



groundwork
CENTER FOR RESILIENT COMMUNITIES

FARMS, FOOD & HEALTH

— CONFERENCE —

SEPTEMBER 26-29, 2019

HAGERTY CENTER
TRAVERSE CITY, MICHIGAN

KEYNOTE SPEAKERS

DR. STEPHEN RIVARD

Iroquois Valley Farmland REIT

DR. ORAN HESTERMAN

Fair Food Network

DR. DREW RAMSEY

Columbia Psychiatry

www.farmsfoodhealth.org | #FFH2019

FARMS, FOOD & HEALTH

bringing together health practitioners, employers, schools, hospitals, farmers and others interested in connecting the dots between health care, wellness, and locally grown food

Groundwork Center's Farms, Food and Health (FFH) project is a cutting-edge initiative bringing together the worlds of healthcare, farming, and food systems. FFH was kickstarted in October of 2014, with the first Farms, Food, and Health Conference held at Kirkbride Hall in Traverse City. Since 2014, the project has hosted at least one major event every 18 months.

While evaluating the two sold-out Farms, Food and Health conferences in 2014 and 2016, a theme emerged in participant feedback—more technical, hands-on training was needed to make the connection between food and health resonate. Heeding this call, Groundwork Center and Munson Healthcare partnered with the Great Lakes Culinary Institute to provide the region's first hands-on culinary training for healthcare providers in September 2017.

2019 is the first year we bring the **cross-sector networking** and **interactive workshops** and **presentations** of Farms, Food and Health together with the **hands-on culinary training** of Culinary Medicine. By tying these two events together, as well as adding a large **public keynote** address, Farms, Food and Health **Expo**, and many more conference-related activities, our goal is to highlight innovative initiatives, engage the largest possible audience, and provide much-needed technical skill-building for healthcare providers.



FARMS, FOOD & HEALTH

CONFERENCE WITH CULINARY MEDICINE TRAINING SEPTEMBER 26-29, 2019

Groundwork is proud to be hosting the 2019 Farms, Food & Health Conference with a Culinary Medicine Training track for healthcare providers. This event is in partnership with Munson Healthcare and the Great Lakes Culinary Institute at Northwestern Michigan College.

THE CONFERENCE

The **Farms, Food & Health Conference** is open to all community members and brings together health practitioners, employers, teachers, principals, poverty reduction advocates, human resource professionals, farmers, food service directors, and others interested in connecting the dots between healthcare, health promotion, and wellness with locally grown food. **Conference sessions** highlight innovative programs from across the Midwest, including policy initiatives like 10 Cents a Meal, fruit and vegetable prescription programs, healthful food pantry procurement policies, and more.



THE TRAINING

The **Culinary Medicine Training** offers healthcare providers an opportunity to receive immersive continuing medical education trainings in a professional kitchen setting alongside chefs and dietitians. Participants receive hands-on culinary skills training, as well as nutrition science and counseling updates, all of which feature Michigan-grown foods. Topics include plant-based guidelines for disease prevention, hands-on cooking using ancient grains, local proteins and seasonal ingredients, navigating popular dieting trends, behavior change bootcamps, and much more.

PRE—CONFERENCE ACTIVITIES

A selection of pre-conference activities showcase innovative programs in the Traverse City area, and immerse participants in the vibrant local food scene of northwestern Lower Michigan. Ticketed activities include two farm to table dinners, a tour of Michigan's largest growers-only farmers market, a winery tour eligible for continuing medical education credits, and more.

EXPO

The Farms, Food & Health expo showcases organizations and businesses working to connect health, wellness and locally-grown food. Expo programming is free and open to the public, and features “tapas talks” highlighting innovative programs and compelling stories, cooking demonstrations, family-friendly activities, book signings with featured speakers, raffle prizes, and more. The ticketed keynote and reception will take place immediately following the Expo.

SCHEDULE

THURSDAY, SEPTEMBER 26, 2019

6:00-8:30pm **Farm to Table Dinner and Tour**
Loma Farm

FRIDAY, SEPTEMBER 27, 2019

9:00am-3:30 PM **Building a Healthy, Resilient
School Community**
Workshop hosted by TBAISD

10:00am-5:00 PM **Farms, Food & Health Expo**
Hagerty Center

PRE-CONFERENCE ACTIVITIES

10:00am-12:00pm **Oryana Co-op Tour**

12:00pm-1:00pm **Cowell Cancer Center Tour and Yoga**

12:30pm-4:00pm **An Insider's look at Leelanau Wines**
Pre-registration required

12:30pm-3:00pm **Clinical Perspectives:
Tea, Biodynamic Farming and Health**
Pre-registration required

1:30pm-2:30pm **Anatomy of the Knife**
Pre-registration required

2:00pm-3:30pm **The Father Fred Foundation Tour**

2:45pm-3:30pm **Behind the Scenes Tour: Great Lakes
Culinary Institute at Northwestern
Michigan College**

5:00pm-9:30pm **Farms, Food & Health Keynote**



SATURDAY, SEPTEMBER 28, 2019

- 7:30am-9:30am..... Sara Hardy Farmers Market Tour**
Pre-registration required, meet by the boat in the lobby
- 8:00am-9:30am..... Breakfast session with Deanna Minich:**
Fight Fire with Food: How to Stop Inner Climate Change
Lobdell's. Pre-registration required.
- 9:30am-9:45am Book Signing with Deanna Minich**
- 9:45am-11:15am..... Session A**
- 11:15am-12:15pm..... Lunch Break*
- 12:15pm-1:45pm Session B**
- 1:45pm-2:00pm..... Break*
- 2:00pm-3:30pm..... Session C**
- 3:30pm-3:45pm Break*
- 3:45pm-5:15pm Session D**
- 5:15pm-6:30pm..... Sponsor Showcase and Reception in Lobdell's**
This reception will feature dishes prepared by healthcare providers attending the Culinary Medicine Training track.



KEYNOTE SPEAKERS

DR. ORAN HESTERMAN



FAIR FOOD NETWORK **Founder, CEO**

With more than 35 years of experience as a scientist, farmer, philanthropist, businessman, educator, and passionate advocate, Oran B. Hesterman is a national leader in sustainable agriculture and food systems and is a respected partner for policymakers, philanthropic leaders, and advocates nationwide. He currently serves as CEO of Fair Food Network, a national nonprofit pioneering multi-win solutions that increase access to healthy food in our most underserved communities, support farmers, and stimulate economic activity. Fair Food Network's signature program, Double Up Food Bucks, has become a national model for healthy food incentives.

