use clean kitchen towel to grasp bone). Using serrated knife, slice roast. Serve, passing sauce separately.

Stock Master Recipe

Yield: 1 gallon

Ingredients

8lbs meaty bones

6qt cold water

Salt and pepper

Mirepoix

8oz onions

4 oz carrots

4oz celery

Herbs

(parsley and stems, fresh thyme, bay leaf, garlic clove)

Method

1. Rinse bones under cold water till clear, place in a stockpot or kettle.
2. Add cold water and slowly bring to a simmer, skimming the scum and fat from the surface. Cook for 3-4 hours
3. Add the Mirepoix and herbs and simmer for another hour minimum.
4. Strain through a sieve lined with cheese cloth and cool.

Options:

There may be other flavor components added to accent the stock based upon the final usage. For a general usage, the stock should be kept as basic as possible.

- 1) Brown the bones in an oven until brown, then add as you would in step 2. This will render a brown chicken stock.
- 2) Juniper and other hearty woody herbs and spices may be used for game birds.
- 3) Dried mushrooms for earthy notes.
- 4) Ginger, lemongrass, chilies for Asian dishes.

Maryland Hospitals for a Healthy Environment



www.mdh2e.org



Healthy Food in Health Care

The Healthy Food in Health Care Initiative at Maryland Hospitals for a Healthy Environment (MD H2E) is a grant funded program of the Environmental Health Education Center at the University of Maryland School of Nursing. The program works with food service professionals in hospitals throughout Maryland to support them in providing and promoting healthier, local and sustainably produced foods to their patients, staff, visitors and surrounding communities. It also supports them in hosting farmers' markets & CSAs, and implementing sustainable practices at their hospitals.

This statewide program is modeled after the national Healthy Food in Health Care program of Health Care Without Harm. In addition to providing foods that are more whole and nutritious, the program encourages hospitals to purchase food from a food system that is ecologically sound, economically viable, and socially responsible.

Sustainably produced foods include foods from local farmers, organic food, milk and other dairy products produced without synthetic growth hormones, meat and poultry produced without the routine use of antibiotics, and fair trade coffee, to name a few. The sustainable practices that we support hospitals in implementing include composting, recycling, fryer grease recycling, using reusable or biodegradable dishware and utensils, and implementing integrated pest management practices. The program also supports hospitals with increasing the availability and promotion of healthier foods to their employees, visitors and surrounding community members by hosting on-site farmers' markets, farm stands, gardens and community supported agriculture (CSAs), creating fastfood free zones, and supplying healthier foods in the vending machines.

Maryland Hospitals for a Healthy Environment is a statewide technical assistance and networking initiative that works with health care facilities to prevent pollution, reduce the generation of solid, hazardous, and special medical waste, eliminate mercury, recycle, and implement other programs such as environmentally preferable purchasing, green building, green cleaning and integrated pest management. It is supported by Practice Greenhealth, a newly formed national initiative of Hospitals for a Healthy Environment, the Green Guide for Health Care, and the Healthcare Clean Energy Exchange.

Maryland Hospitals for a Healthy Environment (MD H2E) is funded by several local foundations through the Association of Baltimore Area Grantmakers (ABAG) and by the USDA's Federal State Marketing Improvement Program (FSMIP).

For more information, contact Louise Mitchell, Sustainable Foods Coordinator at 410-706-1924 or Lmitc001@son.umaryland.edu.

Maryland Hospitals for a Healthy Environment: www.mdh2e.org

Healthy Food in Health Care: www.healthyfoodinhealthcare.org

The Food Leadership Council of Maryland & DC

The Food Leadership Council of Maryland & DC launched in December 2009 as part of MD H2E's Healthy Food in Health Care program. It formed to create a mechanism for foodservice professionals in healthcare and other institutions to help lead state efforts in facilitating institutional buy-in to local food purchasing, particularly regarding proteins, and to sustain the work begun by Maryland Hospitals for a Healthy Environment's sustainable food initiatives.

It was modeled after Health Care Food Leadership Councils in San Francisco, Philadelphia and other regions where Health Care Without Harm is implementing healthy food initiatives.

