



Building a Healthy Community

As a member of the Vermont Fresh Network, Fletcher Allen has committed to working directly with at least three farms in the area. Here are two local farmers who have helped us provide fresh, local food to our patients and visitors.



Chip Morgan, owner of Wood Creek Beef Farm in Bridport, has lived on a farm all his life. Just five years ago, he started Wood Creek. Last year, Wood Creek raised over 400,000 pounds of beef. "Our farm is a place that is concerned with quality," said Morgan. "We buy healthy steer through the Vermont Beef Growers' Association. No hormones or antibiotics are used!"

"Fletcher Allen shows their interest in agriculture, the local economy and good food by buying their food from local farmers."

— Chip Morgan, Wood Creek Beef Farm



Jenn McGowan is director of the Healthy City Program, an eight-week program at the Intervale that teaches at-risk teens how to work on a farm, while advocating for healthier food options in Vermont school cafeterias. The program grows and sells produce to local organizations, including Fletcher Allen.

"The connection between Fletcher Allen and the Intervale is a natural one — we are both promoting healthy communities."

— Jenn McGowan, Healthy City Program



Gary Foster,
Line Chef at
Fletcher Allen
Health Care

Fresh & Local

Guess what's on the menu at Fletcher Allen!

Today's patient or visitor at Fletcher Allen Health Care can order food that is fresh, organic and local: fare such as free-range turkey with organic vegetables, and locally raised ground beef with fresh tomatoes and lettuce. This is all part of an effort to provide food for our patients and employees that is not only nutritious, but also is produced in a way that is good for our environment and community.

That's a tall order for a health care organization that serves over 1,000,000 meals a year!

Inside: See how we do it

www.FletcherAllen.org



A Promise and a Partnership

Fletcher Allen's Nutrition Services Department has joined the Vermont Fresh Network, an organization that encourages farmers, food producers and chefs to work together to build partnerships that will contribute to stronger local communities and economies.

Fletcher Allen is also one of 100 hospitals in the country who have signed the "Healthy Food in Health Care Pledge," making a commitment to serve local, nutritious and sustainable food.

Promoting Healthy Eating

Nutrition-related chronic diseases have become a fact of life in our country, where the industrial food system produces highly-refined, preservative-laden, calorie-dense foods rather than fresh fruits and vegetables, whole grains and other high-fiber foods. Fletcher Allen's Nutrition Services Department is bucking this trend by providing fresh, local and organic food for our patients and their employees.

"What we put in our mouth has a profound impact upon our health. What we put in our environment has a profound impact upon the health of our (not too distant) future. I am proud to be a part of an organization that is making these strides in providing food that is healthy and fresh, with minimal impact on our environment."

— William Charash, M.D., Ph.D.,
director of Surgical Critical Care

Some recent initiatives include:

- **Fried foods have been eliminated in all retail areas.**
- **All food will be zero trans fat by the end of the summer.**
- **All milk served is rBST-free*; we also serve some rBST-free cheese.**
- **Local and organic foods are served often – Lake Champlain organic dark chocolates; organic teas and coffee; and local, grass-fed ground beef from Wood Creek Farm are just a few offerings.**
- **An increase in fruits, vegetables and whole wheat foods.**

*rBST is a genetically-engineered form of a natural hormone that boosts milk production.

Executive Chef Richard Jarmusz

Fletcher Allen's Executive Chef Richard Jarmusz never imagined that he would be working at a hospital when he was Executive Chef at Capitol Plaza in Montpelier — or when he was an award-winning chef at a series of gourmet restaurants in New York and Connecticut. But here he is, serving over 1,000,000 meals a year at Fletcher Allen — and doing so with a focus on fresh, local, nutritious food.

Under Jarmusz' direction, each of Fletcher Allen's dining areas and the inpatient food service offer healthy food that is made with fresh, local ingredients.



Creating a Healthy Environment

Local and organic is good for the environment because it means less road and air transport, less packaging, less pollution, fewer pesticide residues on our food, and less waste.

Minimizing Air and Water Pollution

By buying local, Fletcher Allen helps minimize the pollution resulting from transporting non-local produce.

Reducing Waste

Fletcher Allen has been composting food for over 10 years at the Intervale Compost Project. Our cups are compostable, and soon our plates will be compostable.

Buying Local

Buying local and organic is good for our community because it supports our local economy. It keeps money here in Vermont, creates jobs and businesses locally, and supports our farmers. It also helps our community by reconnecting all of us with the land, reminding us to value and care for the source of our food.

