

Nationally, hospital and school food service programs are looked to as leaders in the efforts to promote healthier food purchasing, production, and marketing. *Menu for Change* is the first conference in Maine focused exclusively on practical ways to promote healthier, sustainable solutions for both school and health care food service programs.

## Speakers

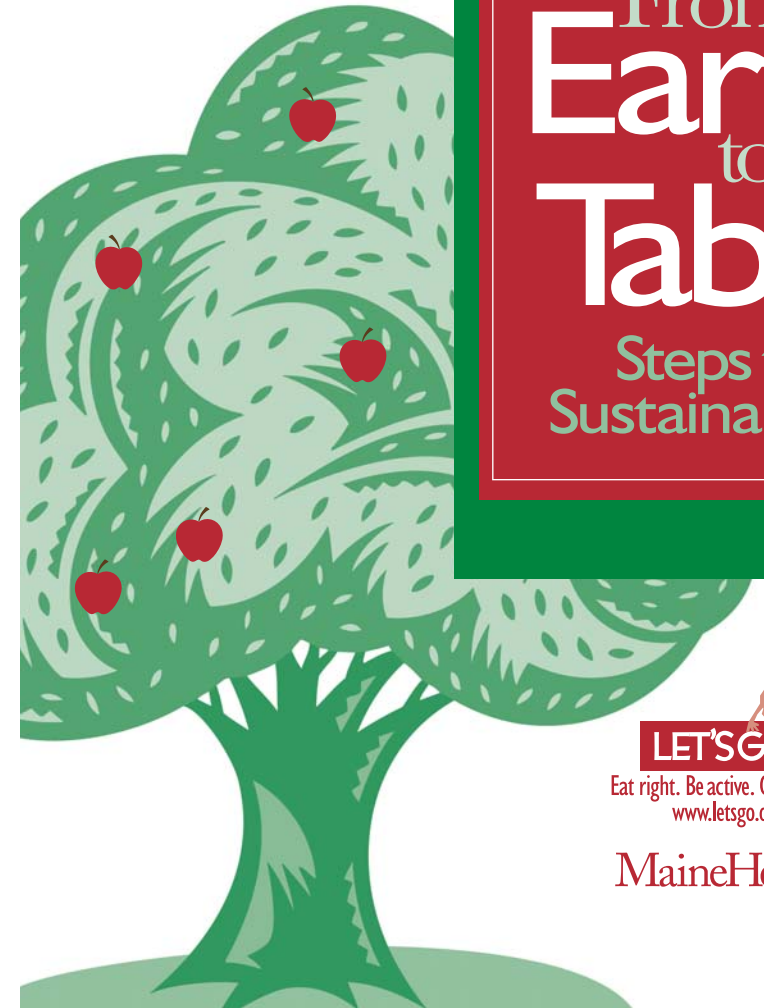
**Michelle Gottlieb, MEM**, National Coordinator of Health Care Without Harm

**Diane Imrie, RD, MBA**, Director of Food Service at Fletcher Allen Health Care in Burlington, VT

**Mary Jo McLarney, MS, RD, LDN**, Director of Food Service for the Somerville, MA School Department

MaineHealth  
465 Congress Street, Suite 600  
Portland, ME 04101

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Menu for Change:

From  
**Earth**  
to  
**Table**  
Steps to  
Sustainability

**LET'S GO!**  
Eat right. Be active. Get healthy.  
[www.letsgo.org](http://www.letsgo.org)

MaineHealth®

November 5, 2008  
Harraseeket Inn • Freeport, Maine

# Agenda

8:00 am Registration and Breakfast

## AM PLENARIES

8:15 am Welcome

8:30 am PLENARY—Why Hospitals’ Food Purchasing Decisions Play an Important Role in Our Ecological Health

Michelle Gottlieb, MEM, Health Care Without Harm

9:15 am PLENARY—Fletcher Allen Healthcare: More than Green—Leading the Way to a Healthier Environment