Growing Community Health and Wealth Through Food

Friday, September 27 | 5:30 pm | Hagerty Center

Dr. Oran Hesterman will share his personal story and his passion for growing the health and wealth of communities through the power of food. As founder and CEO of Fair Food Network, Hesterman will describe how its signature nutrition incentive program, piloted at five farmers' markets in Detroit, has become a national model.

DR. GEETA MAKER-CLARK



PRITZKER SCHOOL OF MEDICINE, UNIVERSITY OF CHICAGO **Chair, Food as Medicine Annual Symposium - Chicago**

Dr. Geeta Maker-Clark, MD, ABOIM is a physician board-certified in both family medicine and integrative medicine. She has a NorthShore Medical Group integrative practice in Evanston, IL, that focuses on the therapeutic and preventative use of food as medicine. Her integrative practice also utilizes herbs, botanicals, and mind body therapies alongside allopathic medicine. She has always held the belief that any meaningful healing must involve the mind, body, and spirit, and that whenever possible the most natural and least invasive intervention serves the highest good of the person.

Food as Medicine

Sunday, September 29 | 8:30 am | Lobdell's

Dr. Geeta Maker-Clark will walk participants through a dynamic plant-based cooking demo and offer her chef-trained, integrated and family medical practice approaches to patient care. She will share clinical insights to incorporate nutrition counseling and hands-on approaches as the chef and the doctor become "one."

DR. DEANNA MINICH



FOOD & SPIRIT **CEO**

Dr. Deanna Minich is a functional medicine-trained clinician and researcher with a unique approach to clinical medicine that combines physiology and psychology. She has served on the Institute of Functional Medicine's Nutrition Advisory Board and curriculum committee, in addition to being an educator, teaching nutrition for the Advanced Practice Module for Detoxification. Her academic background is in nutritional science, including a Master's Degree in Human Nutrition and Dietetics from the University of Illinois at Chicago, and a Ph.D. in Medical Sciences from the University of Groningen in The Netherlands.

Fight Fire with Food: How to Stop Inner Climate Change

Saturday, September 28 | 8:00 am | Lobdell's

We've become so steeped in stress that it's become the norm. As a result of all the stress over time, we may have internalized all the "heat" and "burn out" by becoming inflamed. Inflammation is one of the main drivers of chronic disease. Minich will provide tips and tools to keep you cool through food choices and food preparation.

DR. DREW RAMSEY



COLUMBIA UNIVERSITY, THE BRAIN FOOD CLINIC **Assistant Clinical Professor of Psychiatry**

Dr. Drew Ramsey is a psychiatrist, author, farmer, teacher, and advocate who is long-time proponent of the healing power of food, understanding the dietary change to help balance moods, sharpen brain function and improve mental health. Drew Ramsey, MD is a leading innovator in mental health, combining clinical excellence, nutritional interventions and creative media. He is an assistant clinical professor of psychiatry at Columbia University College of Physicians and Surgeons and in active clinical practice in New York City.

Evidence and Applications in Nutritional Psychiatry **Friday, September 27 | 5:30 pm | Hagerty Center**

Dr. Drew Ramsey will address the intersections between behavioral health and nutrition through ongoing connections between farms, food and health to build community resilience. He offers an overview of the research connecting food and mental health, and clear recommendations for the types of food that support brain health.

DR. STEPHEN RIVARD



IROQUOIS VALLEY FARMLAND REIT **Board Chair, Corporate Medical Director**

Dr. Rivard has a long history of entrepreneurship in the medical and health field. He earned his undergraduate and medical degrees from Loyola University of Chicago and built his career in emergency medicine, and in 2008, founded Illinois Vein Specialists. His interest in organic farming goes beyond profit with the mission of creating a more socially conscious and sustainable future. He is concerned about the growth of Type 2 diabetes, food allergies, and various cancer incidences that may be associated with our food choices. He views investing in Iroquois Valley Farms as a chance to both reclaim our health and sustainably grow capital.

Parallel Paradigms: An Historical Perspective of Chemical Farming and Chemical Medicine **Friday, September 27 | 5:30 pm | Hagerty Center**

Join Dr. Stephen Rivard as he shares his journey from emergency room physician to food sleuth and champion of sustainable agriculture and farmers. Through storytelling he will expand our knowledge and pique our curiosity about how we got to the place where pharmaceutically based medicine and chemically based farming are the norm.



SESSIONS

SATURDAY BREAKFAST SESSIONS

SARA HARDY FARMERS MARKET TOUR

Speakers: Don Coe, Fred Laughlin, Elizabeth Dunham

Location: *Sara Hardy Farmers Market, Downtown Traverse City, MI*

This off-site excursion will give participants the opportunity to have small group tours of the largest growers-only market in Michigan. The tour offers attendees a chance to meet local farmers, see their products up close, learn about their individual farming practices, and explore the seasonal variety available for purchase. The market manager will also educate participants on the many food access programs that can help make market products more affordable, including Double Up Food Bucks, Hoophouses for Health, Project Fresh, and Senior Project Fresh. Participants will also learn about other farmer's market-oriented programs such as Munson's fruit and vegetable Rx program. Recipes that will be used throughout the Culinary Medicine training will utilize many of the products available for purchase at the market.

FIGHT FIRE WITH FOOD: How to Fight Inner Climate Change

Speaker: Deanna Minich, PhD

Location: *Lobdell's*

Stress is everywhere. As a society, we've become so steeped in stress that it's become the norm. As a result of all the stress over time, we may have internalized all the "heat" and "burn out" by becoming inflamed. Inflammation is one of the main drivers of chronic disease. In this presentation, clinical nutritionist and author, Dr. Deanna Minich, will provide tips and tools to keep you cool through food choices and food preparation. You'll also receive easy everyday ways to live a more balanced and less "inflamed" life. Be prepared to get to know your inner fire and to be able to turn down the dial of inflammation through food and lifestyle!



SESSION A

RETAIL RENEGADES:

Re-examining the Role of Grocery in Building Community Health

Speakers: Steve Nance, Devin Moore, Vicki Zilke, Bill Brinkerhoff, Kathy Sample, Coleman Yoakum

Location: GLMA Rm. 101

Despite the growing popularity of the farm to table movement, small farms need additional outlets to sell their goods beyond the weekly farmers market. Small and mighty retail food establishments across Michigan are taking the lead to ensure the local farmers can grow their bottom line while increasing community access to fresh, locally grown food. Join four innovative leaders as they share how they are inspired to do good, sell the products of hundreds of farms and producers in Michigan, and also offer the public education to understand the relationships between food and health. Get inspired by Milan's Zike Farm Kitchen, Pontiac's Micah 6 Community, Ann Arbor's Argus Farm Stop and Traverse City's Oryana Community Co-Op.

