



2018

Long Island Food Conference

Food as a Solution

Examining key food policy issues, agriculture, health and community in a changing climate.

SATURDAY, NOVEMBER 3, 2018
LIU POST, BROOKVILLE, NY



Celebrating 15 Years of Land Conservation

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Dear Friends,

Thank you so much for joining us for this full day of food-centered discussion. When most people think about food, their minds go to wonderful tastes and smells, happy times spent with family and friends and the beauty of the local farms that grow fresh, healthy food. We would all agree that these are positive thoughts that bring us together around a table in the spirit of community.

As most would also agree, these are very challenging times for our world. As population grows and our planet warms, our relationship with food will most certainly need to change. What we eat will determine what kind of world we live in and what kind of planet we live on. This is why we believe *Food is a Solution* and one of the most galvanizing forces available to bring people together to ensure a healthier world for us all where air is clean, forests are dense, water is pure and all living creatures have access to healthy, local food.

If we are to get to that good place, the discussion must continue and grow, and the outcomes must be clear. Keynote Francis Moore Lappe has shown us the way through her highly acclaimed book, *Diet for a Small Planet*, and her continuing work through the Small Planet Institute.

Our Food Policy panel comprised of Tom Colicchio, Caitlin Hodgkins, Michael Harrison and Karen Washington will address the behemoth Farm Bill, how it impacts New York and why we are in desperate need of a national food policy to support farmers and ensure fresh, local food for all.

Our Food and Climate panel members Michael Hoffman, Andrianna Natsoulas and Tristram Stuart will explore the impacts of weather (flooding, drought, erosion) and land conversion on our food supply as well as the importance of building better soil and properly managing food waste.

Panelists Dr. Robert Graham, Ellen Kamhi and Sally Fallon Morrell will explain the healing forces of food for individual health and that of our planet.

And last, but certainly not least, Michael Doall, Fred Lee, Stefan Oberman and Frances Wittlesey will guide people toward more ways to grow food from small community gardens to large commercial operations and from high tech vertical farming to ecologically sound fishing.

Please enjoy your day, the people you meet and the things you learn. We hope everyone will go home with a better understanding of the state of food on Long Island and a desire to try at least one new thing to improve your health and that of our local community.

Yours in celebrating food,

The Long Island Food Coalition Steering Committee

Many Thanks to our Steering Committee Members

Margaret Boorstein, LIU Post
Mary Callanan, Local Farmer
Steven Cecchini, LI Activists
Sandy Chapin, Chapin Productions
Heather Forest, LICAN
Lynette Frey, Community Supporter
Kenny Friedman, Nourishing Long Island
Jennifer Green, Vegan Long Island
Kristin Himmelberg, NYU Food Studies Masters Candidate
Bhavani Jaroff, iEat Green and Slow Food North Shore
Jay Litzman, J.D., Community Supporter

Bernadette Martin, Long Island GreenMarket
Jennifer Einhorn, North Shore Land Alliance
Meghan Leverock, North Shore Land Alliance
Andrea Millwood, North Shore Land Alliance
Lisa Ott, North Shore Land Alliance
Hannah Robinson, Chef
Greg Sandor, Cornell Cooperative
Gail Sobel, Phd Professor SUNY Old Westbury
Roxi Sharif, North Shore Land Alliance
Alethea Vasilas, Orkestai Farm
Annetta Centrella Vitale, Hofstra

PROGRAM

8:00 am **Registration and Breakfast**

9:00 am **Opening Plenary with Frances Moore Lappé**

10:15 am **Panel I - Food Policy**

This panel provides an overview of food policy on federal, state and local levels with an emphasis on programs that ensure the availability of safe, fresh, nutritious, and affordable food for Long Islanders. Panelists will delve into the need for a National Food Policy, and explain the impact of, and proposed changes to, the Federal Farm Bill. They will address the need for more healthy local food, more farmers and more land devoted to agricultural purposes. They will also emphasize the need for activism in ensuring that our elected officials are held accountable for their votes, when it comes to food-related issues such as immigration, subsidies, food security and food justice.

