

Balanced Menus: A Recipe for Serving Healthy Sustainable Meals, Mitigating Climate Change and Reducing Cost

Presented by *Oregon Physicians for Social Responsibility*

Friday, **September 24, 2010**, 9:00am – 1:00 pm

Providence Willamette Falls Community Center, Oregon City, OR

Healthcare systems and facilities are in a powerful position to effect positive change on the food environment of their patients, visitors, staff and community – leading to healthier people, communities and our environment. The [Oregon Healthy Food in Health Care Project](#) offers a holistic approach to supporting sustainable food systems which are protective of human and environmental health.

*Hospitals across the nation have begun to look at reducing their meat purchasing as a way to serve healthier, more sustainable meals at an affordable cost. More than 33 hospitals have taken the **Balanced Menus Challenge** – a project asking facilities to reduce the amount of meat protein in hospital food by 20% in 12 months and use cost savings to serve the healthiest, most sustainably produced meat available. A recent report from Johns Hopkins University found that four participating hospitals in the San Francisco Bay Area collectively reduced carbon emissions by 1,004 tons – the equivalent of burning 102,454 gallons of gasoline – and realized a cost savings of over \$400,000! Project details, implementation strategies, and tools and resources will be shared by San Francisco Bay Area Healthy Food and Health Care staff and Balanced Menu Challenge participants.*

Roundtable Agenda

8:30 – 9:00AM

Registration

9:00 – 9:30PM

Welcome and Introductions

- Facility Host Welcome
- Project Communications:
 - Newsletter – Farmers Markets, Farm Stands, and CSAs
 - National HFHC Listserv

Pam Snyder, Nutrition Manager, Providence Milwaukie

Emma Sirois, Health Care Without Harm Program Manager, Oregon PSR

Gretchen Miller, Healthy Food in Health Care Project Coordinator, Oregon PSR

9:40 – 11:00AM

Balanced Menus – Serve healthy food. Mitigate climate change. Reduce costs.

Lena Brook, Senior Program Associate, San Francisco Bay Area PSR

Linda Hansen, Director of Nutrition Services, Santa Rosa Memorial Hospital, Sonoma County, CA

11:00AM – 11:45AM

Balanced Menus – Discussion of Opportunities, Obstacles and Next Steps

11:50AM – 12:15PM

Hospital Project Updates:

- rBGH Free Cheese, Rick North, Campaign for Safe Food, Oregon Physicians for Social Responsibility
- Preservation of Antibiotics for Medical Treatment Act (PAMTA), Oregon Healthy Food in Health Care

12:15 – 1:00PM

Lunch & Networking

Presented With Support From: Multnomah County Communities Putting Prevention to Work Project, Health Care Without Harm, Food Alliance, Oregon PSR Campaign for Safe Food and Oregon Tilth