



Healthy Local Sustainable Foods

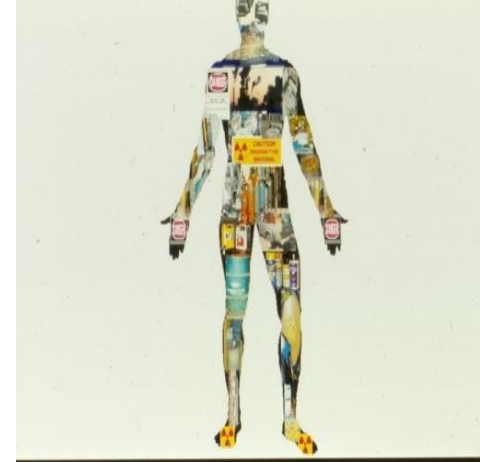
Saturday, March 3, 2012

WOW - Baltimore

Joseph Meyerhoff Symphony Hall & MedChi

Baltimore, Maryland

Louise Mitchell
Sustainable Foods Program Manager
Maryland Hospitals for a Healthy Environment



www.mdh2e.org

The Campaign for Environmentally Responsible Health Care



www.noharm.org





Defining Healthy Food



Nutritious, Whole Foods

Environmentally Sound

Economically Viable

Socially Responsible



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www.healthyfoodinhealthcare.org



Food Production Has Become Industrialized



- More
- Faster
- Cheaper

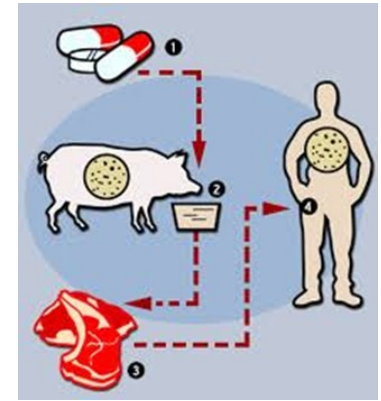
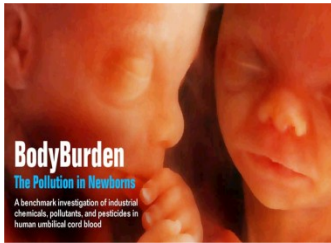
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- Is this Better ?

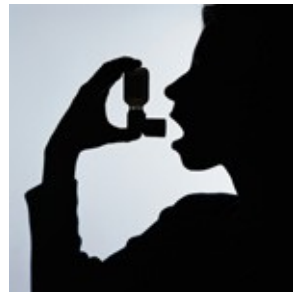


Our Food System has an Impact on Our Health

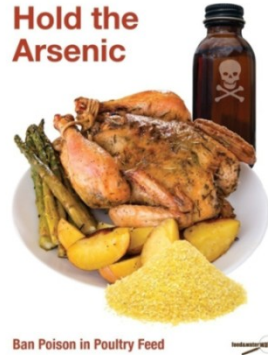


Sept 12, 2011

“Community-Acquired MRSA Infections on the Rise in the Mid-Atlantic”



Our Food System has an Impact on Our Health



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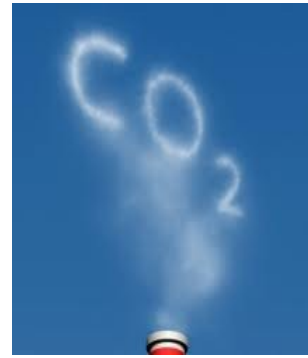
WARNING!
MAY
CONTAIN
GMOs

=

?



Other ?

