

# Organicology

## Local Food Systems: Challenges and Opportunities, Preconference Tour *Legacy Good Samaritan Hospital Tour and Presentation*

February 26, 2009,  
Legacy Good Samaritan Hospital  
1015 NW 22nd Avenue, Portland, Oregon 97210

**Organized and Presented by Oregon Center for Environmental Health and Health Care Without Harm**

*As places of healing, hospitals have a natural incentive to provide food that is healthy for people and the environment in which we live. Food supply can be met in a variety of ways which have implications in terms of nutrition, disease risk, public health, environmental health, social and economic well being. These are linked in a complex ways. From the way food is grown, to the way it's packaged, shipped, consumed and discarded; hospitals' food purchasing decisions can play an important role, both directly and indirectly, in human and ecological health. – Healthy Food In Health Care, HCWH*

### Agenda

10:00 am	Bus Arrives	
10:10– 10:40	Group A	Presentation on Healthy Food in Health Care – in <b>Auditorium</b>
	Group B	Tour of Good Samaritan Food Service - in <b>Cafe</b>
10:45 – 11:15		
	Group A	Tour of Good Samaritan Food Service - in <b>Cafe</b>
	Group B	Presentation on Healthy Food in Health Care – in <b>Auditorium</b>
11:15 – 11:30	Full Group	Group Q&A – in <b>Auditorium</b>
11:45	Bus Departs	

### Presentations

#### 1. **Healthy Food in Health Care**

**Presenter:** Holly Freishtat, MS, CN, Cultivate Health LLC & Health Care Without Harm

#### 2. **Tour and Presentation of Legacy Good Samaritan Food Service**

**Presenters:** TJ Seiler, Executive Chef, Louise Rousseau, Supervisory F&S; Faye Shabazz, Supervisor F&S; Erin Wawson, RD/LD, Nutritionist F&S

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## Oregon Healthy Food in Health Care Project

In 2005, the Oregon Center for Environmental Health began the Oregon Health Food in Health Care Project in coordination with Health Care Without Harm and their Health Food in Health Care Initiative. Currently 10 healthcare systems from across Oregon and SW Washington are participating. To achieve success we are advised by several local sustainable food advocacy and education organizations including: Oregon Tilth, Food Alliance and Oregon Physicians for Social Responsibility and their Safe Food Campaign.

### Current Participating Hospitals include:

- **Portland:** Oregon Health & Science University, Legacy Health System, Providence Health Systems, Kaiser Permanente NW; Shriners Hospital for Children; SW Washington Medical Center.
- **Other areas:** Good Sheppard, Hermiston; St. Charles, Bend & Redmond; Sacred Heart Medical Center, Springfield; Silverton Hospital, Silverton.

## The Project Provides:

- Educational and Networking Opportunities for hospital food service: Roundtables, Facility trainings, Website and list serve.
- Workgroups, Pilots and Case Studies.
- Tools and Direct Support: Sustainable Food Supply Chain Strategies and Tools; Marketing and Media Tools; Sustainable Food Procurement Policy Guide; Project Measurement and Evaluation Tools.

## Project Success:

Through the support of the Project, Participating Facilities are increasing purchases of local and sustainably produced (third party certified) produce, grains and legumes; dairy products produced without the use of rBGH (a growth hormone); meat raised without the use of antibiotics and hormones; poultry raised without the usage of antibiotics and arsenic; as well as sustainable seafood selections. In addition, participating hospitals are running Farmer's Markets, Hosting CSAs, Composting Food Waste, making menu and service changes to accommodate seasonal foods, and institutionalizing these changes with comprehensive food procurement policies.

### 2008 Survey of Participating Facilities reveals the following procurement shifts toward sustainable products at participating hospitals:

#### **Produce**

- 4 facilities purchased at least 20% of their produce from local or third party certified sources, and 1 of these 4 reported purchasing over 40%. Another 3 facilities indicated that they purchased at least 10% of their produce from local or certified sources. Three facilities plan to increase sustainable purchasing of produce in the future.

#### **Fluid Milk**

- All eight hospitals reported procuring 80%-100% of their milk from rBGH free sources. Six of these facilities were able to do this on contract through their primary food supplier.

#### **Yogurt and Other Dairy**

- 6 Oregon facilities purchased rBGH free yogurt. 4 facilities reported purchasing 60% to 100% of their yogurt from rBGH free sources. The other two facilities reported purchases in the ranges of 10%-19% and 40%-59%.
- 5 facilities purchased other dairy from rBGH free sources. 2 facilities purchased 80%-100% of their other dairy from rBGH free sources, and 3 facilities purchased at least 10% of their other dairy from rBGH free sources.

#### **Meat**

- 4 hospitals purchased a percentage of their meat from hormone and antibiotic free sources. 1 respondent purchased 80%-100% of their meat directly from a sustainable producer. 2 are purchasing between 10% and 20%, and 1 is purchasing 40%-59% from sustainable sources.

#### **Poultry**

- 4 hospitals reported purchasing 10%-20% of their poultry from arsenic and antibiotic free sources. One of these hospitals plans to increase this percentage, and another hospital intends to begin sustainable procurement of poultry.

#### **Seafood**

- 5 hospitals purchased sustainably harvested seafood. Of these, 4 purchased 10%-40% and 1 purchased 80%-100%.

#### **Eggs**

- 1 Oregon Facility is purchasing 80%-100% third party certified eggs.

**For more information and linkage to this program, please contact:  
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**Health Care Without Harm, Healthy Food in Health Care  
[www.healthyfoodinhealthcare.org](http://www.healthyfoodinhealthcare.org)**

