FOOD FOR THOUGHT – HEALTHY FOODS SUMMIT 2010

POOR DIET CONTRIBUTES to four of the six leading causes of death (heart disease, cancer, stroke and diabetes), and it has been estimated that healthier diets could reduce $71 billion per year in medical costs, lost productivity, and lost lives. One approach to improving the American diet, as recommended in the 2010 USDA Dietary Guidelines, is that we eat more plants – fruits, vegetables, seeds, whole grains, and legumes.

The Food for Thought Summit, a program of the University of Minnesota Healthy Foods, Healthy Lives Institute and the Minnesota Landscape Arboretum, will present emerging scientific research that adds new insight into just how important these plants are for human health – and why. Leading scientists will give updates on their latest research and case studies on the factors that can help motivate people to improve their health by eating more plants.

If you are a researcher, dietitian, health-care insurance industry professional; physician; clinician; hospital, nursing home, and school administrator; student or concerned citizen, join us for this timely and important event.

THURSDAY, SEPTEMBER 30
Plant Foods for Human Health
Location: University Radisson
Research Presentations
Bioactive compounds and dietary supplements – PAUL M COATES, Ph.D., Director, Office of Dietary Supplements, NIH
Food for disease prevention – the “portfolio diet” – DAVID J. A. JENKINS, M.D., D.Sc., Professor of Nutritional Sciences, University of Toronto
Growing plants enriched with healthful substances – IRWIN GOLDMAN, Ph.D., Professor of Horticulture, University of Wisconsin-Madison
Policy issues related to increasing plant foods in the U.S diet – MELISSA N. LASKA, Ph.D., U of Minnesota, Division of Epidemiology, School of Public Health
Food consumption trends and the issues that drive them – HELEN JENSEN, Ph.D., Professor of Economics and head of the Center for Agricultural and Rural Development’s Food and Nutrition Policy Division, Iowa State University
Plant-food safety issues – MIKE DOYLE, Ph.D., Regents Professor of Food Microbiology and Director, Center for Food Safety, University of Georgia

“Communication Matters: Rethinking Nutrition & Scientific Messaging from a Journalist’s Perspective” – MARK BITTMAN, food author and columnist with The New York Times

FRIDAY, OCTOBER 1
Pack Your Menu With Powerhouse Plants!
Location: Minnesota Landscape Arboretum
Morning Keynote
MARK BITTMAN, author and columnist with The New York Times, shares observations on the current state of Americans’ complex relationship with food.

“The Healthy Handful”
CAROLYN DENTON, N.S., L.N., Abbott Northwestern Hospital, discusses plants that can make an immediate difference in your health and the best ways to prepare them.

Lessons Learned
Real-world examples adding healthful plants into the menu to improve health at various settings. How time and money were found will be discussed.

• Making a Change for the Good, One Group at a Time: Group Homes and Residential Facilities – JEAN LARSON, Ph.D., Director, Center for Therapeutic Horticulture and Recreation Services, Minnesota Landscape Arboretum
• Food Fight! Or…How Even Kids Learn to Love Healthy Foods: School Lunch Programs – JEAN ROYNE, Director of St. Paul Schools Nutrition Services
• Enjoy a Healthy Handful Lunch – An Edible Lesson! Designed by BRENDA LANGTON, Spoonriver, with University Dining Services
• I’m Tired…Let’s Get Pizza: A Chef at Home JENNY BRENN, Bush Leadership Fellow, co-owner Good Life Catering, cookbook author
• Not Your Typical Community Pot Luck: Community Center as Food Educator – LITTLE EARTH OF UNITED TRIBES
• The Corporate Kitchen: Making Big Feel Personal – Bon Appétit Corporate Catering (invited)
• Q & A with Case Study Presenters

A Summit Exclusive
Food Matters – An Evening with Mark Bittman
At the Arboretum - September 30, 7:30-9:00 p.m.
Introduction by LUCIA WATSON of LUCIA’S.
This two-day event is an exciting collaboration by two of the University’s flagship institutions dedicated to public health and well-being. The summit is the second annual research symposium of the Healthy Foods, Healthy Lives Institute and signals the Arboretum’s ongoing focus on health-giving plants.

REGISTRATION INFORMATION

To register by mail, please print this flier, complete the form, and mail with your check to the Arboretum Education Office at the address below. Register separately for each summit component: Thursday only, Friday only, and the evening with Mark Bittman lecture and book signing. Meals are included for both conference days; optional cash bar and appetizers available for purchase at the evening lecture. First come, first served; for fastest service, register online or by phone at 952-443-1422.

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Register for one or both days, or for the Mark Bittman lecture. Please make checks payable to Minnesota Landscape Arboretum.

September 30: Plant Foods for Human Health

- U of M Faculty, Staff or Arb Members: $65
- General Public: $110
- Students (must have ID and current registration): $25

Total Amount Enclosed: $ _____________

Name ________________________________
Organization ____________________________ Title ________________
Address ________________________________ City ____________ State _______ ZIP _______
Daytime Phone(s) ________________________ Email Address: __________________________

Mail to: Education Office, Minnesota Landscape Arboretum
3675 Arboretum Drive
Chaska, MN 55318

To register by credit card, visit www.arboretum.umn.edu/healthyfoodsummit2010.aspx or contact the Arboretum Education Office at 952-443-1422

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