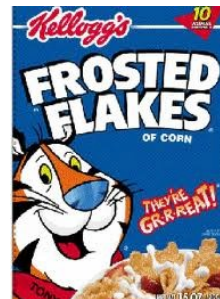


94 tornadoes yesterday -
Kentucky, Indiana, Ohio

Texas - 100 days over 100
degrees

Maryland – Earthquake &
Hurricane

in same week in
2011



Where to Begin



- Where it's easy
- Where alternatives exist
- Where there's not a big cost difference
- Where there is greatest risk to health
- Where you can gradually take small steps towards a long term goal



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Start One Step at a Time



Know Your Farmer



Buy Local Food at Farmers Markets & CSAs





Directories & Resources for Local, Sustainable Foods

- **Maryland's Best** www.marylandsbest.net
- ▶ **Directory of Farms & Foods in Maryland**
 - ▶ **Maryland Farmers' Market Directory**
www.mda.state.md.us/md_products/farmers_market_dir.php
- **Amazing Grazing = Grass-based farms in MD, VA, W.VA**
www.futureharvestcasa.org
- **Sustainable Table** www.sustainabletable.org
- **Local Harvest** www.localharvest.org



Eat Foods in Season

PRODUCE	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Asparagus									
Beans (Green or Snap)									
Beans (Lima)									
Beets									
Broccoli									
Cabbage									
Cauliflower									
Corn (Sweet)									
Cucumbers									
Eggplant									
Garlic									
Kale									
Lettuce									
Okra									
Peas (Blackeye)									
Peas (Green)									
Peppers*									
Potatoes (White)									
Pumpkins									
Salad Greens									
Spinach									
Squash (Summer)									
Squash (Winter)									
Sweet Potatoes									
Turnips									
Tomatoes*									

Vegetables

PRODUCE	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples									
Asian Pears									
Black Raspberries									
Blackberries (Thornless)									
Blackberries (Thorns)									
Blueberries									
Cantaloupes									
Honeydew									
Nectarines									
Peaches									
Pears									
Plums									
Red Raspberries									
Red Raspberries (fall)*									
Sour Cherries									
Strawberries*									
Sweet Cherries									
Watermelons									
Watermelons (Sugarbaby)									

Fruit

Recipes

Using Local, Seasonal Foods:

- Fresh Farm Markets

- Check off 1 or more ingredients that you have in stock & this database will search for recipes containing those ingredients.
- There is a list of ingredients for each season, or search the entire database.

www.freshfarmmarkets.org/market_recipes.php

Take the Buy Local Challenge



I pledge to eat
at least one item from a
local farm every day
during
"Buy Local Week!"

*That's the last week
in July every year.*

A Statewide Campaign

July 19 - 26, 2012



Reduce Your Exposures

&

Reduce Exposures
for All of Us

“Vote with Your Dollar”

Definition of Organic Food

Organic crops are raised without using most conventional pesticides, petroleum-based fertilizers, or sewage sludge-based fertilizers. Animals raised on an organic operation must be fed organic feed and given access to the outdoors. They are given no antibiotics or growth hormones.

National Organic Program, Agricultural Marketing Service, U.S.
Department of Agriculture, Washington, D.C.

www.ams.usda.gov/nop/FactSheets/Backgrounder.html

Dirty Dozen

Buy These Organic

- W
o
r
s
t
- Celery
 - Peach
 - Strawberries
 - Apples
 - Blueberries
 - Nectarine
 - Bell Peppers
 - Spinach
 - Cherries
 - Kale/Collard Greens
 - Potatoes
 - Grapes

Clean 15

Lowest in Pesticides

- B
e
s
t
- Onions
 - Avocado
 - Sweet Corn
 - Pineapple
 - Mango
 - Sweet Peas
 - Asparagus
 - Kiwi
 - Bananas
 - Cabbage
 - Eggplant
 - Cantaloupe
 - Watermelon
 - Grapefruit
 - Sweet Potato
 - Honeydew Melon



Resources for Organic Foods



- Maryland Certified Organic Operations
www.mda.state.md.us/pdf/organic_operations.pdf
- Sustainable Table www.sustainabletable.org
- Local Harvest www.localharvest.org
- Maryland Organic Food & Farming Association
www.marylandorganics.org
- Organic Consumers Association
www.organicconsumers.org



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TRUE FOOD SHOPPERS GUIDE

How to Avoid Foods Made with Genetically Modified Organisms (GMOs)

- Buy Organic
- Look for “non-GMO” labels
- Avoid “at risk” ingredients
- Buy products listed in the True Foods Shoppers Guide

