

# Food & Nutrition Insight



Winter 2011

A quarterly newsletter for  
Washington State  
Food and Nutrition Council

## Getting Back To Our Roots: Finding the Way Forward to Farm Fresh Food

2010 Conference, Sept 17, 2010  
By Acacia Larson, MPH, RD, CD

I am happy to report that the annual conference was very successful, boasting the highest attendance in recent history. Over one hundred of us gathered this year at the Blackriver Conference Center in Renton to discuss eating from, educating about, and advocating for a sustainable and just food system.

Our keynote speaker **Melinda Hemmelgarn** writes, speaks and broadcasts as the "Food Sleuth", helping people to "*think beyond their plates*". Melinda inspired and entertained us as she outlined tools for navigating the food system, and finding truth in our food. You may be interested to follow Melinda's blog at:  
<http://food-sleuth.blogspot.com/>

Acting on feedback from past conferences (we really do read those evaluation forms!) we changed the format of the conference this year, offering break out sessions to give people more options of speakers and topics. Breakout sessions included the following:

### **Farm to Institution: Local Food on Every Tray**

Panelists included; Janet Nielsen-Homan



Panel speakers: Janet Nielsen-Homan, Dan Hulse and Liz McNett Crowl

from Auburn School District, Liz McNett Crowl from Skagit Valley Hospital, and farmer Dan Hulse with Tahoma Farms and Terra Organics. Each panelist shared their efforts to bring local food to schools, hospitals, and communities at large. Check out these websites to learn more about this issue:

[http://www.noharm.org/all\\_regions/issues/food/](http://www.noharm.org/all_regions/issues/food/)

[www.farmtoschool.org](http://www.farmtoschool.org)

### **Appreciating our Cultural Roots: Educating and Eating In a Diverse Community**

Panelists included PCC Nutrition Educator Leika Suzumura and Nutrition First Board President Alilya Haq. Leika and Aliya discussed their experiences in developing culturally competent nutrition messages. To learn more, visit these websites:

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## President's Letter



WSFNC President, Adrienne Dorf

Happy Winter to All!



We've already had a blast of winter weather in Washington

State. Although I know snowy weather wreaks havoc here in Western Washington, I do love the snow. I got out my cross country skis and headed over to the nearby golf course to enjoy an hour out in the winter weather. I am looking forward to ski trips to the Methow Valley and Whistler this year. I hope that you have made some plans to enjoy the winter season too.

The past year has been a challenging one for just about everyone in Washington State but especially for the most vulnerable populations. We continue to see high rates of unemployment and budget cuts to programs that provide services to those in need. It seems that each day there are new heart-wrenching stories of people just struggling to make ends meet. There were however a few bright spots this last year and we

need to celebrate them in order to remain hopeful for the future:

Governor Christine Gregoire signed an Executive Order entitled, "**Strengthening Washington Food Systems through Policy and Collaboration**". This Executive Order directs state agencies to collaborate with non-governmental organizations to strengthen the State's food policies and programs.

Earlier in 2010, Seattle Mayor Michael McGinn, announced the launch of "**The Year of Urban Agriculture**", a campaign to promote community agriculture efforts and increase access to locally grown food. This campaign will work through city agencies and private organizations to encourage more food growing in Seattle, develop new policies to promote local food at the City level, and support the work of providing adequate food, healthy choices, and better nutrition for Seattle residents.

In early 2010, the Puget Sound Regional Council (PSRC) approved the creation of a Regional Food Policy Council. The Regional Food Policy Council (RFPC) will work with community, business, agriculture, and government partners to identify gaps in the region's food system and develop integrated policy recommendations and actions that will help our region move towards a food system that supports healthy people and communities and environmental sustainability.

The WSFNC has also had much success this past year. We launched our newly designed website, formed a Strategic Planning Group to guide our future work, and of course, put on another very successful annual conference entitled "**Getting Back to Our Roots" Finding the Way Forward to Farm Fresh Food**".

A warm welcome to all of our new and returning Board members. Our new Conference Planning Chair, Shoko Kumagai and her conference committee, Mari Obara and Joyce Chen have already begun planning for our 2011 conference. Our new Legislative Co-Chairs, Hailey Mack and Breanna Oberlin have enthusiastically jumped into their roles and have some great plans in the works.