The Food Leadership Council meets, or talks via conference call, monthly to address the issues and strategies and to share best practices for increasing the use of local sustainable meats, poultry and other foods in institutional foodservice. Members help execute local food purchasing campaigns to raise awareness of specific issues, such as the effort to prohibit arsenic in poultry feed in Maryland, or special observances, such as the Buy Local Challenge. They share and foster cost-effective strategies for implementing the Healthy Food in Healthcare pledge as well as the Balanced Menus Challenge.

To participate: contact Louise Mitchell at 410-706-1924 or lmitc001@son.umaryland.edu



This dinner fundraiser was hosted on March 4, 2010 by the Food Leadership Council of Maryland & DC, including these chefs from Maryland hospitals, the Pier 5 Hotel and the Maryland Science Center. The "Balance Meets Taste" event served local sustainable foods using the principles of the Balanced Menus Challenge by Health Care Without Harm. The \$100 per plate event raised \$2000 which they donated to benefit local sustainable farmer members of Future Harvest – Chesapeake Alliance for Sustainable Agriculture.

Cost-Saving Strategies

for Purchasing Local Sustainable Meat and Poultry

Reduction Strategies

- Reduce purchases of meat & poultry
 - Reduce portion sizes of meat & poultry
 - Move meat away from the center of the plate
 - Substitute with vegetarian meals
 - vegetables, whole grains, legumes, nuts, seeds, fruit
 - Phase out higher end cuts of meat & poultry
 - Phase in economical cuts of meat & poultry

Culinary Strategies

- Move meat away from the center of the plate
- Reduce reliance on 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 (see next slide)
- Marinate and tenderize grass-fed meat
- Create delicious meals with spices, sauces, braises, stock, etc.
 - Delicious foods sell, whether vegetarian or grass-fed meat

Use Economical Cuts of Meat

- Beef
 - Ground and stew
 - Roasts
- Pork
 - Shoulder
 - Butt
 - Country ribs
 - Sausage
- Chicken & Turkey
 - Legs and thighs
 - Sausage
- For All Meat
 - Use bones, backs, necks, knuckles, feet, heads, etc to make stock

Volume Purchasing 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
- Create a buyer-grower co-operative of local sustainable foods
- Commit to distributors, GPOs and other hospitals to buying certain cuts from local sustainable producers regularly through them

Work with Your Group Purchasing Organization (GPO)

- Ask them to establish a contract with a local sustainable meat and poultry producers so you can purchase these products through your existing contracts
- Collaborate with other member hospitals to sign on to a letter requesting that they carry these products
- Hospitals around the country signed on to a letter to the GPO Premier
 - Now they have Murray's Chicken available on contract – chicken breasts, legs, thighs

Marketing Strategies

- Feature healthier foods as daily specials
- Promote healthier foods to increase revenue
 - Weekly or daily emails
 - Flyers at cash registers about upcoming menu items
 - Hospital newsletters
 - Give out samples to encourage purchases
 - Generate excitement and anticipation
 - Promote meals to the surrounding community
- Educate customers about the flavor, health and economic benefits of local sustainable foods

Menu Pricing Strategies

- Educate customers on the benefits of healthier, local, sustainable foods
- Group meals differently but keep same price
 - Remove salad or dinner roll, make some a la carte
- Price incentives and disincentives
 - Increase the price of less healthy foods
 - Maintain or decrease the price of healthier foods
- Survey – what % of customers will pay more
- Offer limited amount of local, sustainable foods at higher prices with heavy promotion

Implementation Strategies

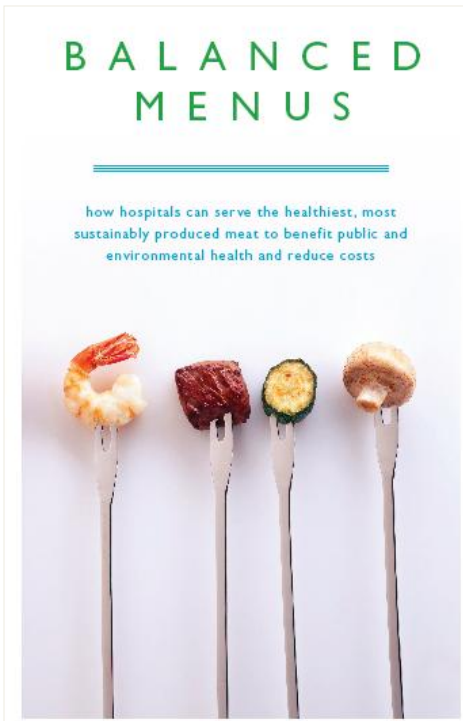
- Just try it once to see how the customers respond
- Start with 1 menu item
- Start with once a week or once a month
- Try as special a few times before making permanent menu changes

