



OREGON HOSPITAL GREEN CHEF CHALLENGE

Oregon Healthy Food in Health Care is a project of Oregon Physicians for Social Responsibility. The work done through this project, including this event, is supported by:

An Oregon Healthy Food in Health Care Event

September 20, 2011

Oregon Health & Science University



Hosted in Partnership By: Oregon Physicians for Social Responsibility and Oregon Health & Science University

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Food Services of America is one of a family of privately owned companies focused on food marketing and distribution. FSA is one of the nation's largest broadline food-service distributors, serving customers in 15 states from 9 regional distribution centers.

Supporters:



Foods That Make A Difference.



"Your Partner Beyond the Plate" Defines Us. That's What We Are. And What We Do. Every Day.

Friends:



Nutrition Standards

Category	Standard
Fats	Meals not to exceed 20 grams of fat Meals contain no more than 27% of calories from fat Meals not to exceed 66 mg of cholesterol No trans or hydrogenated fats;
Calories	Meals not to exceed 670 calories
Sodium	Meals must contain 600 mg of sodium or less
Fiber	Meals must contain at least 7 grams of fiber
Added Sugar	No High Fructose Corn Syrup
Fruits	Canned and frozen must be packaged in 100% water or unsweetened fruit juice
Vegetables	Canned and frozen must be reduced sodium or no added sodium
Cereals & Grains	100% whole grain
Dairy	Fluid milk and yogurt is low-fat (2%, 1%, or fat-free)
Protein	Lean meat, poultry, and fish options served Serving size of meat, poultry and fish not to exceed 3 oz. cooked
Beverages	If juice is offered, only offer 100% fruit juice No sweetened carbonated beverages Vegetable juices contain 230 or fewer mg of sodium
Other	No deep fried food

Oregon Hospitals Track Local Sustainable Food Procurement

As part of the Oregon Hospital Green Chef Challenge, four hospitals in Oregon (Adventist Medical Center, Legacy Good Samaritan, Oregon Health & Science University, and Providence Portland Medical Center), conducted a summer long procurement tracking project. Each facility monitored their local purchases (local was defined as: grown, produced, and processed in Oregon and Washington) of meat, poultry, seafood, dairy & eggs, and produce for three months (June-August, 2011).

Tracking local and sustainable food purchases allows hospitals and the public to understand the large impact institutional dollars can have, and do have, on the development of a healthy sustainable food system. Hospitals participating in the summer project utilized a procurement tracking sheet that was modified from the Green Guide to Health Care Food Service Toolkit (http://www.noharm.org/us_canada/issues/food/planning.php). This toolkit, created by Health Care Without Harm, contains a more robust procurement tracking sheet, sustainable food policy templates, and other resources to assist hospitals in benchmarking, tracking and reporting their sustainable food efforts.

Together these four Oregon hospitals demonstrated an impressive amount of support for the local agricultural community. Results of the tracking project will be presented at today's reception.

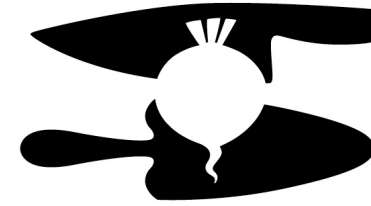
Hospital Green Chef Meal Standards

The way our food is produced, where it comes from and how we prepare it have significant impacts on the health and well-being of the environment, our communities, and the individuals that reside in them. As places of healing, hospitals have a unique opportunity to be models of wellness by preparing meals for patients, staff and visitors that are made with food produced and prepared in a way that is protective of the environment and public health.

Increasingly consumers are seeking food that is healthy for them and the environment. Hospitals can assist patients, staff and visitors in making good food choices by creating and labeling meals that meet certain sustainability and nutritional standards. Below you will find standards used in the Oregon Hospital Green Chef Challenge that each chef team must follow when creating meals. At individual facilities, hospitals can follow the standards and label meals to communicate sustainability and healthfulness.