MINO-WIISININ: EAT WELL

Speakers: Casey Haggerty, Amanda Weinert, Michelle Schulte

Location: GLMA Rm. 111

Indigenous food is a gateway for students to learn about cultures, languages, histories, and contemporary continuation of Indigenous traditional lifeways. This session will discuss the importance of incorporating Indigenous, specifically Anishinaabek, food and knowledge into school curriculum and community programming.

CHEFS IN SCHOOLS:

Bringing Fresh and Local to a Cafeteria Tray near You

Speakers: Nathan Bates, Lori Herman, Jackie Cobb

Location: GLMA Rm. 112

School Food Service Directors, Chefs and Business Managers will explore the evolution of serving healthy, fresh, local options to students and how one district finally broke even on costs. Learn about their team approach, cafeteria updates, educational activities, and partnerships with supporting organizations and funding sources. Reduce your learning curve by gaining from their experience, and learn why some world-class chefs are leaving the restaurant world behind in favor of institutional food service.

GROWING HEALTHY COMMUNITIES THROUGH GLEANING

Speakers: Taylor Moore, Lynette Johnson

Location: GLMA Rm. 211

Join Food Rescue, a Goodwill of Northern Michigan program and the Society of St. Andrew based in Big Island, VA for a session on how gleaning, an ancient practice involving picking, digging, or gathering excess food from fields can be shared with people in need. Learn how gleaning and rescuing food to feed hungry neighbors is an effective response to surplus and unmarketable crops in the modern world.

SESSIONS

SESSION B

HOSPITAL FOOD:

We've Come a Long Way from Green Gelatin Cups

Speakers: Kevin Vos, Grant Fletcher

Location: GL 211

In many communities, hospitals and healthcare centers are often the region's largest restaurant. This panel discussion will help us define the "state of our plates" by taking a look back at where hospital foodservice has been, reflect on how far we've come and contemplate what's next for the future of local, healthful, sustainable and delicious hospital food across Michigan.

EMPOWERED ADVOCACY:

Embracing the Role of Citizen Change-Maker

Speakers: Diane Conners, Michelle Jacokes, Angela Hojnacki, Annie Shapiro

Location: GL 112

Policy is all about using our civic institutions for public good. Learn how three different initiatives organized to impact public policy in ways that now provide healthy, locally grown food for children in schools and early childhood settings, for families living with low incomes, and for the fruit and vegetable growers who provide the food we want our kids and families to be able to eat within the promise of food safety. Learn how you can get involved—or use lessons learned to start your own initiative! Speakers include Diane Conners, senior policy specialist, Groundwork Center for Resilient Communities, on 10 Cents a Meal for Michigan's Kids & Farms; Angela Hojnacki, outreach and engagement manager, and Annie Shapiro, Policy Manager, Fair Food Network, on Double Up Food Bucks; and Michelle Jacokes, produce safety technician for the Manistee Conservation District, on the Michigan on Farm Produce Safety program, in response to the federal Food Safety Modernization Act, Food Safety Rule.

CULINARY MEDICINE NUTRITION BRIEFING

Speakers: Jennifer Lyon, Libby MacQuillan, April Hackert

Location: Culinary Library GLCI 251

This briefing will outline the key food and nutrition research discussed in the kitchen session workshops. Research includes: a review of the Dietary Guidelines for Americans, EAT-Lancet Commission and the key nutrition concepts for both the general population and also as a means to engage patients in chronic disease management especially plant-forward eating for liver health. Popular and fad dieting debrief from intermittent fasting to paleo will be reviewed and a refresher on using motivational interviewing to meet your patients on their own path to personal health and wellness.

HELPING FAMILIES EAT TO BEAT DEPRESSION WITH DR. DREW RAMSEY

Speaker: Drew Ramsey

Location: Lobdell's

This 90 minute workshop will offer a deeper dive into the ways families can work to improve diet quality, eating behaviors, and family mealtimes to improve mood. Through role-play activities, communication strategies, and a touch of humor, Dr. Ramsey will help us make simple (and low stress) dietary improvements which will make a big difference in our daily lives. This workshop is tailored for educators, healthcare providers, and families.

JUST WHAT THE DOCTOR ORDERED: Rx for Health Programs from five Michigan Communities

Speakers: Michelle Seguin, Jasmine Omar, Alyson Kass, Krista Gast, Nina Fearon

Location: GL 101

In Michigan we are seeing the expansion of unique programs which allow medical providers the opportunity to prescribe fresh, local fruits and vegetables (and other items) to patients and community members. During this session we will learn from providers and program coordinators in Michigan from the Upper Peninsula all the way down to Detroit on the innovative ways they are helping providers to change patients' habits by increasing access to local, fresh produce using a "Prescription" model. This session will discuss rural versus urban programs, challenges, patient identification, and data collection.

GOOD FOOD PURCHASING POLICY: Changing the Way Community Institutions Support Local Food Systems

Speakers: Marlie Wilson, Ribka Getachew, Christina Spach

Location: GL 111

The Good Food Purchasing Program (GFPP) is transforming the way public institutions across the country purchase food to create a more transparent and equitable food system. Originally developed by the Los Angeles Food Policy Council in 2012, GFPP is a metrics-based, tiered point system that assesses public food spending through its impact on five value categories: local economies, environmental sustainability, valued workforce, animal welfare, and nutrition. Cities, counties, and school districts across the U.S., including Los Angeles and Chicago, have formally adopted GFPP as a policy, and cities like New York have been actively campaigning for its adoption. In this session, hear from campaign coordinators and GFPP implementers on how the program works, early impacts and lessons learned, and how you can work with your community's institutions to explore good food procurement strategies like GFPP.

SESSIONS

SESSION C

MAKING FRESH PRODUCE AFFORDABLE WITH DOUBLE UP: A Michigan Case Study

Speakers: Angela Hojnacki, Annie Shapiro

Location: GL 101

Double Up Food Bucks has grown considerably in Michigan, and we're going to keep growing! Come celebrate the success of the now 10-year-old program and learn how you can get involved supporting Double Up programs in your community.

EMPLOYEES COME FIRST:

Improving Employee Health While Supporting Farm Viability

Speakers: Grant Fletcher, Kyle Page, Kelly Wilson, Garrett Ziegler

Location: GL 112

Join leaders from Bronson Healthcare, Taste the Local Difference, and MSU Extension for a presentation about real-world implementation of hospital-located grocery stores centered around employee wellness and community health. This session will also explore best practices involved in CSA (Community Supported Agriculture) Worksite Wellness programing through thoughtful discussion.