Diane Imrie, RD, MBA, Fletcher Allen Health Care

10:00 am **Workshop 1**

10:50 am **Workshop 2**

11:30 am Networking Lunch and Vendor Fair

## MID-DAY PLENARY

1:15 pm PLENARY – Shape Up Somerville: Strategies for Success

Mary Jo McLarney, MS, RD, LDN

2:00 pm **Workshop 3**

2:50 pm **Workshop 4**

## PM PLENARY

3:45 pm PLENARY – Lots to Gardens

St. Mary’s Nutrition Center

4:15 pm Highlights of the Day

4:30 pm Adjourn

# Workshops

## Workshop 1

10:00 – 10:40

Ask the Expert: A Question and Answer Session

*Presenter:* Diane Imrie, RD, MBA, Fletcher Allen Health Care

Marketing Healthy Choices and Modifying Classic Recipes

*Presenter:* Mike Sabo, Director of Hospitality Services, SMMC

Wicked Fresh Produce: How and Where to Buy It

*Presenters:* Dick Ackley, Native Maine Produce; Jane Aiudi and Steve Giguere, Maine Department of Agriculture

Farms to Schools: Innovation in Rural Maine

*Presenter:* Karen Kleinkopf

## Workshop 2

10:50 – 11:30

Back to Basics: How You Can Compost

*Presenter:* Winter Wood Farm

Marketing Healthy Choices and Modifying Classic Recipes

*Presenter:* Mike Sabo, Director of Hospitality Services, SMMC

Food Pledge... What You Can Do?

*Presenter:* Michelle Gottlieb, MEM, Health Care Without Harm

Forming a Workgroup to Bring About Change: A Let’s Go! Example

*Presenters:* Greater Portland Let’s Go! School Nutrition Directors

## Workshop 3

2:00 – 2:40

Going Green: Is It Feasible or Cost Effective?

*Presenters:* Michael Grimmer (St. Mary’s Health System) and Kathleen Florence (Pen Bay Health Care)

Guiding Stars: A Nutrition Guidance System for Food Service

*Presenter:* Guiding Stars Licensing Company

Changing High Fat, High Sugar to Healthy Vending Choices

*Presenters:* Tim Goltz, MD and Becky Werber, Miles Health Care

Pineland Farms: A Local Resource

*Presenter:* Pattie McGuinness, Pineland Farms

## Workshop 4

2:50 – 3:30

Portion Distortion: Strategies for Getting It Right

*Presenter:* Dimsie Clark, MS, RD, LD, St. Andrews Hospital

Guiding Stars: A Nutrition Guidance System for Food Service

*Presenter:* Guiding Stars Licensing Company

Steps to Sustainable Business Recycling

*Presenter:* ecomaine

Venues for Connecting Partners with the School Meals Program

*Presenter:* Gail Lombardi, Maine Department of Education—Child Nutrition Services

# Registration

*Registration Deadline: October 27, 2008 • Space is limited.*

**Cost:** \$60/participant • \$50/participant if part of a group of 2+

**Send registration to:** Naomi Anderson Schucker, MPH  
MaineHealth • 465 Congress St., Suite 701 • Portland, ME 04101

**Make checks payable to:** MaineHealth

**If paying by credit card please provide the following:**

FIRST AND LAST NAME ON THE CARD

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**Registration information:**

NAME AS YOU WOULD LIKE IT TO APPEAR ON NAME BADGE

ORGANIZATION

CREDENTIALS

MAILING ADDRESS

EMAIL ADDRESS

PHONE NUMBER

JOB TITLE

**Workshop selections:** Please indicate your first and second choice for each workshop you would like to attend:

### Workshop 1:

Ask the Expert: A Question and Answer Session

Marketing Healthy Choices and Modifying Classic Recipes

Wicked Fresh Produce: How and Where to Buy

Farms to Schools: Innovation in Rural Maine

### Workshop 2:

Back to Basics: How You Can Compost

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Venues for Connecting Partners with the School Meals Program