Moderator: Lisa Ott, President & CEO of North Shore Land Alliance

Panelists:

- Tom Colicchio, Chef and Owner of Crafted Hospitality, Food Activist
- Caitlin Hodgkins, Policy Advisor to Congressman James P. McGovern (D-MA)
Ranking Member of the House Agriculture Committee's Nutrition Subcommittee
- Michael Harrison, President and CEO of Axcelsior Strategic Solutions, LLC and Lobbyist
- Karen Washington, Community Activist, Gardener and Farmer

11:30 am **Interlude - Ryan Madden, Long Island Progressive Coalition**

11:35 am **Panel II - Food and Climate Change**

This panel will address the impacts of our food system on Climate Change, and conversely, the impacts of Climate Change on our food system. The panel is comprised of three experts who will highlight the problems, including; soil erosion, extreme storms, flooding, drought and land conversion. They will also present solutions like building better soil, promoting local and organic agriculture, growing native plants, protecting water resources, and reducing one's own carbon footprint along the way. The panel will address an array of social, economic and environmental issues, which overlap in fields of agriculture, natural resource conservation and food waste management.

Moderator: Laura Luciano, Slow Food New York State Governor

Panelists:

- Michael P. Hoffmann, Executive Director, Cornell Institute for Climate Smart Solutions
- Andrianna Natsoulas, Executive Director, NOFA-NY
- Tristram Stuart, International Award-winning Author, Speaker, Campaigner and Expert on the Environmental and Social Impacts of Food Waste

1:00 pm **Lunch (Please visit our Exhibitor area and Farmer's Market)**

2:20 pm **Panel III - Food as Medicine**

In our fast paced world, with the Internet at our fingertips, it is challenging to cipher through the myriad of diets out there, and to know which one is best for our health. This panel brings together experts in their field, to explore some of the different approaches in using Food as Medicine. Each panelist will discuss their expertise, share the science behind their approach, and talk about the commonality of starting with pure, unadulterated, real food!

Moderator: Bhavani Jaroff, M.Ed., Natural Food Chef & Founder; iEat Green, LLC

Panelists:

- Dr. Robert Graham, MD, MPH, ABOIM, FACP, Chef; Co-founder of FRESH Med, an integrative health and wellness center
- Ellen Kamhi, PhD, RN, AHG(RH), AHN-BC; The Natural Nurse, specializing in Botanical Pharmacology
- Sally Fallon Morell, Founder of the Weston Price Foundation

3:30 pm **Interlude - Debora Thivierge, Founder & Executive Director, ELIJA Farm**

3:35 pm **Panel IV - Growing Food**

This panel will explore some of the contemporary approaches being employed to supply our community with fresh locally grown food. Panelists will present cutting edge information on the successes and challenges of community gardens, large scale community supported agriculture, high-tech vertical farming and efforts to protect the fragile fishing ecosystem around Long Island.

Moderator: Heather Forest, Fox Hollow Farm

Panelists:

- Michael Doall, Senior Research Support Specialist, School of Marine and Atmospheric Sciences, Stony Brook University
- Fred Lee, Sang Lee Farms
- Stefan Oberman, Innovation & Public-Private Partnerships Manager, AeroFarms
- Frances Whittelsey, Journalist, Community Garden Organizer, Social Justice Worker

5:00 pm **Closing Reception with Music by Reggae Jazz Ensemble**



The Biology and Earth and Environmental Science Department

of LIU Post supports the good work performed by Long Island's sustainable food professionals. Thank you to the Long Island Food Coalition for presenting this wonderful conference.

As faculty we are working with students on a variety of food sustainability initiatives on the LIU Post campus, including innovative classes, our on-campus student farm, fieldtrips to local farms, and special events.

Our department offers Bachelor's and Master's degrees in Biology, Geology, Environmental Sustainability, Environmental Science, Biology and Earth Science Education, and a Pre-Medical Sciences program.

Students are encouraged to work with professors in exciting research areas as: Behavioral Ecology; Cell Biology; Coastal Management; Evolution; Genetics of Aging; Geographic Information Systems (GIS); Global Climate; Invasive Species; Marine Biology; Microbiology; Molecular Biology; National Parks; Physiological Ecology; Sustainable Agriculture; Sustainable Tourism; United Nations Sustainable Development Goals; and Zoology

For more information, please contact
Margaret F. Boorstein, Ph.D.
Chair, Biology and Earth and Environmental Science Department
516-299-2318 or 2481
margaret.boorstein@liu.edu



FRANCES MOORE LAPPÉ

Frances Moore Lappé is the author or co-author of 19 books about world hunger, living democracy and the environment, beginning with the three-million copy, *Diet for a Small Planet* in 1971. Her Fall 2017 book is, *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want*, co-authored with Adam Eichen. About *Daring Democracy*, Booklist (the American Library Association's book review magazine) writes,

Countering what they call a well-entrenched 'Anti-Democracy Movement,' the authors offer numerous solutions for its antithesis, a democracy-proud confluence of grassroots efforts... With specific plans of action and encouraging words of support, Lappé and Eichen extend concrete hope to those who feel politically helpless.