Sustainability Standards

Product Category	Must Be	Strive to Be	Notes
Meat	Raised without the use of antibiotics; Raised without the use of hormones	Food Alliance Certified or Organic; 100% Grass-fed, Raised and processed in Oregon	To reduce carbon foot print, servings of meat must not exceed 3 oz.
Poultry	Raised without the use of antibiotics	Food Alliance Certified or Organic; Raised and processed in Oregon	To reduce carbon foot print, servings of poultry must not exceed 3 oz.
Seafood	Monterey Bay Aquarium Best Choices list	Marine Stewardship Council Certified; Pacific-caught	To reduce carbon foot print, servings of seafood must not exceed 3 oz.
Dairy	rBGH/rBST-free, produced in Oregon	Food Alliance Certified or Organic	
Eggs	Food Alliance Certified or Organic	Certified Humane Raised and Handled	
Produce	Food Alliance Certified or Organic; confirmed with the farmer that synthetic pesticides/ fertilizers and GMOs were not used	Produced in Oregon; Seasonal	
Breads, Legumes, Grains	Food Alliance Certified or Organic	Grown/Produced in Oregon	
Beverages	Fair Trade Certified or Rain Forest Alliance Certified	Not bottled	Certifications apply to only coffee and tea in this product category
Spices & Sweeteners	GMO-free, No high fructose corn syrup	Food Alliance Certified, Organic, Fair Trade Certified or Rain Forest Alliance Certified	



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September 20th, 2011

11:00AM-4:00PM

Oregon Health & Science University

Agenda

11:00AM- 11:30AM **Event Registration in the Old Library Auditorium**

11:30 AM -12: 15 PM **Welcome and Event Flow**

- *Emma Sirois, Program Director and Gretchen Miller, Project Coordinator, Oregon Physicians for Social Responsibility*

Hospital Farmers Market Management Presentation

- *Eecole Copen, Sustainable Food Programs Coordinator, Oregon Health & Science University*

Introduction of Chef Teams and Judges

12:15-1:00 PM

Lunch in the Market & Self Guided Market Tour

1:15-2:45 PM

Chef Challenge in the Fountain Courtyard

3:00-4:00 PM

Reception:

Chef Challenge Winners Announced

- *David McIntyre, Chef Instructor, The Art Institute of Portland and Gretchen Miller, Project Coordinator, Oregon Physicians for Social Responsibility*

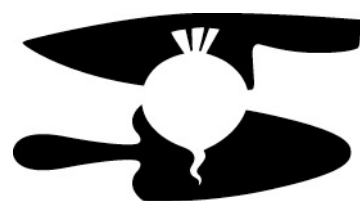
Hospital Support for Local Agriculture

- *Michelle Markesteyn-Ratcliffe, Farm to School Program Manager, Oregon Department of Agriculture*

Hospital Impact on Community Health

- *Sonia Manhas, Community Wellness and Prevention Program Manager, Multnomah County Department of Health*

Poster Session and Networking



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Chef Teams and Menus

- **Seafood Team** - Urbano Salvati, OHSU; Greg Gates, Kaiser Permanente; Robert Shorey, Providence Portland Medical Center

Dungeness Crabmeat OHSU Style

Green Salad with Stone Ground Mustard & Pimenton Vinaigrette

Pomegranate Poached Northwest Pear Stuffed with Seasonal Berries & Apricot Coulis

- **Vegetarian Team** - Kirk Iverson, Adventist Medical Center; PJ Hardy, Silverton Hospital; Zeke Palomo, Oregon State Hospital

Fennel, Orange & Arugula Salad

Grilled Roasted Red Pepper Polenta with Farmers Market Vegetable Ragout

Apple Raspberry Crisp with Frozen Yogurt

- **Meat Team** - Brian Seto, Legacy Emanuel Hospital; TJ Seiler, Legacy Good Samaritan Medical Center, Jared Bowling, Good Shepherd Medical Center

Autumn Harvest Salad with Raspberry Balsamic Vinaigrette

Flat Iron Steak with Chimichurri Marinade

Vegan Chocolate Mousse

- **Poultry Team** - Martin Pedersen, Providence Milwaukie Hospital; Ian Kennedy, Shriners Hospital for Children; Tyler Kestner, Good Shepherd Medical Center