COMMUNITY-BASED SOLUTIONS TO ASSESSING AND IMPROVING THE FOOD SYSTEM

Speakers: Amanda Woods, Jessica Williams, Ashley Beversdorf

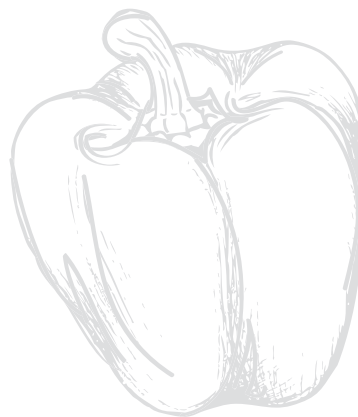
Location: GL 211

This presentation will discuss food systems work occurring throughout various communities in Michigan. Presenters from Oakland County Health Division and Michigan Department of Health and Human Services will detail the importance of community needs assessments and how to leverage key partners to impact your community's food system.

TAPAS TALKS

Location: GL 111

Tapas Talks are a selection of "small plates style" presentations addressing a variety of programs, organizations, and businesses at the intersection of healthcare, wellness, and locally-grown food. Summary of Session C tapas talk topics available on the following page.



SESSION C: TAPAS TALKS

Location: GL 111

FARMACY FOOD: Food as medicine actualized

Speaker: Kwaku Osei

Join us as we discuss Farmacy Food's efforts to develop a tech-enabled, quick-serve restaurant that creates tasty meals around peoples' dietary needs, and incorporates medicinal ingredients to support health and well-being.

INTRODUCTION TO THE FARMERS MARKET FOOD NAVIGATOR PROGRAM

Speaker: Theresa Zwemer

Learn how the program increases access and provides nutrition education to shoppers.

THE IMPERATIVE OF AMPLIFYING RURAL COLLECTIVE HOMESTEADING IN ORDER TO INCREASE HOLISTIC, AFFORDABLE, SUSTAINABLE HOUSING

Speaker: Julian Lauzzana

This session will review the research and learnings from various related regional and global efforts including 8 years of direct experience of Community Homesteading at Earthen Heart LLC.

EXPLORING AGRICULTURAL SCIENCE AND SUSTAINABILITY AT INTERLOCHEN ARTS ACADEMY

Speaker: Christina Barkel

Interlochen Arts Academy will take participants on a three-year journey through their development of a place-based agricultural science and sustainability initiative at their school.

YOUR BRAIN ON FOOD

Speaker: April Hackert

Learn how food choices and your emotions impact brain function.

10 CENTS A MEAL FOR MICHIGAN'S KIDS & FARMS

Speaker: Diane Conners

Learn about a cutting-edge state program that helps schools and childcare centers serve kids healthy, locally grown food, and how you can leverage it for your community.

THE FARM BILL AND NATIVE COMMUNITIES

Speaker: Joe VanAlstine

Learn how the 2018 Farm Bill creates opportunities for accessing healthy food for many Native communities.

FOOD, TOO GOOD TO WASTE!

What one Northern Michigan county is doing to Give All Food A Future.

Speaker: Lindsay Walker

Learn how Emmet County has been decreasing the amount of food waste going into the landfill.

MINDFULNESS IN SCHOOLS

Speaker: Lynne DeMoor

Research has shown that mindfulness training can help improve attention and impulse control for students.

WHY COLLABORATION MATTERS: WHEN SMOOTHIES & SIDEWALKS UNITE

Speaker: Theresa Roach

What do healthy foods have to do with sidewalk infrastructure? Roach shares how long term community health improvements are best implemented through cross sector collaborations.

SESSIONS

SESSION D

INNOVATING TO INCREASE ACCESS:

Bringing Healthy, Local Food to Families in Need

Speakers: Mary Clulo, Jean Kerver, Christi Nowak, Kim Baker, Jessyca Stoeper

Location: GL 101

How can we harness Northern Michigan community resources to improve the health of a community? During this session, Kim Baker, Executive Director of Manna Food Project, will discuss how food banks and pantries can work with their communities to not only reduce food insecurity, but also reduce the prevalence of poor nutrition and chronic diseases. Then we will hear from Northwest Food Coalition Operating Committee Chair Mary Clulo, MSU researcher Jean Kerver and Christi Nowak, Munson Healthcare Center Community Health Manager, as they share novel approaches to healthy food sourcing, supporting farmers and partnering to leverage resources to create win-win opportunities to feed hungry neighbors.

BUILDING HEALTHY HABITS FOR LIFE:

Two Models for Engaging Students in Changing Their Food Choices

Speakers: Michael Craig, DiAnn Service, Steve Maas

Location: GL 211

Join us to learn about how to make health for the whole child part of their daily life at school. Teachers from The Children's House Earth to Table program will offer an overview of programming in movement, mindfulness, gardening, and healthy food. This session will also showcase the creation and management of The Gardens at Drew, the nation's premiere school market garden program which features vocational work with special needs students. The program produces food for student consumption in the lunch program, food pantry donations, and sales to fine dining establishments in Detroit.

ADAPTING GRADUATE MEDICAL EDUCATION CURRICULUM TO ADVANCE CULINARY LITERACY FOR PHYSICIANS

Speakers: Kristi Artz, Werner Absenger

Location: GL 112

"See one, do one, teach one." How does the age old medical training adage relate to culinary nutrition literacy? Discover the changing landscape of graduate medical education and learn how you might become an agent of change at your hospital or medical school. Our speakers will highlight the challenges and opportunities of implementing a culinary medicine program for professional learners, including residents, fellows, and practicing physicians.

TAPAS TALKS

Location: GL 111

Tapas Talks are a selection of "small plates style" presentations addressing a variety of programs, organizations and businesses at the intersection of healthcare, wellness, and locally-grown food. Summary of Session D tapas talk topics available on the following page.

SESSION D: TAPAS TALKS

Location: GL 111

FOODLOOSE IN WASHTENAW

Speaker: Taylor Landeryou

Self-guided tours can be crafted to encourage active discovery of local food cultivation, production, distribution, and enjoyment.

CATCHING UP WITH GROW BENZIE

Speaker: Josh Stoltz

Learn about the work of Grow Benzie, and how a systems change approach to food, education, and healthcare has translated to bigger work within their county, region, and state.

WHY TURMERIC DOESN'T WORK FOR EVERYONE

Speaker: Elon Cameron

If you wish to learn more about turmeric and how it works to address disharmonies, this talk is for you.

THE EVOLVING CONNECTION BETWEEN FOOD CHOICES AND BEHAVIORAL HEALTH

Speaker: Abby Black

Participants will learn ways to incorporate local foods to benefit our behavioral health.

