

Session title	Practicing what you preach in the kitchen
Time/day	10:45 am – 12 pm Saturday 1/27/07
Names of participants	Beth Krisco – facilitator Maggie Johnston Tudi Karyn Mcgee Sarah Gilbert Kendra Liddicoat Tyler Gault Jason Nally Karen Norby Bethany Hanna Matt Kauffman Jim Parry Larry McGeehan Jennifer Oracle Ken Voorhis
Key questions	How are people eating sustainably at their center? What are options to practice what we preach?
Take home messages	-Continual communication between program staff and kitchen staff -Food is such a volatile topic with everyone -small steps are important -Gardens can serve important roles in programming, but not in supplying the kitchen

### **What are we doing in our kitchens that we feel good about?**

- use free range chickens at conference center
- one meal where students use no silverware and no plates
- one meal cooked themselves
- land leased to CSA; use for educational programs
- works with CSA to provide food for staff
- use organic food when possible in the center
- signed up with the green restaurant association, national organization in NH (able to connect with local purveyors, organic options through Cisco and other large food distributors); give monthly newsletter; work on organic garden at staff housing site
- join with small food movement in town to learn about farm to school movement
- try to use local produce, but not organic yet
- monthly volunteer meals use local suppliers
- try to use green-ware and minimize waste (compostable dishes)
- compost with “roly pig” and distribute to demonstration garden plot (three sisters)
- recycling kitchen waste
- strong relationship with food supplier
- compost
- water harvesting and organic garden
- Food First – food and development policy (encourage local food production movement in US with examples in other countries)

- ex. Necessity of local food production in Cuba
- try to eat seasonally
- vegetarian options
- Tupperware for sack lunches
- Shade-grown, organic, fair trade coffee for all programs
- donate unwanted foods to non-profits

### **How do we incorporate eating sustainably into program?**

- Food for Thought program (food waste): lowers food costs; easy to carry into real life; food waste collected and distributed to local farmers
- organic staff garden
- staff compost
- compost, feed chickens
- waste mass
- rewards for zero food waste (teachers dance to disco music for first time, teachers sing karaoke for second)
- organic farm incorporated into curriculum (staff maintain plot on their own time)
- importance of eliminating or walking fine line with competition and guilt
- programs looking at consumer waste, specifically packaging
- kids visit farm during program
- sack lunch garbage must be taken home with the students
- all-day-hike with lunch packed in bulk and distributed among students
- North Cascades Institute has a map that shows where food comes from
- incorporates diversity of food supply (genetic diversity, heritage breeds)

### **Humps that we would like to get over?**

- issues of scale
- how do we balance food waste and obesity issue?
- not convinced that food from farm can be served in kitchen
- illegal to purchase food from many local purveyors
- work closely with USDA; food donated from USDA
- cost of organic, local foods
- program staff that try to direct food service
- designing lessons that kids will get on food sustainability when the program is short-term
- concerns with food allergies

### **Tips**

- importance of knowing cost per unit so that you can make informed budget decisions and work towards greening your kitchen
- eat one locally and or seasonally one meal a month
- need program manager to be part of education program
- inundate the program with little lessons, as opposed to creating a lesson solely for food sustainability
- IPS Rebates (does work for rebates on food purchases)
- cut-costs through milk program

- [www.gardenmosaics.org](http://www.gardenmosaics.org) (cool resource for garden curriculum)
- understand kitchen manager's perspective

**How important is having a small working farm at your center?**

- Omnivores Dilemma by Michael Pollan → Farms are integral piece of the puzzle
- A Food Revolution
- from a food service end, having a farm doesn't work, but from a program end, it is an integral piece

**How is it incorporated into the program?**

- Curriculum on farm
- Insect lessons, soil samples
- Educator provided with farm
- a few educators cook or create a meal with farm food