

# CleanMed 2006

Seattle, WA • 18 April, 2006

## Healthy Food in Healthcare Preconference Workshop

As places of healing, hospitals have a natural incentive to provide food that is healthy for people and the environment in which we live. By understanding the link between food production and food related disease, health care practitioners can begin to educate their patients, model appropriate food purchasing and help transition the way our food production and distribution system to one that is protective of human health.

This one-day workshop is designed to help participants learn about the latest trend and growing demand for sustainable and nutritious healthcare food. Attendees will learn about cost effective procurement strategies that emphasize health concerns that meet the unique needs of health care. Participants will also receive tools and references to help them implement innovative ideas into their food service and dietary programs.

### Pre-Conference Workshop Agenda

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#### 8:30 - 10:00 Morning Session 1 – Ecological Health and Food Production

**8:30 - 8:40 Introduction and Welcome**  
**Jamie Harvie, P.E.**, Institute for a Sustainable Future

**8:40 - 9:20 Industrialized Agriculture - Grain, Fruit and Vegetables:**  
Over the last 40 years food production, distribution and processing has changed dramatically. Learn about current industrialized farming practices and resulting impacts on health and society.  
**Gina Solomon, M.D.**, University of California San Francisco Medical School / Natural Resources Defense Council

**9:20 - 10:00 Agribusiness: Meat and Poultry Production:** Most consumers are unfamiliar with how and where their meat is raised. This session will explain the history and current state of meat and poultry production. Learn about ecological health impacts from CAFO meat production. Antibiotic resistance, water and air impacts will be some of the issues explored. Are there better ways of producing meat and poultry?  
**David Wallinga, M.D.**, Institute for Agriculture and Trade Policy

**10:00 - 10:20 Break**

#### 10:20 - noon Morning Session 2 – Getting Started

**10:20 - 10:50 Intro to Certified Foods:** Make sure you are getting what you want in this overview of certified foods. What are they, and what are they not? Organic, Food Alliance, and Fair Trade examples will be highlighted.  
**Scot Exo, Executive Director**, Food Alliance

**10:50 - 11:25 Dietetics and Sustainable Agriculture:** Just as physicians receive little training in nutrition, dieticians receive little formal training in agriculture and food systems. Recognition of this important linkage is growing rapidly. Learn about an ecological health approach to diet choice and this growing movement in dietetics.  
**Steven Garrett, MS, MA, RD**, Henry Luce Fellow, University of Washington

**11:25 - noon Menu of Options - Getting Started on Healthy Food:** Overwhelmed by where to start? There are many options for hospitals interested in food work. Pick from the “menu”.  
**Mary Cranley, R.N.**, Kaiser Permanente

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**noon - 1:00**      **Lunch**

**1:15 - 2:30**      **Afternoon Session 1 – Case Studies**

**1:15 - 2:30**      **Case Study: Good Shepherd Medical Center**

Most canned and packaged foods have been replaced with organic vegetables and fruit. Whole grain breads and meats free of antibiotics and hormones have also been introduced.

**Nancy Gummer**, Good Shepherd Medical Center

**Case Study: Healthcare System** Kaiser Permanente has adopted a sustainable food policy and begun implementing a comprehensive approach to nutritious sustainable food.

**Elizabeth Bailey MS, RD**, Kaiser Permanente

**Case Study: St. Luke's Hospital** This Minnesota facility is taking a stepwise approach. They have introduced Fair Trade coffee, offerings of organic fruit and vegetables, and rBGH free milk.

**LeeAnn Tomczyk**, St. Luke's Hospital

**2:30 – 2:45**      **Break**

**2:45 - 4:15**      **Afternoon Session 2 - Local and Sustainable Sourcing**

**2:45 - 3:30**      **Case Study:** GROWN Locally is a cooperative of 14 farm producers in the northeast corner of Iowa. The farms are small, human-scale operations which raise products and distribute to local institutions.

**Solveig Hanson**, GROWN Locally

**Case Study:** In response to healthcare demand the California Alliance of Family Farmers is developing facilitated distribution models to meet the demand of healthcare institutions for fresh, local produce. JCAHO and liability myths will also be addressed.

**Anya Fernald**, California Alliance with Family Farmers

**3:30 - 4:15**      **Distributors Panel** – Learn what your distributors are doing to help your facility source local, sustainable food products.

**Invited: United Natural Food Inc, US Food Service, Sysco**

**4:15 - 4:30**      **Break**

**4:30 - 5:30**      **Afternoon Session 3**

**4:30 - 4:45**      **Purchasing Tools:** Learn an overview of the variety of “tools” to help your facility engage your food service contractor, distributor and/or GPO.

**Marie Kulick**, Institute for Agriculture and Trade Policy

**4:45 - 5:30**      **Menu Planning, Adapting for Local Sourcing:** In the role of Executive Chef and Director of Sustainable Dining at Yale, John challenged the conventional approach of the food business with a back to basics, nurturing approach. Learn from his example on menu design, recipes, and labour and kitchen design challenges.

**John Turrene, Chef**, Sustainable Food Systems