PLANT-BASED LIFESTYLE TC

Speaker: Katherine Palms

Learn about this growing organization and their mission of optimizing health in Northern Michigan through a whole foods, plant-based diet. Also hear about their plans for their 3rd year and goals for the future.

HEALTHCARE REDEFINED

Speaker: Christa Kiessel

Table Health is a functional medicine collective that supports your quest toward optimal health through customized health programs and corporate wellness.

SUPPORTING SCHOOL FOOD CHAMPIONS

Speaker: Jen Schaap

In addition to passionate people, it takes behind-the-scenes efforts like equipment, education, and policy to make good change.

BUILDING COMMUNITY THROUGH FARM TO SCHOOL IN NW MICHIGAN

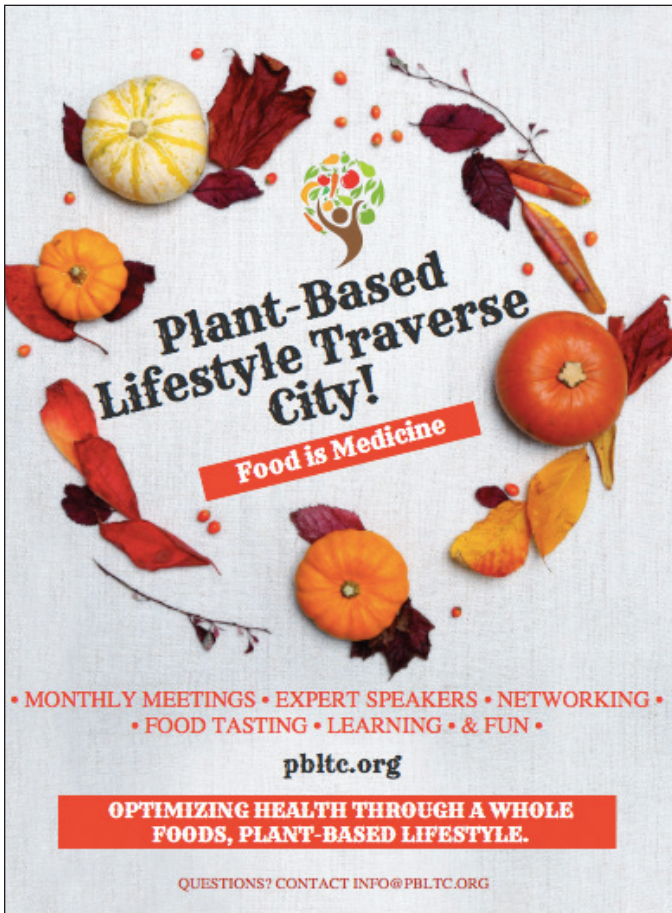
Speaker: Alice Bowe

The Traverse Bay Area Intermediate School District Farm to School program works with elementary students to support healthy eating and build a school and community-wide culture of health.

PATIENTS FOR COMMON SENSE

Speaker: Timothy Hanley

How can we find solutions and concepts that will make healthcare better for ALL? Let's take our collective power back and offer a new voice in the complicated healthcare environment.



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A SILENT AUCTION,
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WERNER ABSENGER
Secchia Institute for Culinary Education

Dr. Werner Absenger is an Austrian trained chef and scientist. As Program Director of the Secchia Institute for Culinary Education at Grand Rapids Community College, Dr. Absenger plays a vital role in combining the science of medicine with the art of cooking resulting in a culinary medicine program for physicians, medical residents, and the community.



ABBY BLACK
AB Nutrition Solutions

Abby Black, RDN, CDE, CLT, EP-C, owner of AB Nutrition Solutions, studied dietetics and nutrition, fitness, and health at Purdue University and has been a Registered Dietitian Nutritionist and exercise physiologist for over 17 years. Abby helps clients get to the root cause of their issues to improve their health through foods and activity.



KRISTI ARTZ
Spectrum Healthcare

Dr. Artz is a board-certified emergency physician and diplomate of the American Board of Lifestyle Medicine. She is the Medical Director, Lifestyle Medicine and SpectrumHealthNow, and the lead physician for Spectrum Health's culinary medicine program. She is a Certified Culinary Medicine Specialist and certified in plant-based nutrition.



ALICE BOWE
Traverse Bay Area Intermediate School District

Alice Bowe is the Farm to School Coordinator at TBAISD. Bowe develops and facilitates engaging farm to school programming for elementary school students throughout Northwest Michigan. Alice has a master's degree in environmental informatics from the School of Environment and Sustainability at University of Michigan.



KIM BAKER
Manna Food Project

Kim spends much of his time fundraising and spreading awareness of food insecurity in Northern Michigan. Kim is dedicated to increasing the quality and nutritional value of the food Manna makes available to its over 50 partner agencies.



BILL BRINKERHOFF
Argus Farm Stop

Bill has 20 years of experience in new product planning and business development in the pharmaceutical and biotech industry—but since 2013 he's been involved in the food systems of southeast Michigan through his startup of Argus Farm Stop, L3C with his wife, Kathy. He works to address issues of an increasingly industrial food network.



CHRISTINA BARKEL
Interlochen Center for the Arts

Christina Barkel is a farmer and educator living in Cedar, Michigan. She is the Sustainability Gardener for Interlochen Center for the Arts, where she manages the school garden, botanical lab and apiary, and co-teaches agricultural science classes. In addition, Christina works for Groundwork Center as a Food and Farming Program Associate.



LOGHAN CALL
Planted Cuisine

Loghan Call is a regenerative foods system chef and owner of Planted Cuisine. His work is centered around creating symbiotic relationships between the future leaders of our communities: farmers, doctors and chefs. Seeking change in the way we perceive and interact with food, he is committed to seeing our communities recognize food as medicine.



NATHAN BATES
Boyne Falls Public School

When approached by a small school district this long time Chef jumped at the chance. With a complete community wide "buy in," lots of help and a few mistakes he and his administration have taken school lunch to the next level.



ELON CAMERON
Imagine Health

Elon Cameron is a Board-Certified Acupuncturist and Herbalist. She is a student of science and nature, and holds a master's degree in science. Her clinical practice, Imagine Health, Partners in Wellness was founded in 2014. She lives in Traverse City where she and her spouse Jonny founded Up North Pride.



ASHLEY BEVERSDORF
Michigan Public Health Institute

Beversdorf is a Public Health Consultant with the Michigan Public Health Institute. She earned her BS in Biology from CMU and MS in Public Health from Queen Margaret University in Scotland. She works with local health departments to increase access to local foods and opportunities for physical activity.