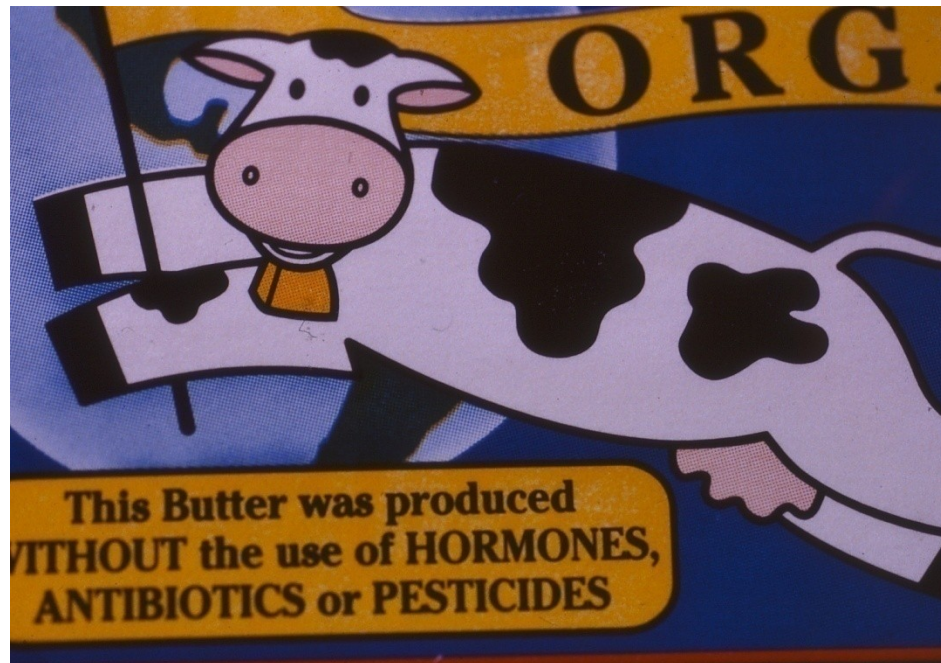


<http://truefoodnow.files.wordpress.com/2011/02/cfs-shoppers-guide.pdf>

Purchase rBGH-Free Dairy Products

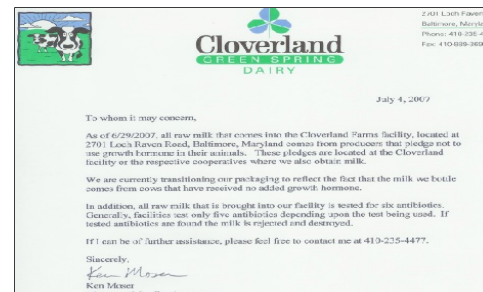
2 types of rBGH-free dairy

- Organic
- Conventional & rBGH-free



rBGH-Free Milk in Maryland:

- Cloverland Dairy
- Harrisburg Dairies
- Shenandoah's Pride



rBGH-Free Yogurt:

Yoplait
Dannon

Nationwide List of rBGH-free yogurt

- For State by State List of rBGH-free Dairy Products
- For School Campaign on rBGH-free milk

Visit: www.foodandwaterwatch.org

Healthier Seafood Choices

Reduce Conventionally Produced Meat



Industrialized meat production:

from start to finish, is largest source of greenhouse gases

- more than transportation

+

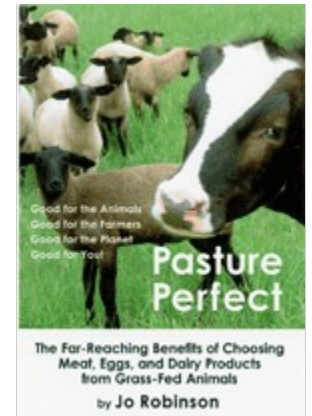
In production of other foods we use:

