



Minnesota Landscape
ARBORETUM

PACK YOUR MENU WITH POWERHOUSE PLANTS

October 1, 2010 – 8:30 a.m.-3:00 p.m.

MINNESOTA LANDSCAPE ARBORETUM, MACMILLAN AUDITORIUM

Presented in collaboration by the University of Minnesota's

HEALTHY FOODS, HEALTHY LIVES INSTITUTE AND LANDSCAPE ARBORETUM

AGENDA

- 8:30 – 9:00 **Registration and Breakfast**
BRENDA LANGTON and University Dining Services/Aramark work together to prepare the most important meal of the day in the Arboretum's busy institutional kitchen.
- 9:00 – 9:15 **Welcome and Opening Remarks**
With SUE ZELICKSON, Twin Cities reporter, food critic, and columnist
- 9:15 – 10:15 **Keynote Address – Mark Bittman**
The reporter, author and columnist for *The New York Times*, will talk about his just-released cookbook and report on his travels around the U.S. and share observations on the current state of Americans' complex relationship with food.
- 10:15 – 10:30 **The Healthy Handful**
Lists of what we should and should not be eating abound. Cut through the static and hype and discuss the plants that can make an immediate difference in your health and how best to prepare them. With CAROLYN DENTON, N.S., L.N., of the Penny George Institute for Health and Healing at Abbott Northwestern Hospital.
- 10:30 – 10:50 **Break**
- 10:50 – 3:00 **Lessons Learned – Real-world examples of changing diets to improve health**
Learn from professionals who work in schools, hospitals, community centers and neighborhood settings about how they increased the use of healthful edible plants into their institutional menus and their group members' lives. Find out how time and money were found to implement these diet changes.
- **Making a Change for the Good, One Group at a Time : Group Homes and Residential Facilities**
Learn how 17 adult group homes in Dakota County have moved toward better health by eating more plants. JEAN LARSON, Ph.D., is Director of the Arboretum's Center for Therapeutic Horticulture and Recreation Services.
 - **Food Fight! Or...How Even Kids Learn to Love Healthful Foods: School Lunch Programs**
Learn how you can bring more plants into the diets of kids – even in a large-system school cafeteria. JEAN RONNEI, Director of St. Paul Schools Nutrition Services, has

gained a national reputation for successful models in making a place for more healthful food on the plate of every kid in our schools.

- **Enjoy a Healthy Handful Lunch – An Edible Lesson!**

BRENDA LANGTON and University Dining Services/Aramark work together to prepare a healthful meal for you in the Arboretum's busy institutional kitchen.

- **I'm Tired...Let's Get Pizza: A Chef at Home**

Everyone, even a professional caterer and food educator, struggles to create harmony in a life filled with work and family needs and obligations. Delve into easy and low-pressure ways of keeping powerhouse plants in your daily family menu with JENNY BREEN, Bush, Leadership Fellow, student, co-owner of Good Life Catering, and one busy mom!

- **Not Your Typical Community Pot Luck: Community Center as Food Educator**

Community gatherings and facilities have a unique opportunity to show citizens how to enjoy and savor edible plants. Learn how LITTLE EARTH OF UNITED TRIBES in Minneapolis have succeeded in featuring healthful foods in their community center at meetings and community celebrations.

- **The Bottom Line: How Health Care Employees Are Getting Healthier**

After an employee survey revealed how many Ridgeview Medical Center employees smoked and were overweight, action was taken to motivate employees to make changes that led to better health. CAROLE HALVERSON of Ridgeview Medical Center describes how such things as free flavored water helped employees feel healthier and keep more of their income. It's early in their program and Ridgeview can't wait to assess other benefits.

- **The Corporate Kitchen: Making Big Feel Personal**

BON APPÉTIT CORPORATE CATERING (invited) describes how they help companies around the world improve employee health with nutritious, locally grown cafeteria menus.

- **Questions for the Case Study Presenters**

Join the conversation with the day's presenters to further develop your own professional or personal plan to increase edible plants in your menus.