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### Contact us:

[www.wsfnc.org](http://www.wsfnc.org)  
[pres@wsfnc.org](mailto:pres@wsfnc.org) or  
[editor@wsfnc.org](mailto:editor@wsfnc.org)

The Washington State Food and Nutrition Council is an organization which advocates for food, agriculture, and nutrition programs, services, and education. The Council enhances its members' and the general public's ability to discern nutrition issues and related public policy issues which impact the lives of Washington state residents.

## Legislative Update



By Hailey Mack

### The passage of the FDA Food Safety and Modernization Act-

On November 30, 2010 the legislation expanded the authority of the Food and Drug Administration to regulate and recall foods. The Act brings with it the largest overhaul to our country's food safety laws in more than 70 years. The bill places new responsibilities on everyone from the farmers to the food manufactures. Included amongst the objectives of this bill are the following: improve the capacity to prevent food safety problems, improving the capacity to detect and respond to food safety problems, and improving the safety of imported foods.

### Passage of the Child Nutrition Reauthorization Bill-

The House of Representatives passed the Healthy, Hunger-free Kids Act on December 2, 2010 and President Obama signed the bill into law on December 13<sup>th</sup>. The President's signature was also accompanied by a commitment to fix the SNAP cuts included in the present bill. Highlights of the Bill as it stands

include the following:

- Expands the After-school Meal Program to all 50 states
- Sets restriction on the sale or offering of "junk foods" in schools
- Facilitates the enrollment process to ensure all eligible low-income kids to receive free or reduced priced school meals
- Provides additional funding for implementing Farm-to-School programs.
- Mandates the implementation of electronic benefit transfer nationwide by 2020
- Specifies that WIC food packages should be updated based on scientific review every 10 years

While the passage of this bill will do much to support child nutrition programs including, national school lunch program, Child and Adult Care program and WIC, it did not come without its costs. In order to fund Healthy, Hunger-free Act and make the much needed improvements, 2.2 billion in funds were taken from the SNAP, the national food stamp program. If amendments are not made to fix these cuts this would mean a \$59 cut in

the monthly food benefits for a family of four. It's not too late to take action! Urge Congress to fix these SNAP cuts during the lame duck session.

### Weekends Without Hunger Act (HR -5012)

This legislation was unanimously passed by the House of Representatives on December 9<sup>th</sup>. It amends the Richard B. Russell National School Lunch Act to direct the Secretary of Agriculture, Tom Vilsack, to implement a five-year pilot program providing commodities to nonprofits to prevent children from going hungry when they are not in school. Includes elementary and secondary schools, school food authorities, and emergency feeding agencies as eligible nonprofit recipients of such commodities. Requires commodity recipients to satisfy safe food storage, handling, and delivery standards established by the Secretary. Now is the time to urge the Senate to pass this important piece of legislation.

To contact your Senator call 877-698-8228 and enter your 5 digit zip code.



## Regional Food Policy

by Shoko Kumagai

Adapted from the Regional Food Policy Council's website:

<http://www.psrc.org/about/advisory/regional-food-policy-council/>

### Towards A Sustainable Local Food System

Approved in January 2010, the Puget Sound Regional Food Policy Council (RFPC) is now blooming! The RFPC is a working advisory committee within the Puget Sound Regional Council (PSRC), and the first meeting was held on September 21, 2010.

The RFPC is the fruit of the great effort and tremendous work done by the King County Acting Food Policy Council, and is composed of representatives from community, government, businesses, and agricultural interests in King, Kitsap, Pierce, and Snohomish counties. RFPC members work together to develop integrated and sustainable policy and action recommendations that strengthen local and regional food systems.

The goal of the first meet-

ing was to bring the diverse group of stakeholders together to discuss and share their values, visions and goals, and to establish an understanding of the role of the RFPC, history of efforts and influences. The chair, Richard Conlin, thanked and welcomed the members at the opening, and commented on the challenge of organizing the RFPC. He shared the hope of addressing food in the larger context with the members, identifying gaps and developing strategies and recommendations for local government, the business sector, producers, etc. Besides the RFPC members, more than 25 representatives from interested groups and organizations were present, and some expressed excitement and expectations for the RFPC at the time for citizen comment.

Highlights included a presentation of the food system and a panel discussion about food policy as a regional issue and the importance of RFPC. The food system was depicted as the chain of activities connecting food production, processing, distribution, consumption, and waste management, etc. (Figure available on the RFPC website).

The panels discussed the

needs of addressing food policy issues with diverse people in the region without political boundaries (i.e. the demand for community garden plots, public health, food security, threatened regional farmland and emergency preparedness), and the impact of prevention policies, such as food policy, on the health of the residents served in the area. The panels stressed the importance of cross-collaboration including jurisdictions and the representation of all sectors across the food system.