- Tractors/ Machinery
- Transportation
- Refrigeration

Where to Find Grass-Fed Meats

- Amazing Grazing Directory
 - Grass-based farms in MD, VA, W.VA

www.futureharvestcasa.org
- Eat Wild - Directory of Pasture-Based Farms
www.eatwild.com
- Sustainable Table www.sustainabletable.org
- Local Harvest www.localharvest.org
- Maryland Farmers' Market Directory
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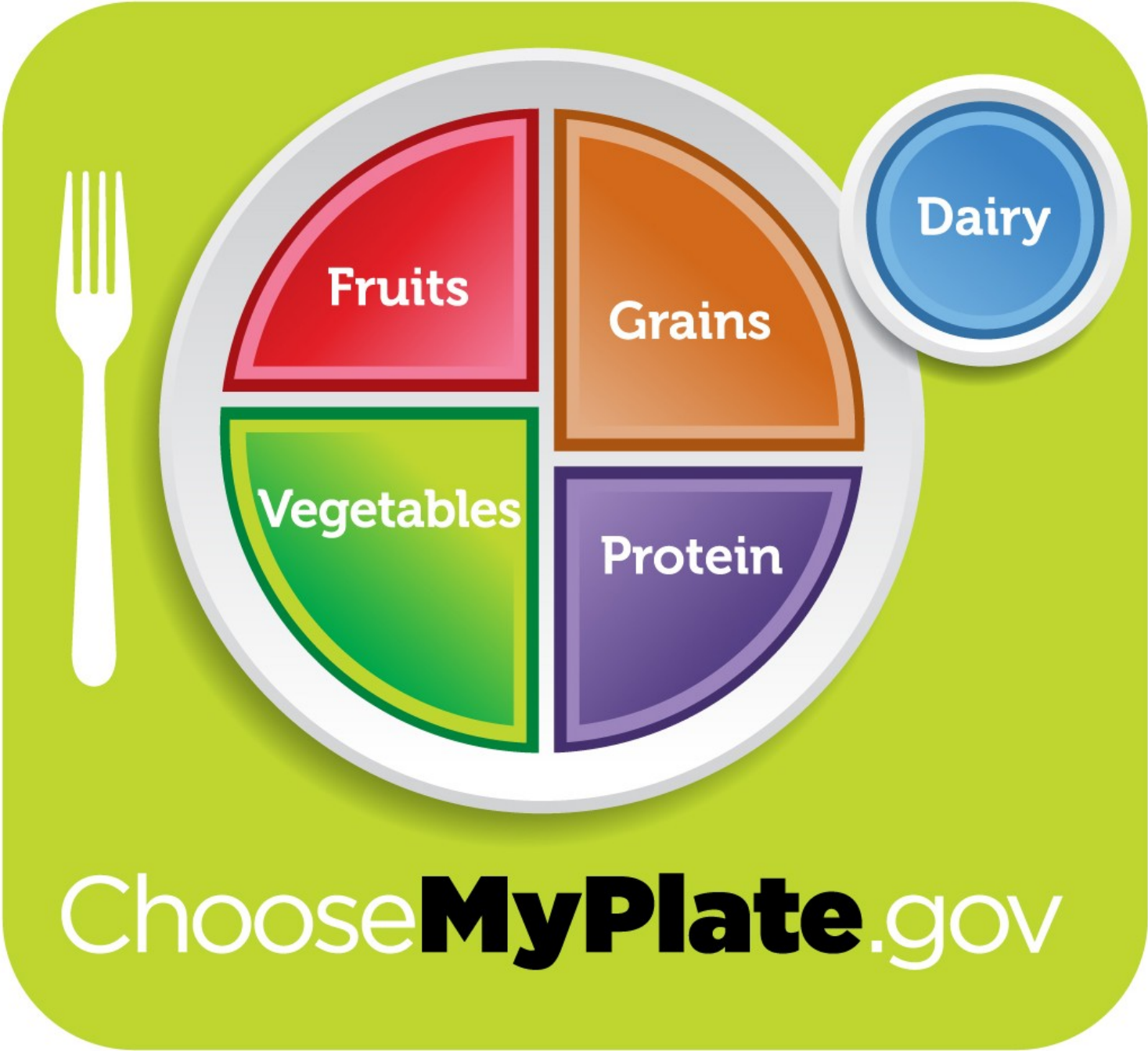
Increase Whole, Nutrient-Dense Foods & Beverages