MARY CLULO
Northwest Food Coalition

Mary Clulo, CPA, earned an MA in Public Policy at the University of Chicago and a BBA at the University of Notre Dame. Mary has focused her volunteer efforts on food insecurity, as coordinator of the pantry at St. Patrick Church in Traverse City and for the past 3 years as chair of the operating committee for the Northwest Food Coalition.

**JACKI COBB****Great Lakes Culinary Institute**

Cobb is a chef educator at the Great Lakes Culinary Institute and has worked in many capacities in the food industry, including three-plus years as the Food Service Director for Glen Lake Community Schools, where she was focused on preparing fresh, scratch-cooked, healthy meals using many local components.

**NINA FEARON****Knowingly Nourished**

Nina Fearon is a Registered Dietitian Nutritionist in private practice and the owner of Knowingly Nourished, LLC. Over the last 25 years, Nina has worked in a variety of care settings educating and encouraging the use of nutrient dense whole food for health, healing and self-care."

**MARSHALL COLLINS****Traverse Bay Area Intermediate School District**

Collins has been the school health coordinator at TBAISD for the past 9 years, serving 15 counties. He has been in the realm of health education for 20 years, starting as a physical education and health teacher at Northport Public School along with being varsity soccer coach.

**GRANT FLETCHER****Bronson Healthcare Group**

Grant has been a leader with Bronson Healthcare Group for more than 10 years, overseeing food & nutrition services, retail operations, athletic clubs, sustainability, and employee health & well-being. Fletcher earned a bachelor's in Business Management and Political Science and is currently pursuing his MBA at the University of Michigan.

**DIANE CONNERS****Groundwork Center for Resilient Communities**

Diane Conners, Senior Policy Specialist, has been advancing Groundwork's food & farming program for more than 15 years. Diane is a champion—recognized nationally—for good food as the foundation for community health and farm to school programming.

**KRISTA GAST****Spectrum Health**

Gast is a Registered Dietitian with Spectrum Health's Culinary Medicine Program. She has 20 years of experience in both the clinical and non-clinical realms combined. Before joining the Culinary Medicine team at Spectrum Health, Krista was the Dietitian for the Richard DeVos Heart and Lung Transplant program at Spectrum Health.

**MICHAEL CRAIG****Charles Drew Transition Center,
Detroit Public Schools Community District**

Craig is a Detroit Public School Community District Special Education Teacher and Horticulture Program Instructor at the Charles Drew Transition Center. Through his work with his special needs students, he is sought out to speak about his work and helping to feed Detroit's people.

**ED GERGOSIAN****Groundwork Center for Resilient Communities**

Gergosian is on the Groundwork Board and is a retired lawyer from San Diego who grew up in Detroit. Ed is now a full-time resident of Glen Arbor. In 2017, Ed had triple bypass surgery and was given statins to manage his cholesterol. By applying the principles of culinary medicine, he is now nine months free of statins with desirable cholesterol levels.

**LYNNE DEMOOR****Health Department of Northwest Michigan**

Lynne has worked for the Health Department of Northwest Michigan for 13 years. After working with individuals and families to change eating behaviors, Lynne has found that teaching skills that promote self-regulation and the ability to pay attention is incredibly valuable to long-term physical and emotional health.

**CASEY HAGGERTY****FoodCorps/Groundwork Center**

Casey Haggerty is a FoodCorps AmeriCorps service member serving in partnership with the Groundwork Center for Resilient Communities at Boyne Falls Public School and Pellston Public School where she teaches students about cooking, gardening, and nutrition.

**SARAH EICHBERGER****Michigan State University Extension**

Sarah Eichberger provides leadership and supervision in the area of health and nutrition at Michigan State University Extension in Traverse City, Michigan. Sarah has a strong interest in public health through several years of work experience as a registered dietitian in diverse urban settings.

**TIMOTHY HANLEY****Cedar Run Eye Center**

Dr. Hanley founded Cedar Run Eye Center in 1990 and The Surgery Center in 1997. He joined a group practice when he moved to Traverse City in 1985. He is a graduate of the Michigan State University Medical School (Lansing).



LORI HERMAN
Boyne Falls Public School

Lori Herman has been the business manager for Boyne Falls Public School for 10 years. She places a high priority and focus on school meals and overall wellness and has been actively involved in the process of changing the culture of food program at Boyne Falls Public School since 2013.



CHRISTA KIESSEL
Table Health

Kiessel is co-founder of Table Health and is a board-certified nurse practitioner with a 25-year career in cancer. She graduated Summa Cum Laude from both the University of Michigan for her BSN and University of North Carolina, Chapel Hill for her MSN emphasizing in adult health and oncology. She also has extensive training in cancer genetics.



ANGELA HOJNACKI
Fair Food Network

Angela partners with organizations to increase awareness of the Double Up Food Bucks program, which matches SNAP dollars for locally grown produce across Michigan. Angela has a bachelor's of science degree in mechanical engineering from the Massachusetts Institute of Technology, where she focused on sustainable engineering and design.



PAIGE KYLE
Bronson Healthcare Group

Paige Kyle is a Registered Dietitian and earned her Bachelors in Exercise Science from Colorado State University and her Master's degree in Public Health Nutrition from the University of Michigan. Most of her professional experience has been with working in healthcare organizations to improve employee and community health and well-being strategies.



MICHELLE JACOKES
Manistee Conservation District

Michelle delivers assistance and resources to area farmers who are seeking compliance with The FDA Food Safety Modernization Act Produce Safety Rule, or proactively seeking preventative measures to contamination on their farm. Her services are free, voluntary and completely confidential.



TAYLOR LANDERYOU
University of Michigan

Taylor is a Program Coordinator for the Zell Lurie Institute for Entrepreneurial Studies and Center for Venture Capital and Private Equity. In her role, she oversees five student-led venture funds, the Zell scholars program, and the innovation workshop series. Taylor is committed to promoting experience-based learning opportunities.



LYNETTE JOHNSON
Society of St. Andrew

Johnson is the Executive Director of the nation's oldest and largest gleaning network. Johnson has worked to develop gleaning networks that engage thousands of volunteers each year in hands-on food recovery work. In just three years, that work put about 14 million servings of nourishing food on the tables of hungry Alabamians and Tennesseans.



JULIAN LAUZZANA
Earthen Heart LLC

Lauzzana focuses his time on a Community Homesteading project called Earthen Heart LLC, which offers a comprehensive lifestyle change for rural Americans that is affordable and sustainable. The goal is to co-create and co-manage properties in an easily replicable fashion that preserves rural integrity, health and resiliency.