Less Meat, Better Meat – The Balanced Menu Challenge

1. Reduce meat purchasing by 20% over 12 months
(Meat = beef, pork, poultry)
2. Increase local & sustainably produced meat

Strategies for Implementation:

- Reduce portion sizes
- Move meat away from the center of the plate
- Switch to stir fries and stews
- Meatless Mondays
- Educate staff, patients, visitors
- Increase price of unhealthy foods
- Decrease price of healthier foods
- Fruit and vegetable physician prescription program
- Balanced Menu recipe toolkit

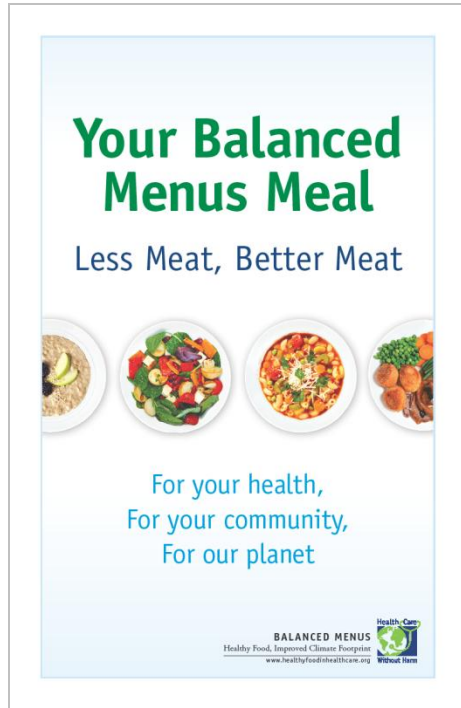


**10 Hospitals in MD
& DC signed on**

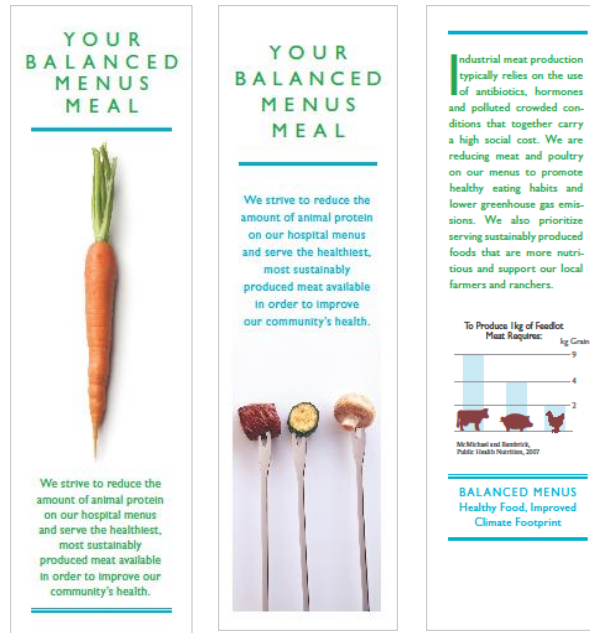
www.noharm.org/us_canada/issues/food/balanced_menus/challenge.php