Charred Tomato Salad with Hoisin Vinaigrette

Watermelon Baked Chicken

Mixed Berry Almond Ginger Gratin

Oregon Hospital Green Chef Challenge Judges Panel

Guillermo Maciel - Guillermo, Policy Advisor for Multnomah County Commissioner Jeff Cogen, is the son of immigrant parents, growing up with one foot in San Francisco (CA) and the other in Tijuana, Mexico. His passion resides where equity, diversity and community development intersects with: the sustainable provision of services and opportunities for vulnerable populations, urban and rural development, the green economy and the changing demographics of Oregon. Guillermo has connected deeply with the sustainability and social justice movements through his experience in the non-profit sector; national campaigns; as a novice farmer and commercial fisherman; and as a member of the Multnomah County Steering Committee for the Oregon League of Conservation Voters (OLCV).

Ivy Manning - Ivy Manning is a cookbook author, food and travel writer, and cooking instructor. She has written two cookbooks, *The Farm to Table Cookbook* and *The Adaptable Feast*. Her work is featured in *Sunset Magazine*, *Food and Wine*, *Cooking Light*, and *Bon Appetit*. She writes the *Simply Affordable Column* and features for the Oregonian FoodDay and is currently working on a book on healthy homemade crackers due out in the Spring of 2013.

Nathan McFall - After serving as an Environmental Protection Extension Agent teaching farming and environmental education in Africa for two years in the Peace Corps, Nathan found that his passion was in living close to the Earth and in a community where it truly takes a village to move through life well. He has acted as the Assistant Director of the Natick Community Organic Farm in Massachusetts, as well as Farm Manager of Green Fire Farm and Everett Family Farm in California. He has farmed on 4 continents always with an emphasis on the importance of educating not only the general population, but today's up and coming new farmers as we look toward a more sustainable future. He is currently the Owner/Operator of Food Waves partner farm, Converging Creeks Farm in Colton, OR where he hopes to realize the dream of bringing this community effort to the greater Portland areas and beyond.

Cory Schreiber - An Oregon native, Cory Schreiber opened Wildwood Restaurant in 1994 and rapidly became a leader in the region's bustling culinary scene. Cory won the James Beard Award in 1998 for Best Chef Pacific Northwest. Wildwood was inducted into the Nation's Restaurant News Fine Dining Hall of Fame in Chicago in 2003. After leaving Wildwood in 2007, Cory applied his considerable experience and knowledge of local food as the Farm-to-School Program Manager at the Oregon Department of Agriculture. In January 2010, Cory joined the faculty of the Art Institute of Portland as its "culinary artist in residence." He now teaches classes at the AIP's International Culinary School, located in Portland's Pearl District. Cory is the author of two cookbooks: *Wildwood: Cooking from the Source in the Pacific Northwest* (Ten Speed Press, 2000) and *Rustic Fruit Desserts* (Ten Speed Press, 2009, co-authored by Julie Richardson).

Dr. Yong Shin - Yong Shin, MD, serves as Chief of Cardiovascular Surgery for Kaiser Permanente's Northwest Region. Dr. Shin was the Region's first cardiovascular surgeon, and helped plan the Kaiser Permanente Northwest Center for Heart and Vascular Care, which opened in April 2009. Dr. Shin and the program's two other cardiovascular surgeons now perform about 400 heart surgeries annually. Born in Seoul, Korea, Dr. Shin came to the United States with his family at age 11. He grew up in New York City and earned his medical degree and completed his general and cardiovascular surgical residency and training from Cornell University Medical College, Brigham and Women's Hospital, Harvard Medical School, and Boston Children's Hospital. From 1999 to 2001, Dr. Shin served as the attending cardiac physician and as an assistant professor at the University of Washington Medical Center in Seattle. In 2001, Dr. Shin was selected by St. Vincent's Hospital in Manhattan in New York as the director of minimally invasive cardiothoracic surgery and in 2004 became their associate chief of cardiac surgery. He accepted the post with Kaiser Permanente in 2008.