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Choose **MyPlate**.gov

Nutrient decline in conventionally grown crops

Davis DR. Presentation at the AAAS Annual Meeting, February 2006

- Recent studies of vegetables, fruits and wheat find median declines since the mid-20th century of about 5% to 35% in concentrations of some vitamins, minerals and protein.
 - Mayer AM, 1997
 - Davis DR et al., 2004
 - White & Broadley, 2005

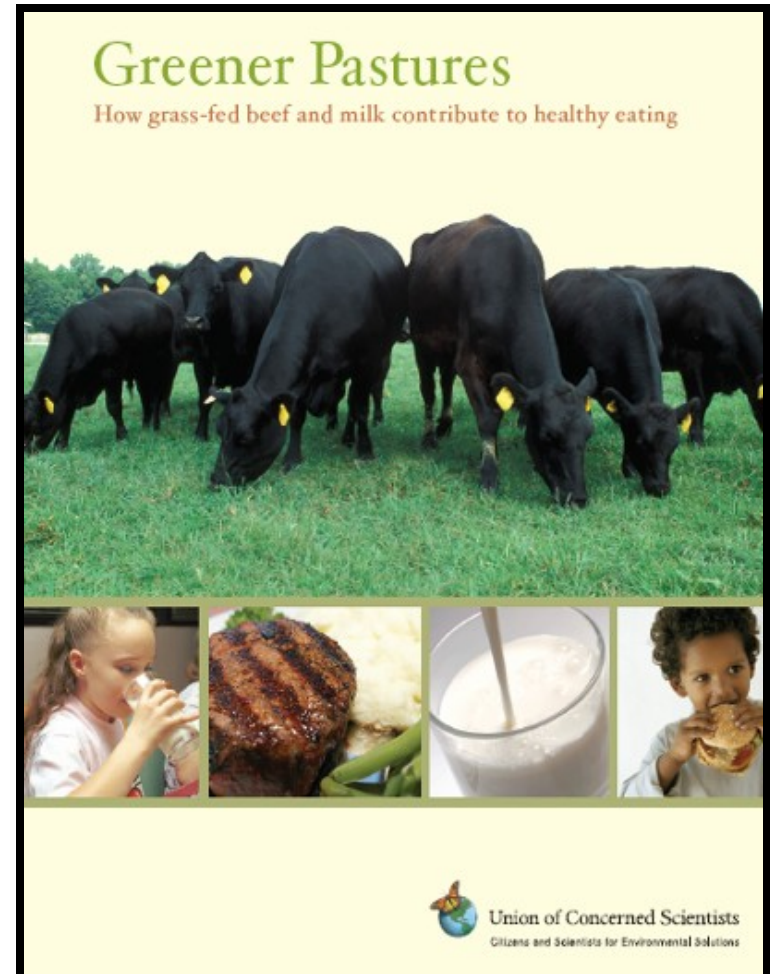


Grass-fed beef & dairy cattle improves the fat profile

Grass-fed or pasture raised cattle:

- Almost always produce steak, ground beef lower in total fat than conventional
- Tend to have steak with higher levels of the omega-3 fat, ALA, and sometimes with higher levels of EPA/DHA.
- Tends to produce milk with higher levels of ALA

▫ Clancy K. 2006. UCS. www.ucsus.org/



Switch to Healthy Beverages





Balance Your Budget





Balance Your Budget

- Plan and Prepare Ahead
- Use Dirty Dozen & Clean 15 List to Prioritize Your Choices
- Buy Food Wholesale with Friends & Family or at a Food Co-op
- Reduce Costs & Simplify in Other Parts of Your Life

Dirty Dozen

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 - Sweet Potato
 - Honeydew Melon



Make Requests for These Foods



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- Grocery Stores
 - Restaurants
 - Farmers
 - Federal & State Legislators
 - Food Companies
 - Hospitals
 - Schools
-
- Vote with Your Dollar



Grow Your Own



University of MD Cooperative Extension

Master Gardeners Program
Master Composters Training
Community Gardens Program



Parks and People

Community Greening Resource Network

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Talk with Your City, State & Federal Legislators







Contact Information



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Maryland Hospitals for a Healthy Environment

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www.mdh2e.org



www.healthyfoodinhealthcare.org