Balanced Menus Marketing Tools

http://www.noharm.org/us_canada/issues/food/balanced_menus/marketing.php



Poster



Patient Tray Bookmarks

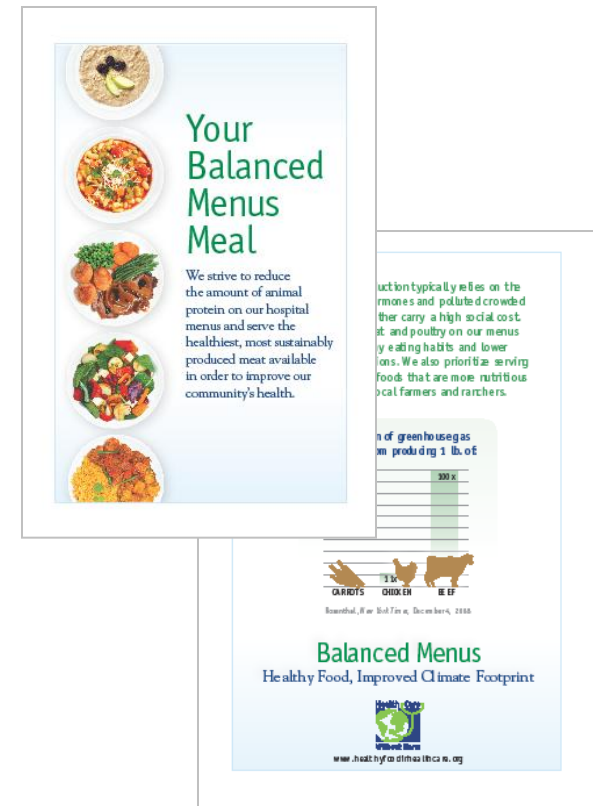


Table Tents

Recipes

www.noharm.org/us_canada/issues/food/balanced_menus/recipes.php

The Balanced Menus Recipe Collection

Welcome to the Balanced Menus Recipe Collection. This Collection contains entrée recipes submitted by health care facilities across the country to assist you in providing nutritious, delicious meals to your patients, visitors, and staff as you participate in the Balanced Menus Challenge http://www.noharm.org/us_canada/issues/food/balanced_menus/challenge.php.

While these recipes include the traditional information related to ingredients and preparation, you will find unique additions to help you not only reduce your overall use of meat and dairy products, but to substitute more sustainably produced and climate-friendly options when feasible. The suggestions made here are also in alignment with the Green Guide for Health Care (GGHC), Food Service Credits. The GGHC is a best practices guide for health care facilities who want to improve the sustainability of their operations, including foodservice.

- **Nutritional Content** of each recipes were measured against a set of nutritional criteria established by the Sustainable Foods in Health Care task force of dietitians. The criteria were sourced from numerous sites including the American Heart Association; however, emphasis was placed on the principles of the Balanced Menus Program, which includes consumption of healthy, sustainably raised, nutritious foods.
- **Seasonality Notes** were determined by reviewing the growing season of all produce within a recipe, based on the region from which the recipe originated. The seasonality and availability of ingredients in a recipe may change depending on where the recipe is being made. For more information on what is produced in your region by season, visit Field to Plate <http://www.fieldtoplate.com/guide> or Sustainable Table <http://www.sustainabletable.org/shop/seasonal/>.
- **Sustainable Purchasing Notes** are based on the third-party certified eco-labels and USDA approved product label claims outlined in GGHC Food Service Credit 3. http://www.noharm.org/us_canada/issues/food/planningcredit.php#credit3. This guidance is meant to provide you with a way to identify more sustainably produced food items using certifications and label claims that are considered “meaningful” for a given food category. Reliance on these certifications and terms is especially important when you are unable to visit a farm and/ or determine yourself whether the produce, chicken, or other foods, are produced using more sustainable and/ or humane methods.

We encourage you to learn about the food you purchase and ask questions:

- **Where does it come from?** The best way to make good purchasing choices is to get to know your farmer and your vendors. Ask your distributor to track the source of their purchases. Purchasing food locally and regionally will provide you with fresher foods and assist you in minimizing your environmental impact.
- **How was it grown, raised, harvested, processed?** Purchasing third party certified or USDA/FDA labeled items such as Organic is always recommended to support human and environmental health.
- **Are the people who produce the food treated in a safe, fair, and healthy manner?**
Learn more about the importance of purchasing fair trade foods:
 - Fair Trade Federation, <http://www.fairtradefederation.org/>
 - Domestic Fair Trade Federation, <http://www.thedfta.org/>

We also encourage you to communicate with your vendors and let them know that these attributes are important to you when purchasing food for your menus.