ALYSON KASS
Munson Healthcare

Alyson Kass is the Coordinator of a community collaboration called Shape Up North. The collaboration's mission is to help find solutions for everyone in our community to achieve and maintain a healthy weight.



STEVE MAAS
Children's House

Steve Maas joined The Children's House in 1992 and has years of experience working with 3- to 14-year-old students. He is a physical education teacher and co-director of the school's innovative Earth to Table program.



JEAN KERVER
Michigan State University

Jean Kerver, PhD, MSc, RD is an Assistant Professor in the Department of Epidemiology and Biostatistics in the College of Human Medicine at MSU. Dr. Kerver's faculty position is based at Munson Medical Center in Traverse City as part of an effort by MSU's College of Human Medicine to encourage community-driven research.



MEGHAN McDERMOTT
Groundwork Center for Resilient Communities

McDermott brings more than a decade of community food systems experience to her current role as the Food and Farming Program Director at Groundwork, where she oversees all of Groundwork's food & farming projects including farm to school, food access, culinary medicine, and many other initiatives building the local food economy.

**DEVIN MOORE****Oryana Community Co-op**

Devin Moore is the Education and Outreach Coordinator at Oryana Community Co-op. Devin has a passion for educating and sharing information with the community, promoting nutrition, health, and overall wellness.

**JASMINE OMAR****Henry Ford Hospital**

Jasmine Omar graduated from Wayne State University School of Medicine in 2015. She is currently working as a Senior Staff Physician at Henry Ford Hospital and participates in the Fresh Prescription program to provide fresh fruits and vegetables to patients.

**TAYLOR MOORE****Food Rescue**

Moore is Manager of Food Rescue of Northwest Michigan, a program of Goodwill Northern Michigan. A culinary graduate with a bachelor's degree with a focus in social welfare policy and the nonprofit sector, Taylor has led Food Rescue's transition in adopting systems change practices to address food insecurity and food waste.

**KWAKU OSEI****Farmacy Food**

Kwaku Osei is a co-founder of Farmacy Food, an up-and-coming tech enabled food-based venture starting off with healthy fast casual restaurants that takes the "Let thy food be thy medicine" quote quite literally and creates tasty meals around peoples' dietary needs incorporating ingredients known to have medicinal properties into meals.

**STEVE NANCE****Oryana Community Co-op**

Steve has served 10 years as the Oryana General Manager and 6 years of prior Board service. Cooperatives offer a sustainable, community focused business that gives back to staff, the community, our local producers and suppliers owners. Steve believes in a quadruple bottom line, people, planet, purpose before profit.

**KATHERINE PALMS****Plant Based Lifestyles Traverse City**

Palms is the new Lead Organizer for Plant Based Lifestyle Traverse City (PBLTC), an organization dedicated to optimizing health in Northern Michigan through a whole foods, plant based lifestyle. PBLTC offers learning opportunities, expert speaking events, networking and plant based food tasting right in Traverse City.

**TIMOTHY NELSON****Northwestern Michigan College**

Nelson has served as President of Northwestern Michigan College since 2001. He has guided NMC through a transition from the traditional time-based, place-based and knowledge-transfer system, to a community college that is focused on competency-based, content-based knowledge application in pursuit of social, economic and talent development.

**JANE RAPIN****MSU Extension**

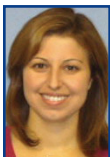
Jane Rapin is a Registered Dietitian with a 20-year career in nutrition and a range of health, clinical, and diabetes knowledge. Her current role has provided an opportunity to share her knowledge with a diverse population. She loves helping others learn skills that will empower them to try new foods and look at familiar ones in a healthier way.

**CHRISTINE NEFCY****Munson Healthcare**

Christine A. Nefcy, MD, serves as Chief Medical Officer for Munson Healthcare, providing strategic direction for clinical initiatives and strengthening clinical practices across the system. She also oversees system quality and collaborates with the executive directors of the service lines.

**BOB RODRIGUEZ****Chef Instructor**

Chef Rodriguez has been in the food industry for over 45 years. He has a noted reputation for meat processing in Northern Michigan. He taught Garde Manger and Charcuterie before retiring in 2019 and is the recipient of the Northwestern Michigan College Faculty Excellence Award.

**CHRISTI NOWAK****Munson Healthcare**

Christi Nowak joined Munson in 2010 and is now the System Manager of Community Health. Christi and her team have brought several innovative programs to our community including the Fruit and Vegetable Prescription program, the Diabetes Prevention Program and FitKids360.

**KATHY SAMPLE****Argus Farm Stop**

Kathy started Argus Farm Stop in 2013 with her husband as an experiment—to see if a new model of farmers market would work for farms and for consumers. Working with local farmers, producers, and infrastructure organizations like the MSU Product Center, her goal is to identify ways to meet consumer needs with locally produced products.

SPEAKERS



JEN SCHAAP

Groundwork Center for Resilient Communities

Jen Schaap, Local Food Policy Specialist, coordinates our food and farming program in the Northern Farms Foodshed of Antrim, Charlevoix and Emmet Counties. Her work includes support for our farm to school and food access projects as well as the expansion of markets for farms and food businesses.



JESSYCA STOEPPER

Manna Food Project

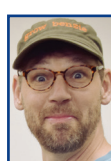
Jessyca manages several operational aspects of Manna Food Project, a food bank serving Antrim, Charlevoix, and Emmet Counties. She specializes in communications and nutrition education, and coordinates Manna's extensive volunteer program.



MICHELLE SCHULTE

Inter-Tribal Council of Michigan

Michelle is of mixed ancestry and citizen of Red Cliff Band of Lake Superior Chippewas. She is a life-long learner having worked in both the health and education fields. Michelle's efforts as a project director at Inter-Tribal Council of Michigan include work with tribal communities to increase collective impact in early childhood systems and food access.



JOSH STOLTZ

Grow Benzie

Josh Stoltz was hired as Grow Benzie's first full-time Executive Director in 2014, where he continues their mission of fostering positive activity that increases access to healthful foods, jobs, life skills, and each other and provide a space that nurtures this activity.



MICHELLE SEGUIN

Portage Health Foundation

Dr. Michelle Seguin is a board-certified family medicine physician who graduated from Michigan State University College of Human Medicine and completed her residency at the Marquette Family Medicine Residency Program. She piloted the first prescription produce program in the Upper Peninsula in 2017.



JOE VAN ALSTINE

Ziibimijwang Farm

Joe Van Alstine serves as the Vice President of the National Association of Food Distribution Programs on Indian Reservations (NAFDPIR) representing 276 Indian Tribal Organizations. He is also the Program Director of the Little Traverse Bay Bands of Odawa Indians Food Distribution Program.