Other recent works include, *World Hunger: 10 Myths* and *EcoMind*. The Smithsonian's National Museum of American History in Washington, D.C., describes *Diet for a Small Planet* as "one of the most influential political tracts of the times." In 2008, it was selected as one of 75 Books by Women Whose Words Have Changed the World by members of the Women's National Book Association. Frances was also named by *Gourmet Magazine* as one of 25 people (including Thomas Jefferson, Upton Sinclair and Julia Child) whose work has changed the way America eats. Her books have been translated into 15 languages and are used widely in university courses.

Frances makes frequent media appearances. Most notably she has been featured on the *Today Show*, *Hardball with Chris Matthews*, *Fox News' Fox & Friends*, WSJ.com, the Canadian Broadcasting Corporation's *The National*, *Frost Over the World*, NPR and the BBC, among other news outlets. Frances also appears frequently as a public speaker and is a contributor to the Huffington Post and BillMoyers.com. She is also a contributing editor at *Yes! Magazine* and *Solutions Journal*. Articles featuring or written by Frances have also appeared in *O: The Oprah Magazine*, *Harper's*, *The New York Times*, *The Los Angeles Times*, *The Nation*, *People*, and more.

Frances is the co-founder of three organizations, including Oakland based think tank, Food First, and more recently, the Small Planet Institute (www.smallplanet.org), which she leads with her daughter, Anna Lappé. Frances and her daughter have also co-founded the Small Planet Fund, which channels resources to democratic social movements worldwide.

Follow Frances on Twitter: @fmlappe

Thank you to the

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2018 Long Island Food Conference:
Food as a Solution



Panelists

TOM COLICCHIO

Chef and Owner of Crafted Hospitality

Tom Colicchio is the chef and owner of Crafted Hospitality, which currently includes New York's Craft, Riverpark and Temple Court; Los Angeles' Craft Los Angeles; and Las Vegas' Heritage Steak and Craftsteak. Born in Elizabeth, New Jersey, Tom made his New York cooking debut at prominent New York restaurants including The Quilted Giraffe, Gotham Bar & Grill and Gramercy Tavern before opening Craft in 2001. Outside of the kitchen, Tom is a passionate activist for a food system that values access, affordability and nutrition over corporate interests. He and his restaurants give back to the community by serving on the boards of A Place At The Table, Children of Bellevue, City Harvest and Wholesome Wave.

MICHAEL DOALL

Senior Research Support Specialist

School of Marine and Atmospheric Science, Stony Brook University

Michael Doall is a marine biologist, ocean farmer and aquaculture advocate. Since 1990, Michael has held research positions in the School of Marine & Atmospheric Sciences and the Department of Ecology & Evolution at Stony Brook University, seeking solutions to a variety of marine environmental problems both locally and abroad. For the past 15 years Michael's research has centered on bivalve (oysters and clams) ecology and restoration in New York waters. This research inspired Michael's passion for bivalve aquaculture, both as a means for sustainable seafood production as well as a tool for improving water quality and restoring natural populations, and in 2009 Michael co-founded Montauk Shellfish Company, a commercial oyster farm located in Montauk, NY. Today, Michael brings his aquaculture expertise and industry experience to marine restoration science at Stony Brook University, where he currently serves as the bivalve restoration specialist for the Shinnecock Bay Restoration Program. In addition, Michael is working with Long Island oyster farmers to help advance and diversify aquaculture in NY, investigating the feasibility of incorporating kelp and other seaweeds into existing oyster farms.

HEATHER FOREST

PhD, storyteller, author, educator and farmer, Fox Hollow Farm

For the past 35 years, Heather lived and worked on a small family farm in Huntington Station, NY. Heather is one of the founders of LICAN, the Long Island Community Agricultural Network, and directed its Educational Mural Project at Gateway Community Garden. As co-owner of Fox Hollow Farm Inc., of Huntington Station, she and her husband Larry Foglia, provide agricultural consulting, offer organic gardening education, and for several years managed a 100 member CSA on their family farm. Heather holds a Master's Degree in Storytelling from East Tennessee State University and a PhD in Leadership and Change from Antioch University. She is Founder and Executive Director of Story Arts Inc., a Huntington, NY-based, not-for-profit cultural arts organization that is dedicated to the art of storytelling and its educational applications. www.lican.org

