

Food, Farms, and Health

Farm to Cafeteria Projects in WA

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Farm to School

- Over 350 projects in US
- Over 40 in WA
- Components:
 - Nutrition education integration
 - Farm field trips
 - School gardens
 - Procurement
 - Policy



Farm to School

- **Public School Challenges**

- Complex reimbursement
- Various regulatory bodies
- Commodity foods
- \$1 per meal food cost
- Local food distribution system



- **Opportunities**

- Increased focus on nutrition, health
- Convergence of issues
 - Obesity, diabetes, climate change, trade, economic development, growth of organics and farmer markets
- Increasing interest in other sectors
 - Restaurants, corporations, hospitals



Healthy Food in Health Care

Menu of Options

- Antibiotic-free meat/poultry
- rBGH-free milk
- Organic and other certified foods
 - Certified coffees
- Farmers' markets
- Locally-sourced food
- Compost and reduction of food waste
- Community supported agriculture drop location
- Hospital gardens
- Vending machine use
- Fast-food free zone
- Hospital food policy



Healthcare Farmers' Markets

- **Kaiser Permanente**
 - CA and HI
 - 8 in 2003; 25 in 2006
- **Allen Memorial Hospital**
 - Waterloo, Iowa
- **Duke Medical Center**
 - Durham, NC
- **NIH**
 - Bethesda, MD



Why Farmers' Markets?

- Provide fresh produce to staff, visitors, and patients.
- Support efforts to incorporate healthy foods into diets.
- Increases availability of fresh, locally-grown foods.
- Generate goodwill in community.
- Supports local growers.
- Can be authorized to accept food stamps and WIC coupons.



Engaged Departments

- **Culinary Services**
 - Patient, cafeteria, catering
 - Procurement
 - Menu planning
- **Dietary Services & Clinical Nutrition**
 - Fresh food, more nutrition
 - Nutrition education
 - Better employee, patient health
- **Public Relations & Marketing**
 - Positive community connection
 - Differentiation from competitors
- **Human Resources**
 - Employee benefit, retention
- **Maintenance**
 - Edible landscapes
 - Location



Food waste recycling / composting

- **Recycles biological nutrients**
- **Reduces solid waste costs**
 - Saves money
- **Can reduce potential workplace injury**
 - No lifting of heavy bags
 - Rolling totes
- **Surplus to food banks**



- **Challenge:**
 - Plate waste considered unsafe.

Food composting, waste prevention

- **Oregon Health and Science U. (Portland, OR)**
 - Reduced solid waste by 50% in four months.
- **Adventist Medical Center (Portland, OR)**
 - Surplus, leftover donated to local food bank.
- **Fletcher Allen Healthcare (Vermont) - 10 years!**
 - 90% of steam table leftovers and food prep waste recovered.
 - 15 tons and \$1,500 per month cost savings.
 - Some fryer grease to local biodiesel production.
 - Refrigerating untouched patient food plates.
- **Norfolk General Hospital (Simcoe, Ontario)**
 - Garburator shreds food, paper napkins, paper towels, milk cartons, and cardboard.
 - High protein feed supplement for animals.

Interested health care facilities

- **Children's Hospital**
- **Swedish Medical Center**
- **Harborview Medical Center**

- **Skagit Valley Hospital**
- **Providence Everett Medical Center**
 - CSA drop spot

- **Fred Hutchinson Cancer Research Center**

Resources

- Health Care Without Harm
www.noharm.org/food/issue



- Hospitals for a Healthy Environment -
www.h2e-online.org



- Green Guide For Healthcare
www.gghc.org



Thank You!

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