

Nourishing Your Community From Field to Tray

Rosier, C., Bloedorn, K., Blood, D., Carlson, J., Knecht, A., Frillman N., Meyer, E.,



THE STUDY

Connecting regenerative/organic farmers in Central Illinois with a local hospital system in a farm-to-institution (F2I) model, Basil's Harvest explored the connections between farm, food, and health systems. **Studies allowed us to draw closer connections between the health of the soil and the nutrient quality of the oats.**

When food-service directors at institutions (i.e. hospitals, universities, military bases, etc.) look to their regional foodshed for food choices, communities can see amplified financial, social, and environmental benefits. Institutions seeking responsibly and regionally-grown food also support a market pathway for regenerative/organic farmers, thus revitalizing the community's wealth & health, and reducing its environmental impacts.

KEY TAKEAWAYS

- 1 REGIONAL & ORGANIC/REGENERATIVE FOOD SOURCING CAN EMPOWER COMMUNITIES.**
By offering local/regional & responsibly-sourced food at your institution, you are supporting your local community and creating a space where people can easily make healthy choices.
- 2 REGIONAL & ORGANIC/REGENERATIVE PRODUCTS SEE A BOOSTED NUTRIENT PROFILE.**
Regenerative- and organically-grown foods have an increased nutrient quality profile than those of industrially-grown foods. For example, one serving of oatmeal has more dietary fibers, including beta glucans and plant protein, when compared to industrially-grown oats.
- 3 CHEAP FOOD IS VERY EXPENSIVE.**
We are ultimately paying more for industrial food, if we consider costs to the health of humans, environments, and communities.

For **each dollar** spent in this food system, consumers spend an **additional 3X** this amount to cover the hidden costs that result from an industrial food system.

(Rockefeller Foundation, 2023)



HUMAN HEALTH

Costs related to medical interventions for treating diet-related diseases: *heart disease, cancer(s), diabetes, etc.*



FOOD SYSTEMS

Cost of fossil fuels needed for producing, procuring and distributing food; nutrition insecurity



ECOSYSTEMS

Costs to manage soil erosion, nutrient pollution, species biodiversity loss and greenhouse gas emissions



ECONOMICS

Costs accounting for the salary agricultural workers should receive in an equitable system

PRICE TAG

HIDDEN COSTS

\$1.00

\$1.00

\$0.80

\$0.20

\$1.00

\$4.00

WHAT CAN YOU DO?

To explore regional & organic/regenerative options for food-service at your institution, begin with **these simple steps**:

Adopt a plant-forward menu highlighting seasonal ingredients.

Identify your institution's sustainability goals. How can they support your regional sustainable food service program?

Use misshaped or odd-sized items in dishes, where size and shape don't matter, to reduce food waste.

Share a story from your local foodshed! Highlight a farmer in the institution (i.e., info tables, newsletter/website content, etc.)

Reach out to organizations, like Basil's Harvest, to help you explore implementing an F2I plan at your institution.

If you have questions, feedback, or would like our guidance in exploring regional & regenerative/organic products for your institution, contact us!



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