

# *The Journey of Sustainable Food at Fletcher Allen*

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*In alliance with  
The University of Vermont*



# Healthy Food in Health Care



## A Pledge for Fresh, Local, Sustainable Food

**N**utrition-related chronic diseases are placing new demands on an already overburdened health care system, and taking their toll on human productivity and quality of life. Our current large-scale, industrial food system favors animal products and highly-refined, preservative-laden, calorie-dense foods, rather than fresh fruits and vegetables, whole grains, and other high fiber foods important for health. It is a system misaligned with dietary guidelines. Moreover, the way our food is produced and distributed impacts our health and the environment in which we live. For example:

### **Antibiotic Resistance**

The routine use of antibiotics contributes to growing antibiotic resistant bacteria. Each year 20 to 30 million pounds of antibiotics (including related antimicrobials) are used in agriculture—by volume, about 7-10 times the total antibiotics used in human medicine. Industrialized food systems that produce poultry, pork, beef, and farmed fish routinely use antibiotics to growth-promote or other

purposes an average of 1,500 miles to reach its destination. Through the use of diesel and other fossil fuels, vehicles unnecessarily contribute to global warming. Fertilizer and pesticide contaminants ground-water in many locales and some pesticides have been found regularly in rainfall. Large-scale animal facilities operations contribute to water pollution when untreated animal waste releases biologically active hormones, nitrites and other toxic breakdown products into watersheds.

### **Worker Health and Safety**

Widespread pesticide use in industrial-scale food production exposes farm workers and their families to dangerous chemicals, often at levels that exceed established "safety" limits. Longer-term, low-level pesticide exposure has been linked to an array of chronic health problems including cancer, birth defects, neurological, reproductive, and behavioral effects, and impaired immune system function. Industrialized meat packing is recognized as one of the most dangerous occupations in the world.



# Reduction of Antibiotics



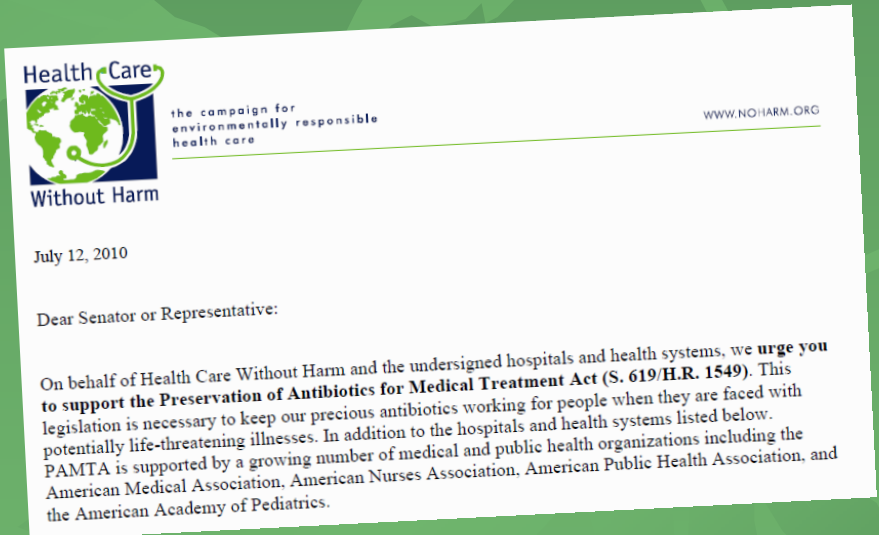
Food Category	2008 Goal	2009 Goal	2010 Goal
Poultry Status:	Purchase a minimum of 20% sustainably raised poultry Not achieved due to lack of availability.	Purchase an additional 20%. New source negotiated for target quantity of chicken and turkey.	Purchase an additional 20%. Achieve this through investigating ground turkey and raw chicken breast.
Beef Status:	Purchase 100% sustainable ground beef. Complete.	Evaluate other cuts of beef and implement change as required. Local source for all top round achieved. Next will be stew beef.	Evaluate processed foods containing beef. Updated to finding a source for stew beef.
Fish and Seafood Status:	Evaluate current supply, develop plan and begin to implement. Complete and implemented.	Complete implementation and reassess plan as needed. Will reassess with new renovation menu for April. Complete.	Reassess menu for variety and add north American sources of sustainable fish and seafood.
Eggs Status:	Evaluate options available. Complete.	Implement changes depending on the analysis results. New option available and under investigation. Incomplete; not possible with this vendor.	Investigation of sources to continue.
Cheese Status:	Research options and implement two rBst free (and local if possible) cheeses per year. Not achieved due to cost.	Research options and implement two rBst free, local cheeses per year. Purchasing new options available from Cabot. Complete.	Research options and implement two rBst free (and local if possible) cheeses per year.
Pork Status:	Reduce the amount of pork purchased. Complete.	Reduce the amount of pork purchased. Complete.	Evaluate options available for local, sustainable pork products.