The potential roles and objectives discussed included: create measurable outcomes and model policies; address policy conflicts; steer to enhance the economy that works for safety, sustainability etc.; increase returns to farmers; meet the needs of community food security; figure out the real cost of producing locally.

At future meetings, the RFPC will finalize goals and will evolve as it moves forward. The meetings will be open to public (the schedule will be posted on the website) and I encourage all those interested to attend a meeting and participate in this exciting opportunity to impact our local food system.

Conference highlights continued from page 1

<http://ethnomed.org/>

<http://www.pccnaturalmarkets.com/pcccooks/>

### **Parking Lot or Garden Plot: Growing Food in the Urban Environment**

Panelists included Farmer Sue McGann from Marra Farms, Seattle Tilth Director Andrea Platt Dwyer, and local activist Paul Haeder from Spokane Falls Community College. Discussion included successful strategies for encouraging urban farming, and political barriers that have been encountered and surmounted. You can delve into these panelists' passions by visiting:

[www.seattletilth.org](http://www.seattletilth.org)

<http://www.downtoearthnw.com/paul-haeder/>

<http://www.solid-ground.org/programs/nutrition/marra/pages/default.aspx>

### **Sovereignty, Security, Justice: Human Rights and the Food System**

Panelists Heather Day from Community Alliance for Global Justice, and Reverend Robert Jeffrey Sr. from Clean Greens each shared their passionate advocacy efforts, both local and global, to make our food system more equitable for people in need. Learn more about their efforts at:

<http://www.seattleglobaljustice.org/>

<http://www.cleangreensfarm.com/>



Paul Haeder

In our final session, we all gathered together to hear Ellen Gray from WA Sustainable Food & Farming Network, Mary Podrabsky from UW Center for Public Health Nutrition and Heather Day speak about **taking action to make a difference**. We are all working and/or eating in a way that we hope will make a positive change in our food system. The flourishing of farmers markets across the country is a wonderful start, but we must continue to ensure that everyone; children in our schools, patients in our hospitals, farmers in the fields, immigrants finding new homes, can eat healthy foods everyday. Join your peers in educating and advocating for this change, visit the following websites to get started:

[http://depts.washington.edu/waaction/tools/featured\\_resources/access\\_report.html](http://depts.washington.edu/waaction/tools/featured_resources/access_report.html)

<http://wsffn.org/>

[www.cascadeharvest.org](http://www.cascadeharvest.org)

Thanks to WSFNC members and the generous donors to our raffle, for your support in making this conference possible. For WSFNC members who were not able to attend the conference, visit

[www.wsfnc.org](http://www.wsfnc.org) to see powerpoint presentations from many of our fabulous speakers.



## Winter calendar

### Events of Local Interest

#### January 29, 2011

Clean Greens Food "Justice Starts With Us"

Time: 6pm to 10pm

Location: Garfield Community Center

[Clean Greens](#)

#### February 2, 2011

Registered Dietitian Day

Legislative Day

Olympia, WA

[Washington State Dietetic Association](#)

#### April 10-12, 2011

2011 Washington State Dietetic Association (WSDA) Convention

Location: Yakima

[Washington State Dietetic Association](#)



*(President's message continued from page 2)*

Jenn Tucci, our fantastic webmaster is keeping our website current and relevant to our membership. We are so happy to have Martha Shanahan, our new Secretary, Kory DeAngelo, our new Membership Chair and Julianne Williams, our new At Large member. Sarah Seppa, Nominating Committee Chair will soon begin the work of putting together a new slate of officers for next year. Shawn Peterson has graciously agreed to continue to Chair the Strategic Planning Group which will be tackling a revision of the organization's mission and goals. Cheryl Polasek is continuing in her critical role as Treasurer and Kristen Rezabek, Newsletter Editor will continue to keep our members updated. And last but not least Kirsten Leng and Acacia Larson will continue to keep the organization on track in their new roles as Co-Past Presidents.

I look forward to working with all of you in the next year. Please feel free to contact me at [president@wsfnc.org](mailto:president@wsfnc.org).