Enjoy these recipes as you work to create foodservice operations that are healthy for people, your community, and our environment!

Developed by Members of the Sustainable Foods in Health Care taskforce
A network relationship of the American Dietetic Association's Hunger and Environmental Nutrition Dietetic Practice Group and Health Care Without Harm.

ENTRÉE RECIPES

Acorn Squash with Wild Rice Pilaf
Akara (Black Eyed Pea Fritters)
Asparagus and Ricotta Cheese Quesadillas
Baked Tilapia Fresco
Bean and Kale Soup
Chicken Chili with White Beans
Chicken Primavera
Dal Tadaka
Good Shepherd Chili
Grilled Chicken Quinoa Pilaf
Herb Crusted Trout
Iranian Stuffed Tomatoes
Jewish Stuffed Cabbage Rolls
Organic Asian Pear Salad
Oven Poached Salmon
Pumpkin Soup
Quinoa Garbanzo Bean Tabouleh
Sea Bass
Southwestern Stuffed Peppers
Spinach Corn Casserole
Tofu Steaks with Red Pepper Sauce
Vegan Pasta Primavera
Vegetable Tofu Stir Fry
Vegetarian Meatloaf
Wild Rice Mushroom Soup
Whole Wheat Fettuccini with Winter Greens

Directories of Local Sustainable Meat and Poultry

Amazing Grazing

<http://www.futureharvestcasa.org/images/AmazingGrazing2010.pdf>

Maryland Niche Meat & Poultry Producers Directory 2011

agmarketing.umd.edu/documents/mdmeatspoultrydirectory.pdf

Eat Wild

<http://www.eatwild.com/>

Sustainable Table

<http://www.sustainabletable.org/home.php>

Local Harvest

<http://www.localharvest.org/>

Conventional and Sustainable Farming Practices

Maryland's Best

<http://marylandsbest.net/>

So Maryland So Good

<http://www.somarylandsogood.com/>

CSA's with Meat or Poultry

<http://www.localharvest.org/>

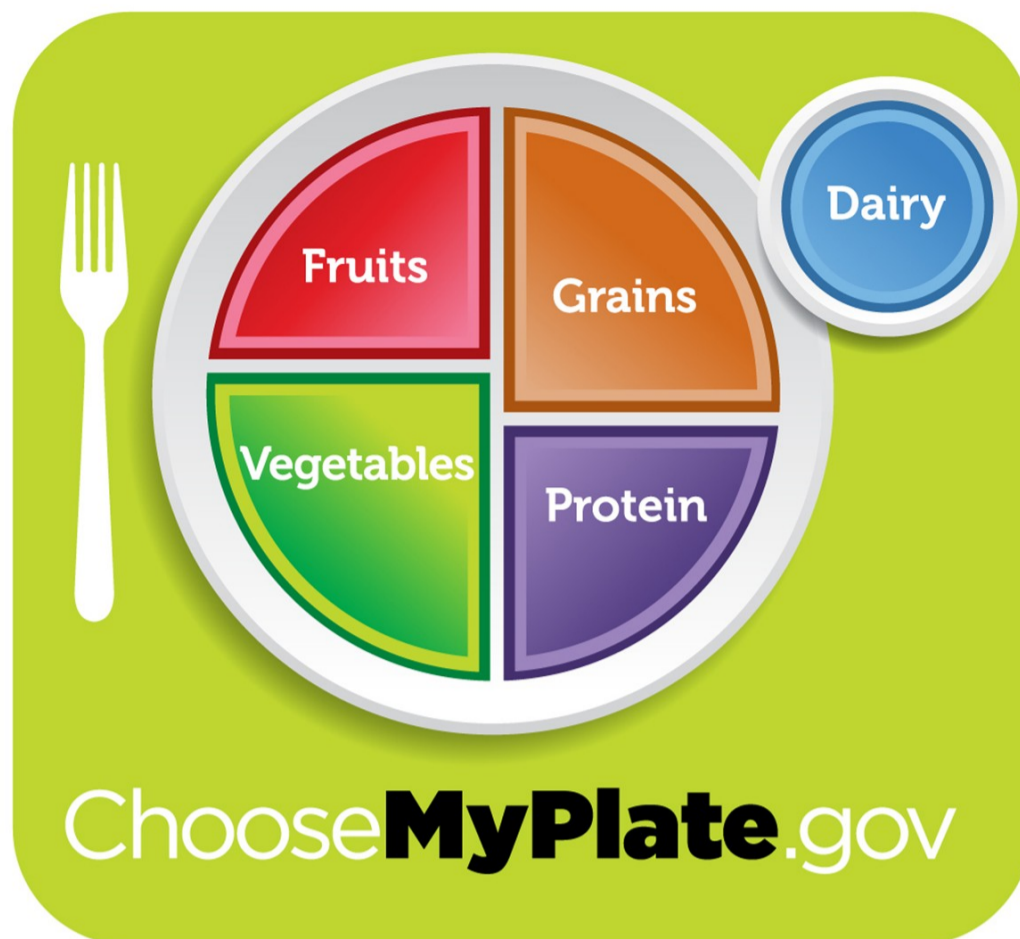
Local Food Directories

Maryland Farmers' Market Directory 2011

http://www.mda.state.md.us/md_products/farmers_market_dir.php

National Farmer's Market Directory

<http://www.localharvest.org/>



Balancing Calories

- o Calorie balance refers to the relationship between calories consumed from foods and beverages and calories expended in normal body function and through physical activity.
- o Achieve and sustain appropriate body weight across the lifespan to maintain good health and quality of life.
- o To address current calorie imbalance in the United States, individuals are encouraged to become more conscious of what, when, why and how much they eat.

Foods to Reduce

- o Certain foods and food components are consumed in excessive amounts and may increase the risk of certain chronic diseases. These include sodium, saturated fat, trans fatty acids, added sugars, and refined grains.