Food Category	Status of Sustainable Purchases	Additional Annual Cost	Comments
Poultry	All fajita and whole chickens - approximately 25 %	\$70,000	Met our goal
Beef	All beef tips, diced, cubes, and ground – approximately 80 %	\$48,000	Met our goal
Fish and Seafood	All fish and Seafood is what we consider a “green” rating	None	Met our goal
Eggs	No changes accomplished	None	Unsuccessful
Cheese	Only 1 major product is currently in place – insufficient options in the market	\$2500	Unsuccessful
Pork	Removed pork from the menu due to limited options	None	Unsuccessful

# Support for PAMTA

## Over 70 Facilities Nationwide

- Fletcher Allen Health Care, VT
- Porter Medical Center, VT
- Fairview Hospital, MA
- Covenant Health Systems, New England (14 facilities)
- Regis Care Center, NY
- Swedish Covenant, IL
- St. Luke's, MN
- Sacred Heart Hospital, WI
- Mercy Medical Center, Baltimore, MD
- Oregon Health and Science University, OR
- Catholic Healthcare West, AZ, NV, CA (40 facilities)
- St. Joseph Health System - Sonoma County, CA (7 facilities)
- Union Hospital, Maryland

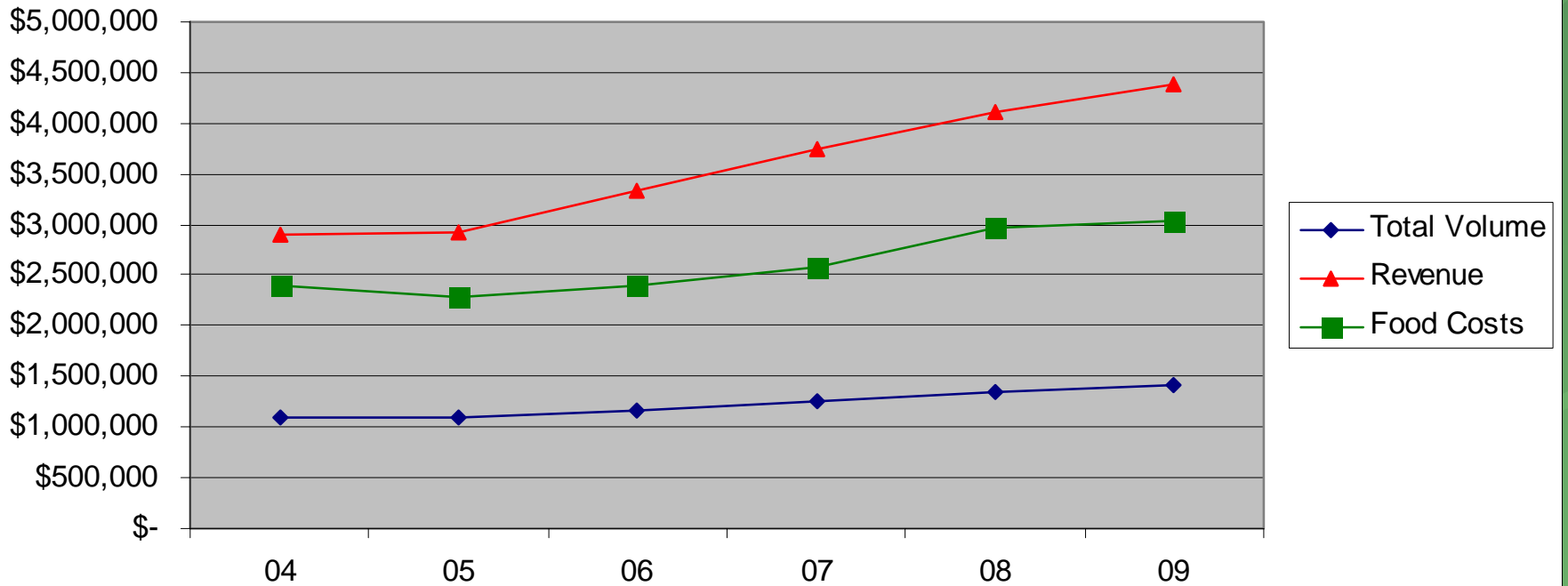








## Cost Versus Revenue



# Education







# Taste of Vermont





# The Center for Nutrition and Healthy Food Systems

