

Outline: How to Get Started Using Local, Sustainable Foods & Sustainable Practices at Your Hospital

Cultivating Sustainability Conference - Successes and Challenges of Three Food Systems
Wednesday, September 30, 2009 - Washington & Lee University, Lexington, VA

- 1. Our current food production and distribution system** – an industrialized system; use of pesticides, growth hormones, antibiotics, genetically modified seeds, monoculture, geographic concentration of food production; putting human health at risk, increased health effects in animals, polluting environment which affects public health as well. *Redefining Healthy Food (White Paper)* http://noharm.org/lib/downloads/food/Redefining_Healthy_Food.pdf
- 2. Health care has a responsibility and an opportunity to provide and model healthy foods** – as health care providers, we have a responsibility to provide healthy foods to our patients, staff and visitors, and become role models for our patients and communities for healthy living and for practices in our health care operations, building, purchasing policies and the delivery of health care that don't cause harm to human health or the environment ... but rather promote health. Health care also has a significant impact on the environment and on industry since we are a major purchasing force and utilize a significant portion of available resources. Thus, we have an opportunity to shift the way food is produced and business is done by shifting our purchasing practices and operations (See White Paper for statistics).
- 3. Healthy Food in Health Care** – is a national campaign by Health Care Without Harm that supports hospitals in providing more nutritious, whole foods which come from a food system that is ecologically sound, economically viable and socially responsible www.healthyfoodinhealthcare.org.
- 4. Menu of Options** – there is a long list of options that hospitals can choose from to start providing healthier, sustainably produced foods, increase access to healthier foods and implement environmentally sustainable initiatives in hospital food service http://noharm.org/us_canada/issues/food/start.php.
- 5. Purchasing Guides and Policies** - http://noharm.org/us_canada/issues/food/guide.php
- 6. Select National Resources** (see Power Point slides for a comprehensive list of resources & websites)
Healthy Food in Health Care www.healthyfoodinhealthcare.org
rBGH-free Dairy: www.foodandwaterwatch.org Yogurt: www.psr.org/site/DocServer/rBGH-Free_Yogurt_Companies.xls?docID=6721
Farmers' Markets & CSAs on Hospital Grounds http://noharm.org/lib/downloads/food/Farmers_Markets_CSAs_Hosp.pdf
Balanced Menus Challenge http://noharm.org/us_canada/issues/food/menus.php
Integrated Pest Management in Health Care www.mdpestnet.org/projects/ipnHealthcare.html
Practice Greenhealth www.practicegreenhealth.org
- 7. Select Regional Resources** (see Power Point slides for a comprehensive list of resources & websites)
Buy Fresh Buy Local – Piedmont Environmental Council www.buylocalvirginia.org or www.buylocalshenvalley.org
Local Food Hub – Consolidation & Delivery, Liability & Trace-ability, Processing Facilities www.localfoodhub.org
Appalachian Harvest – Consolidation & Delivery of local, organic foods www.asdevelop.org/buy.html
Virginia Cooperative Extension www.ext.vt.edu
Virginia Association for Biological Farming www.vabf.org
- 8. Leading Examples, Best Practices and Stories in Health Care**
Menu of Change: Survey-Healthy Food in Hospitals http://noharm.org/lib/downloads/food/Menu_of_Change.pdf
Healthy Food, Hospitals, Communities http://noharm.org/lib/downloads/food/Healthy_Food_Hosp_Comm.pdf
News Stories http://noharm.org/us_canada/issues/food/news.php
- 9. Upcoming Conferences**
Environmental Excellence in Health Care Nov 6 Baltimore, MD <http://nursing.umaryland.edu/events/environmental/november/index.htm>
CleanMed 2010 May 10 – 13 Baltimore, MD with **Food Pre-Conference on May 10** www.cleanmed.org

Louise Mitchell, *Sustainable Foods Coordinator*
Maryland Hospitals for a Healthy Environment (MD H2E)
University of Maryland School of Nursing
655 West Lombard Street, Room 642, Baltimore, MD 21201
410-706-1924
lmitc001@son.umaryland.edu
www.healthyfoodinhealthcare.org and www.mdh2e.org