- o Eating less of these foods and food components can help Americans meet their nutritional needs within appropriate calorie levels and help to reduce risk of chronic diseases such as cardiovascular disease, diabetes and certain types of cancer.

Foods to Increase

- o Many Americans do not eat the variety of foods that will provide all needed nutrients while staying within calorie needs.
- o Intakes of vegetables, fruits, whole grains, milk and milk products and oils are lower than recommended. As a result, several key nutrients – potassium, dietary fiber, calcium and vitamin D – are of public health concern for both adults and children.
- o More emphasis is placed on foods choices that are nutrient dense and from the fruits, vegetables, whole grains, low-fat and fat-free milk and milk products food groups. These foods can help Americans close nutrient gaps and move toward healthful eating patterns.

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



November 10, 2011

7:30 a.m. - 4:15 p.m.

University of Maryland School of Nursing
655 W. Lombard Street, Baltimore, MD 21201

Join regional and national health care professionals, environmental industry experts, and educators for this learning and networking event designed to showcase the measurement practices of hospitals as they journey toward more sustainable environments for hospital staff, patients, and communities. The keynote speaker, plenary session, and smaller breakout sessions will explore how facilities are measuring sustainability success using quantitative and qualitative measures. Areas of measurement may include building design and construction, carbon footprint reductions, chemical usage reductions, community benefits, cost savings, employee engagement and/or satisfaction, patient exposure reductions, sustainable food practices, waste reduction, and water conservation.

Keynote Address:

Christina Vernon, AIA, LEED AP BD+C

Senior Director, Sustainability and Environmental Strategy
Office for a Healthy Environment
Cleveland Clinic

Panel Discussion: Implementing and Measuring Sustainability Efforts at Community Hospitals

Robert White

Assistant Vice President, Purchasing and Support Services
Carroll Hospital Center

Michael Forthman

Vice President, Facilities and Support Services
Greater Baltimore Medical Center

Jo Wilson, MBA, FACHE

Vice President, Ancillary Support Operations
Western Maryland Regional Medical Center

Moderator:

Joan D. Plisko, PhD

Technical Director
Maryland Hospitals for a Healthy Environment

Visit the conference website to view the full schedule and to register:

<http://nursing.umaryland.edu/events/environmental/2011/>

For additional information: pe@son.umaryland.edu

******Feel free to forward this announcement to colleagues.******