



CleanMed 2006

Healthy Food in Healthcare Preconference Workshop

April 18th, 2006

Nutritious, Fresh, Sustainable Food

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.

Healthy Food in Healthcare Preconference Workshop Agenda

8:30 – 10:00 Morning Session 1 – Ecological Health and Food Production		
8:30 – 8:40	Introduction and Welcome	Jamie Harvie, P.E. HCWH - Healthy Food in Healthcare Coordinator/ 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. Assistant Clinical Professor of Medicine, University of California San Francisco Medical School; Scientist, 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. Senior Scientist and Antibiotic Resistance Project Director, Institute for Agriculture and Trade Policy
10:00-10:15	Break	
10:15 – noon Morning Session 2 – Getting Started		
10:15 -10:45	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
10:45 – 11:30	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
11:30 - 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, RN, NP, MSN Kaiser Permanente
Noon – 1:00 Lunch		
1:15 – 2:30 Afternoon Session 1 – Case Studies		
1:15 – 2:15	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, Director of Nutrition Services Good Shepherd Medical Center, Oregon
	Case Study: Healthcare Systems Both Kaiser Permanente and Catholic Healthcare West have adopted sustainable food policies. Learn from these system approaches.	Catholic Healthcare West Kaiser Permanente Invited

Healthy Food in Healthcare Preconference Workshop Agenda *(continued)*

	<p>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. They also held a facility wide holiday employee dinner with local organic food.</p>	<p>LeeAnn Tomczyk, Manager, Hospitality Services St. Luke's Hospital, MN</p>
2:15 – 2:30	<p>Purchasing Tools: Learn an overview of the variety of “tools” to help your facility engage your food service contractor, distributor and/or GPO.</p>	<p>Marie Kulick, IATP / Purchasing Coordinator HCWH</p>
2:30 – 2:45	<p>Break</p>	
2:45 – 4:15	<p>Afternoon Session 2 – Local and Sustainable Sourcing</p>	
2:45 – 3:30	<p>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.</p>	<p>Solveig Hanson, Coordinator and grower for GROWN Locally</p>
	<p>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.</p>	<p>Anya Fernald, Program Director California Alliance with Family Farmers</p>
3:30 – 4:15	<p>Distributors Panel – Learn what your distributors are doing to help your facility source local, sustainable food products.</p>	<p>Invited: United Natural Food Inc, US Food Service, Sysco, Food Service of America</p>
4:15 – 4:30	<p>Break</p>	
4:30 – 5:15	<p>Afternoon Session 3</p>	
4:30 – 5:15	<p>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.</p>	<p>John Turrene, Chef Sustainable Food Systems.</p>

Workshop Speaker Bios

Jamie Harvie

Institute for a Sustainable Future

Jamie Harvie is a civil engineer, and presently serves as both the Director of HCWH's Healthy Food in Health Care Project, and as Executive Director for the Institute for a Sustainable Future (ISF), a not-for-profit organization based in Duluth, Minnesota. For the last two years he has coordinated HCWH's purchasing effort, which has resulted in a strong relationship between HCWH and the country's five largest Group Purchasing Organizations. Jamie also serves on the steering committee for the Green Guide for Healthcare Construction; design, construction, operations and maintenance guidelines for the healthcare industry. He was instrumental in negotiations with major pharmacy chains, which successfully resulted in a national voluntary phase-out of mercury thermometer sales. Mr. Harvie is a nationally recognized mercury expert and has been invited to speak internationally on pollution prevention. Together with his wife Nancy, they attempt to raise two happy, healthy, well adjusted children.

Gina Solomon, MD, MPH

Associate Director of PEHSU, UCSF

Senior Scientist, Natural Resources Defense Council

Gina Solomon is a Senior Scientist in the Health and Environment Program of the Natural Resources Defense Council (NRDC) and an Assistant Clinical Professor of Medicine at the University of California at San Francisco where she is also the Associate Director of the UCSF Pediatric Environmental Health Specialty Unit. Her work has included research on asthma, pesticides, and environmental and occupational threats to reproductive health and child development. Dr. Solomon serves on the U.S. EPA Science Advisory Board Drinking Water Committee, as well as on a scientific panel on toxicity testing for the National Academy of Sciences. She previously served on a Federal Advisory Committee on endocrine disrupting chemicals and on the California Expert Working Group on Environmental Health Tracking. Dr. Solomon has authored numerous articles and reports, and is co-author of the award-winning book, *Generations at Risk: Reproductive Health and the Environment*, published by MIT Press in 1999.

LeeAnn Tomczyk received her degree in Hotel Restaurant Management from the University of Wisconsin-Stout.

She has worked in the hospitality field for 20 years, ranging from fast food to fine dining. LeeAnn is currently manager of Hospitality Services at St. Lukes Hospital in Duluth, Minnesota where she oversees four departments; Nutrition Services, Laundry, Housekeeping and Surgical Services Assistants.

