

**WSDA 2008 Annual Convention**  
**April 29, 2008**

**Speaker:** Kelly D. Horton, MS, RD, CD

**Title of Presentation:** Sustainable Food Systems – Your Role as the Nutrition Expert

**Learning Objectives:**

After this presentation, the attendee will be able to:

1. Describe emerging trends in environmental nutrition
2. List two implications of farm to institution in the context of the food system and health

**Outline:**

*A. Background*

What are the emerging trends in food and environmental nutrition?  
What is the role of the dietitian in supporting these trends?

*B. Emerging Food and Nutrition Trends*

In 2007, *locavore* was voted to be Oxford's word of the year as a reflection of a growing movement of consuming locally grown foods. Over the past few years, we have seen a growing interest in foods having to do with concerns about globalization, global warming, supporting family farmers, and disease prevention. These trends include:

- Local/regional foods
- Seasonal foods
- Organic
- Sustainable agriculture
- Food and water safety

*C. Connecting farms to institution*

Dietitians play a key role in understanding how the complexity of our food systems affects health outcomes. One example of how this plays out is through dietetics professional leadership in implementing successful farm to institution programs. Farm to institution means the provision of locally/regionally grown foods within various contexts including:

- Schools/Universities
- Hospitals
- Long-term care facilities
- Prisons
- Emergency food system (food banks and pantries)

Dietitians also work on a policy level to promote local/statewide policies that promote healthful food and nutrition environments. An example of policy action is participation in the development of local food strategies through food policy councils. A food policy council involves:

- A form of civic engagement
- A diverse array of stakeholders
- A group of people reviewing and developing food, agriculture, and health policy to make recommendations
- A comprehensive approach to improving a food system