

# Sustaining Iowa: Making the Connection between Food, Health and the Land

November 10-11

Three presentations by Dr. Preston Maring, Associate Physician-in-Chief, Oakland Medical Center, Oakland, California; W.K. Kellogg Foundation Food and Society Policy Fellow



What you eat is one of the most important determinants of your health.

- Dr. Preston Maring

Dr. Maring has worked to bring healthy, sustainably-produced food to his patients, hospital employees and neighbors. He has become a leading advocate in the medical community for local and sustainable food systems. In 2003, he created the [Friday Fresh Farmers' Market](#) at the Oakland Medical Center, now offered at 30 other Kaiser Permanente sites in six states. His presentation will focus on the economic, health, community and environmental benefits of local and sustainable food. At each location, his presentation will be followed by a respondent who will share Iowa stories of these benefits.

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**Monday  
November 10, 2008**  
Noon  
140 Schaeffer Hall  
U of I, Iowa City  
Contact: David Riley  
(319) 335-4016

**Monday**

**November 10, 2008**

7:30 p.m.

Commons Ball Room

UNI, Cedar Falls

Contact: Kamyar Enshayan  
(319) 273-7575

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**Tuesday  
November 11, 2008**  
7 p.m.  
2050 Agronomy  
ISU, Ames  
Contact: Rich Pirog  
(515) 294-1854

**This event is sponsored by:**

Leopold Center for Sustainable Agriculture, Iowa State University

Center for Energy and Environmental Education, University of Northern Iowa

Center for Health Effects of Environmental Contamination, University of Iowa