Dr. David Wallinga is Co-Director of the Food and Health program at the Institute for Agriculture and Trade Policy (IATP), where he also heads the Antibiotics Resistance Project. He works to highlight the adverse public health impacts of impacts of industrial livestock production, particularly the overuse of antibiotics in livestock and their contribution to the global epidemic of resistant infections. He also works extensively on the adverse impacts of pesticides and other environmental chemicals on the development of fetuses and children. He is author of *Putting Children First: Making Pesticide Levels in Food Safer for Infants & Children*, *Poisons on Pets*, and contributing author to *In Harm's Way: Toxic Threats to Child Development*. In addition to having practiced medicine, Dr. Wallinga has worked as a consultant to the World Bank and the World Health Organization.

Mary Cranley

Nurse Practitioner, Kaiser Union City

Mary Cranley is a nurse practitioner at Kaiser Permanente in the Internal Medicine Department. In addition to her involvement with San Francisco Bay Area Chapter of Physicians for Social Responsibility over the last year, she is also coordinating the Kaiser Union City Food Working Committee and is involved with food justice and security issues within her home community.

Lynn Garske (invited)

Manager of Environmental Stewardship, Kaiser Permanente

Lynn Garske is Kaiser Permanente's Manager of Environmental Stewardship. She is responsible for directing environmental stewardship efforts to ensure Kaiser Permanente's business practices are aligned with protecting the environment by planning, organizing, and driving environmentally conscious purchasing practices, facilities design, and business operations. Additional focuses for Environmental Stewardship in 2005 include work on economically feasible, ecologically healthy food practices and implementation of a far-reaching chemicals policy promoting producer responsibility and positive health outcomes. Lynn has been with Kaiser Permanente for nine years.

Pat Burdullis (invited)

Catholic Healthcare West

Pat is a Register Dietitian with over 25 years of experience working with healthcare foodservice. She currently works in the corporate Supply Chain Management office for Catholic Healthcare West, where she has responsibility for negotiating and monitoring the non-clinical contract for CHW's acute care facilities. Supply contracts for Food & Nutrition Services fall in this area. Pat also assumes responsibility for coordinating and facilitating the activities of CHW's Food & Nutrition Council. The council provides input and sets annual goals for the Food & Nutrition Departments in CHW.

Scott Exo

Executive Director, Food Alliance

Scott has over fifteen years of experience in non-profit and program management experience. Prior to joining Food Alliance in 1999, Scott served six years as the director of the Grassroots Leadership Project at 1000 Friends of Oregon, a land use planning and advocacy organization. In addition to his work in Oregon, Scott has managed overseas rural development and study abroad programs and served as an organizational consultant. Scott earned masters degrees in Geography and in Urban and Regional Planning from the University of Hawaii at Manoa in 1989.

Anya Fernald

Community Alliance with Family Farmers

Anya Fernald has the Program Director of the Community Alliance with Family Farmers since July 2005. At CAFF, she is responsible for the statewide Farm to School program active in 100 California schools and for the Buy Fresh Buy Local campaign. Previously, she worked for Slow Food in Italy for four years, two of which as the Program Director at the Slow Food Foundation. Anya has co-authored a book for Slow Food Editore, and has written for Slow Magazine, the Snail, Saveur, Specialty Food, and other publications.

Marie Kulick

Institute for Agriculture and Trade Policy

Marie Kulick is a Senior Associate in the Food and Health Program at the Institute for Agriculture and Trade Policy. A key focus of her work is on preventing pollution of the food chain by among other things promoting the use of safer materials and on building support for an agricultural food system that reflects health considerations. Recently she authored "Healthy Food, Healthy Hospitals, Healthy Communities" a report that highlights the successful efforts of health care facilities to improve access to fresh, sustainably produced food and identifies strategies for overcoming potential hurdles such as tight budgets and restrictive vendor contracts. Marie has a B.A. in Communications from McDaniel College and a Master of Studies in Environmental Law from Vermont Law School. Prior to IATP, Ms. Kulick worked for the National Fish and Wildlife Foundation, Environmental Fund for Maryland, and Clean Water Action.

John Turenne

Sustainable Food Systems

John Turenne is nationally recognized for his innovative leadership approach in an extensive senior management and culinary career that has encompassed over 25 years in the food industry. John is the former Executive Chef for Aramark Corporation at Yale University where his accomplishments included designing, developing and implementing the nationally recognized Yale Sustainable Food Project. John Turenne received the 2005 Farmland Preservation Pathfinder Award for Outstanding Individual from the Connecticut Working Lands Alliance. The award recognizes John's work with the Yale Sustainable Food Project and his efforts to develop a model for institutional purchasing of sustainable foods. Alice Waters, Executive Chef and Owner Chez Panisse Restaurant and Foundation says, "John Turenne is a trail-blazer who understands the most important issues in providing food in an institutional setting... he is both nourishing people with real food and helping to transform agriculture in this country."

Steven Garrett

Steven Garrett is both a Registered Dietitian and an Environmental Geographer. He received his MS in Nutritional Sciences and later his MA in Human Geography, both at the University of Washington. He is currently a PhD candidate in Geography at the UW and is enrolled in a Environmental Management Graduate Certificate Program. Steven is Henry R. Luce Environmental Fellow working with other five other graduate students to assess the social justice and environmental sustainability of the Seattle Food System.