DIANN SERVICE

The Children's House

DiAnn has been a part of The Children's House community since 1995. DiAnn provides academic support for the elementary community and executing the Della Terra program. She is co-director of the Earth to Table program.



KEVIN VOS

Spectrum Health

Kevin Vos is the Senior Director of Hospitality Support Services for Spectrum Health Delivery System. He is responsible for the strategic planning as well as the oversight of high quality patient and guest services functions across a nationally awarded integrated health system.



ANNIE SHAPIRO

Fair Food Network

Annie is the Policy Manager at Fair Food Network. Annie has served as a health policy analyst and healthcare navigator, and implemented HIV/AIDS prevention programs for adolescent girls and young women for the federal government. Annie has a master of public health and a master of social work from the University of Michigan.



HANS VOSS

Groundwork Center for Resilient Communities

Hans Voss, Executive Director, points Groundwork toward strategic goals by collaborating with staff on strategy, cultivating relationships with partners, and working with the Board, Advisory Council, donors, and foundations.



MICHELLE SMITH

Michigan State University Extension

Michelle Smith is a Registered Dietitian with a Specialization in Health Promotion. She received her Bachelor of Science degree in Dietetics from Michigan State University. At MSU Extension, Michelle specializes in teaching SNAP-eligible youth and adults the nutritional knowledge and culinary skills to make life long healthy changes.



LINDSAY WALKER

Emmet County DPW

Walker has been with Emmet County Recycling since 2007. She assisted with the expansion and transition of Emmet County's dual stream facility in 2010 which included the addition of many new materials to the recycling stream. Perhaps her greatest claim to fame is marketing "hard to recycle" commodities.

**AMANDA WEINERT****Little Traverse Bay Bands of Odawa Indians**

Weinert works to integrate decolonized, land-based pedagogies and perspectives into curricula. She seeks out interesting ways to collaborate with educators, which led to the LTBB Education Department and FoodCorps/Groundwork partnership.

**COLEMAN YOAKUM****Micah 6 Community**

Coleman Yoakum moved to Detroit in 2011 and then to Pontiac in 2012. He was part of the founding team at Micah 6 Community, an organization that seeks to improve a struggling neighborhood in Pontiac. Coleman attended Harding University in Searcy, Arkansas where he studied Social Science.

**JESSICA WILLIAMS****Oakland County Health Division**

Jessica received her Bachelor of Science in Health Prevention and Rehabilitative Programs from Central Michigan University, and will graduate with her Master of Science in December. She is involved in community-based initiatives focused on reducing chronic disease, improving access to healthy food options, and physical activity opportunities.

**GARRETT ZIEGLER****Michigan State University Extension**

As a community food systems educator with MSU Extension, Ziegler works to connect local eaters with locally produced food. His work focuses on building local supply chains and farm to institution programs, connecting local growers to new markets and assisting in the development of local farm networks.

**KELLY WILSON****Taste the Local Difference**

Wilson has also worked in the field of dietetics since 2011 and has held various roles in food service, health and wellness, and private practice. As TLD's Director of Community Partners, Kelly fosters collaboration among organizations looking to support community health and farm viability and to connect food and farming businesses to TLD's resources.

**VICKI ZILKE****Zilke Farm Kitchen**

Zilke is a Pediatric Nurse Practitioner, farmer, entrepreneur, community and health advocate. She established Zilke Farm Kitchen to tackle big problems around health, food access, and agricultural economies one meal at a time. Her focus is on reducing the barriers for access to healthy affordable food.

**MARLIE WILSON****Chicago Food Policy Action Council**

Marlie Wilson has spent the past decade working to foster more fair, healthy, and sustainable food systems. Prior to joining CFPAC, she served as the Illinois Farm to School Network Coordinator with Seven Generations Ahead, where she connected local food to school cafeterias and fostered more food and garden-based education across the state.

**TERESA ZWEMER****Michigan Fitness Foundation**

Teresa Zwemer is a Registered Dietitian with a passion for farmers markets and locally grown food. She currently works for the Michigan Fitness Foundation supporting community partners who work to promote eating more fruits and vegetables and being physically active.

**AMANDA WOODS****Oakland County Health Division**

Since 2012, Woods has been involved in urban and rural community health initiatives to reduce chronic disease, cardiovascular disease, diabetes, and improve opportunities for people to live healthier lifestyles. Amanda received her Master of Public Health in 2009 from the University of Michigan, School of Public Health.

**RIBKA GETACHEW****Community Food Advocates**

As the Director of NYC Good Food Purchasing Policy Campaign at Community Food Advocates, Ribka directs, mobilizes, and sustains activities related to advancing the adoption of the GFPP. She has spent her career guided by the quest for justice as reflected by her time with the Innocence Project and the Center for NuLeadership on Urban Solutions.

**THERESA ROACH****Crim Fitness Foundation**

As the Active Communities Manager at the Crim Fitness Foundation, Theresa oversees the organization's efforts for policy, systems and environment change to increase equitable opportunities for physical activity in Flint and Genesee County.

**CHRISTINA SPACH****Food Chain Workers Alliance**

As the National Organizer for the Food Chain Workers Alliance, Spach supports local campaigns led by FCWA members and allies to win the adoption of the Good Food Purchasing Policy in their communities and coordinates with national partners, including the Center for Good Food Purchasing.

SEPTEMBER 26-29, 2019

FARMS, FOOD & HEALTH

WITH CULINARY MEDICINE TRAINING
FOR HEALTHCARE PROVIDERS

This Farms, Food & Health event is brought to you by the Groundwork Center for Resilient Communities in partnership with Munson Healthcare and the Great Lakes Culinary Institute.

The Groundwork Center for Resilient Communities is a nonprofit based in northwest Lower Michigan, collaborating respectfully with citizens and leaders to protect the environment, strengthen the economy, and build community.

We focus on solutions that improve daily life and build community health—things like food, energy, transportation, and economy. We work to build a thriving regional food system; to make our towns and villages stronger, more walkable, bike-able, and transit-friendly; and to develop local, clean energy. We seek to achieve on-the-ground results in northwest Michigan and leverage them to support other communities and improvements to state policy.

To discuss collaboration opportunities and/or sponsorship of future conferences and events or receive more information on Groundwork's food and farming program or farms, food and health projects, contact:

Meghan McDermott

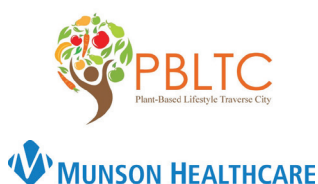
*Food & Farming Program Director
meghan@groundworkcenter.org*

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