Adrienne Dorf  
WSFNC President



*Conference attendees discussing breakout session featuring Heather Day and Rev. Jeffrey*

## News From the Farm

By Breanna S. Oberlin MS, RD, CD

### **Community Supported Agriculture: The benefits to choosing local farms.**

Phrases such as “Know your farmer,” and “Eat local” are popping up all over the media. Choosing to purchase locally sourced goods has a profound impact on you, your farmer and your community. In addition to purchasing goods from the grocery store labeled as local, or shopping at a farmer’s market, there are community supported agriculture (CSA) programs that further allow you to get to “know your farmer.”

### **What is Community Supported Agriculture and how does it work?**

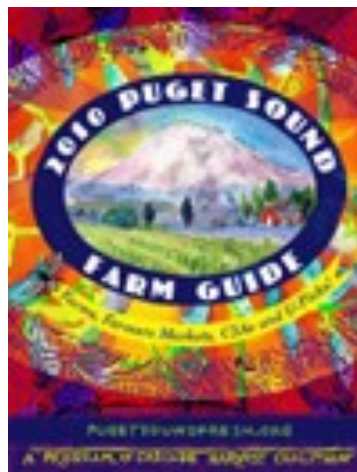
Though each CSA is different and provides different goods based on the farm, the concept is still the same; the CSA shares are purchased from a farm of your choice and you receive a mix of fresh seasonal goods provided by that farm weekly. CSA’s don’t simply provide food and goods they also build a relationship between farmer, food, and community.

CSA programs provide a shared liability between farmers and patrons’ while stimulating the local economy by keeping our money within the community. This provides stability for the farmer by receiving payment early in the growing season to support monetary needs on the farm and by helping to keep the farms going, even if it happens to be a slow or less-optimal growing season. These programs offer a convenient op-

tion for purchasers whether it is for personal and family use or for restaurants and institutional food service. Depending on the CSA program offered by the individual farm, some offer on-farm pick-up, some will drop off good to your home or a close-by centralized location in your community. By eating in season you have the opportunity to eat a variety of foods while being exposed to new foods and ways of cooking. On top of all the direct benefits among farmers and CSA buyers, there is also a positive environmental impact in eating fresh local foods. In many cases the fresh produce was picked that day and traveled far fewer miles than many goods purchased in the grocery store.

### **How to find a CSA in your area and picking the CSA that is right for you.**

Whether you plan to use your CSA for personal use, or for restaurant or institutional food service, there are a variety of options to meet your needs. According to Localharvest.com there are nearly 200 CSA programs in the state of Washington providing produce, nuts, seeds, honey, meats, poultry, fish, pet products, fibers, flowers and beer. Below are resources to aid in finding a CSA in your area:



Local harvest:

[www.localharvest.org](http://www.localharvest.org)

Puget Sound Fresh:

[http://](http://pugetsoundfresh.org/)

[pugetsoundfresh.org/](http://pugetsoundfresh.org/) or pick up a copy of the Puget Sound Fresh guide at your local farmers market.

Puget Sound Food Network. Visit [www.psfnet.org](http://www.psfnet.org)

## 2010-2011 WSFNC Board

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## Volunteer Help Needed!

WSFNC Conference Planning Committee is looking for motivated volunteers who would like to carry out our 2011 conference with us. If you are interested, please contact Shoko Kumagai, Conference Planning Committee Chair at [conference@wsfnc.org](mailto:conference@wsfnc.org)



### Seasonal Recipe: Christmas Quinoa Salad

Recipe by Kristen Rezabek

### **Ingredients:**

3/4 cup Quinoa  
1 1/2 cups water  
1 cup zucchini, diced  
1 cup halved cherry tomatoes  
1/2 cup red onion, diced  
1/2 cup frozen baby peas  
1 cup diced red bell pepper  
1/2 cup diced green bell pepper

### **Dressing:**

3 Tbsp Balsamic vinegar  
2 Tbsp Extra virgin olive oil  
1 Tbsp Dijon mustard  
2 Tbsp fresh Oregano, fine chop or 2 tsp dried  
1 tsp fresh garlic, minced  
Salt and black pepper to taste

1 cup halved mozzarella cheese

**Instructions:** Bring quinoa and water to boil over medium heat. Cover and reduce to simmer for 10 minutes. Turn heat off and leave covered pan on burner for 4 minutes. Remove lid and fluff quinoa with fork. Set aside to cool.

Combine chopped vegetables in large bowl.

Whisk dressing ingredients together in small bowl and pour over vegetables, thoroughly mix. Add quinoa and mozzarella cheese and mix until combined. Serve immediately or refrigerate for up to 3 days.

Recipe adapted from the cookbook: *Quinoa the Everyday Superfood 365*