

## **New England Healthy Food in Health Care 2017 Regional Overview**

Health care facilities across New England are a critical part of the effort to develop a sustainable regional food system. Hospitals in all six states are deeply invested in supporting farmers, fishers and food businesses through procurement of local and sustainable food. Leaders in our region are going a step further to invest in the food system through community-based partnerships and financial investment in food systems infrastructure. In 2017, the New England Healthy Food in Health Care program will bring new and exciting opportunities to health care in the region. Engaged facilities will be supported to make deeper commitments to the food system and new facilities will be encouraged to begin their efforts toward development of a sustainable food system that supports human and environmental health.

### **Regional Opportunities for Engagement**

#### **Quarterly Newsletter**

The Healthy Food in Health Care team communicates with the New England network through a quarterly newsletter that goes out the last week of January, April, July, and October. If you are interested in receiving updates about opportunities to engage in the program or learning about what your peers are doing please sign up for the newsletter by emailing [jstoddard@hcwh.org](mailto:jstoddard@hcwh.org)

#### **Nutrition Month: The Blended Burger**

Beef is a resource intensive food that when over-consumed can have negative consequences for human and environmental health. Beef is also a staple of western food culture. For Nutrition Month we will pilot the blended burger as a strategy to balance our craving for tasty burgers with the need to reduce overall meat consumption. Blended burgers are part beef and part plant (typically mushroom) and maintain the same taste and texture as traditional burgers.

March is Nutrition Month and registration for participation in this program will begin in February. Participating facilities will receive recipes for making their own blended burgers, an educational poster, and access to a free webinar on the topic.

#### **Regional Farm to Institution Summit**

Health Care Without Harm is a sponsor and Steering Committee member for the 2017 Farm to Institution Summit. The summit will take place in Leominster, MA April 5-7. The summit is a wonderful opportunity for those working on food issues in the healthcare sector to connect with peers from around the region. There will be a track dedicated to healthcare, in addition to numerous cross-sector and skill building sessions that will be of interest to all. For more information about the summit visit: <http://www.f2isummit.org/>

#### **Food Service Management Contract Trainings**

Nearly half of the health care facilities in the New England HFHC network work with food service management companies. These partnerships have proved challenging for facilities that would

like to increase their procurement of local foods. One strategy to increase the ease with which local foods can be purchased by managed facilities is to ensure that access to local foods is incorporated into contracts. The HFHC team will provide half day trainings to guide facilities around the type of contract language that will best meet their needs. These trainings will be based off of a [toolkit](#) that HCWH developed in partnership with Farm to Institution New England. A training will be hosted in each of the six New England states throughout the spring of 2017.

### **Summer Field Trips**

During the months of July, August and September the HFHC team will coordinate a field trip in each of the six New England states. These fields trips are an opportunity for food service professionals to meet new farm, fisher and food businesses from whom they may wish to procure local foods.

### **Nourished by New England**

The HFHC team will launch Nourished by New England in September 2017. This seasonal harvest program will feature three local food items each season. Participating facilities will be asked to purchase one or more of these items a minimum of two times a month.

Registration to participate in the program will begin in July 2017. Participating facilities will receive educational posters, patient tray cards, menu labels, and images for use on LCD screens in the cafeteria. Additionally, recipes and other resources will be available online. We will also host a series of virtual trade shows to introduce participating facilities to local farm, fish and food businesses.

### **Ambassador Program**

Six individuals from healthcare facilities across New England have been selected to participate in the second HFHC Ambassador cohort. The Ambassadors will develop and implement individualized projects to increase their facilities commitment to sustainable food practices and to support their peers in doing the same. The call for applications for the 2018 Ambassador cohort will be available in October 2017.

### **Important Dates in 2017**

- January & February: 2017 HFHC survey available (National)
- March: Nutrition Month, featuring the blended burger
- April 5-7: Regional Farm to Institution Summit in Leominster, MA
- April-June: Food Service Management Contract Trainings
- July-September: Farm field trips
- September: Launch Nourished by New England local food program
- October: Ambassador application becomes available
- October 24: Food Day (National)
- October - November: Virtual trade shows with local farm, fish and food businesses
- November 13-19: Get SMART Week (National)

If you are interested in detailed information about opportunities specific to your state please contact the team members below.

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