



## NEWS RELEASE

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### **Come eat with us!**

#### ***St. Luke's Wood River Introduces Winter Sustainable Food Menu***

KETCHUM, ID – On November 1, 2009 the St. Luke's Green Cuisine sustainable dining program will dish out a new seasonal menu to community members, inpatients and staff. Continuing their pledge to feature local, healthy and sustainable items to their community, St. Luke's Wood River's program will introduce such items as pecan-crusted fresh Idaho trout, baked Idaho potatoes and Idaho lamb.

Partially funded by donations to the St. Luke's Wood River Foundation, the Green Cuisine sustainable dining program was launched in May 2009. St. Luke's Wood River is the first hospital in Idaho, and one of the few nationwide, to implement a sustainable foods program and the patients, staff and visitors have embraced the new menus.

"The positive feedback surrounding the St. Luke's Green Cuisine program has been outstanding," reports Bruce Jensen, CEO of St. Luke's Wood River. "Pledging to continue to support procurement of local, nutritious, sustainable-produced food demonstrates our commitment as a whole-hospital approach to a healthier lifestyle."

Sustainable foods are food items that are raised and grown to be healthy for consumers and animals. The growing practices of sustainable foods do not harm the environment, and the products support and enhance local farmers and rural communities.

Spearheaded by John Turenne, Former Executive Chef of Yale University and President of Sustainable Food Systems, the program focuses on working with the food services staff to design a customized plan which is changing the existing dining program into a healthy and sustainable dining program. Turenne previously collaborated with chef and sustainable agriculture advocate Alice Waters, in transforming Yale's dining program to become a successful sustainable foods program.

"The introduction of the St. Luke's Sustainable Food's winter menu not only provides nutritious, local food to the hospital staff, patients, and the community, but the new

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menu also brings a sense of pride and accomplishment to everyone at St. Luke's Wood River," stated Turenne.

Training staff to obtain the culinary skills to prepare sustainable menu items on a daily basis is a large part of what the Sustainable Food System's program entails. To fully embrace the program, the nutritional services staff is continually participating in training sessions to focus on the culinary techniques involved in creating the recipes.

"We are now almost 100% trans-fat free, and the dramatic increase in fresh, local and healthy ingredients to the food we provide is incredible," said Becky McCarver, St. Luke's Clinical Nutrition Manager. "It is exciting to offer our customers, patients and staff a food they may have never tried and watch their eyes light-up because they are thoroughly enjoying the nutritious food they are eating."

With the mission of providing "highly satisfying food that sustains the health of ourselves, our community and the earth," St. Luke's Green Cuisine strives to fulfill their vision of setting an example for other institutions to follow.

**About St. Luke's Wood River**

*In November 2000, St. Luke's Wood River Medical Center opened its doors to serve the health care needs of people living in the greater Blaine County area. This 25-bed critical access hospital provides inpatient and outpatient surgery, 24-hour emergency services, Diagnostic Imaging, OB/GYN services, Internal Medicine, Orthopedics, and Mammography.*

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