DR. ROBERT E. GRAHAM
MD, MPH, ABOIM, FACP, Chef

Robert is a Harvard trained physician, board certified in both Internal and Integrative Medicine, a public health scientist and Chef. Dr. Graham received his medical degree from the School of Medicine at Stony Brook, and completed his residency in Internal Medicine at Lenox Hill Hospital. He earned a Masters of Public Health from the Harvard School of Public Health while completing three fellowships in General Internal Medicine, Complementary and Integrative Medical Therapies and Medical Education at Harvard Medical School. One of fewer than twenty doctor/chefs worldwide, he obtained his culinary degree from the Natural Gourmet Institute. Dr. Graham has prescribed “food as medicine” for over 10 years, has taught over 500 healthcare workers, mostly doctors, how to cook whole food plant-based meals and created the first edible rooftop garden on a hospital in NYC and is the co-founder of FRESH Med, an integrative health and wellness center. FRESH is an acronym for their five ingredients for health: Food, Relaxation, Exercise, Sleep and Happiness. @freshmednyc www.freshmednyc.com.

MICHAEL HARRISON
President and CEO of Axcelsior Strategic Solutions LLC and Lobbyist

Michael Harrison served as an advisor to two New York governors, earning high marks for assembling collaborative, issues-based coalitions with diverse advocacy groups, and forging constructive bipartisan relationships with elected officials at all levels of government. As Chair of the Governor’s Regional Council, he convened key state agencies to work cooperatively with local government, business and nonprofit organizations. A longtime advocate for Long Island, Harrison has received the LI Achievement Award from Public Relations Professionals of Long Island for promoting Long Island through events, issues and activities. He has also been recognized by the Long Island Association as its Small Business Legislative Advocate of the Year. He has been called on to generate white papers on redesigning the regional workforce development system, revitalizing regional manufacturing and implementing sustainable and resilient energy infrastructure at Long Island’s wastewater treatment plants. He has recently been active in federal Farm Bill and SNAP policy discussions.

MICHAEL HOFFMANN
Executive Director, Cornell Institute for Climate Smart Solutions

Mike Hoffmann is the executive director of the Cornell Institute for Climate Smart Solutions, which was created to help raise the profile of the challenges posed by a rapidly warming climate and to help those who grow our food adapt to the changing conditions as well as reduce their carbon footprint. As executive director he provides visionary leadership, communicates to a wide range of audiences the challenges and opportunities that come with a changing climate and builds partnerships among public and private organizations. Previous positions he has held at Cornell include Director of the Cornell University Agricultural Experiment Station, associate dean of the College of Agriculture and Life Sciences, associate director of Cornell Cooperative Extension and director of the New York State Integrated Pest Management Program. He is a professor in the Department of Entomology. He received his Bachelor’s Degree from the University of Wisconsin, Masters from the University of Arizona and PhD from the University of California, Davis.

CAITLIN HODGKINS**Policy Advisor to Congressman James P. McGovern (D-MA)****Ranking Member of the House Agriculture Committee's Nutrition Subcommittee**

Caitlin Hodgkins serves as a policy advisor to Congressman James P. McGovern (D-MA), Ranking Member of the House Agriculture Committee's Nutrition Subcommittee. Caitlin is the Congressman's lead staffer on the Nutrition Subcommittee. In that capacity, she leads policy development on hunger, food and nutrition issues for the Congressman, and supports his work to protect and bolster federal anti-hunger programs like the Supplemental Nutrition Assistance Program (SNAP). Caitlin also supports Congressman McGovern's work on the powerful House Rules Committee, which sets the terms of debate on legislation. Caitlin's work on the Rules Committee has fostered her deep interest in House procedure, and allows her to work on a broad range of issues facing Congress. Caitlin grew up in Auburn, Massachusetts, and is a graduate of American University's School of Public Affairs in Washington, DC. Caitlin currently resides in Washington with her partner, Paul.

BHAVANI JAROFF**M.Ed., Natural Food Chef & Founder; iEat Green LLC**

Bhavani Jaroff is the Founder of iEat Green, LLC, a multi-faceted organization providing chef services, and educational demos. She is the host of iEat Green with Bhavani, a weekly radio show on the Progressive Radio Network, and chaired Slow Food North Shore for the past eight years. Ms. Jaroff has a Masters in Education, along with Waldorf Teacher Certification, which brought together her passion for cooking, teaching, nutrition, gardening and biodynamics. Ms. Jaroff transformed the cafeteria at the Waldorf School of Garden City into a holistic, educational food service program, with a community service component. She has over thirty years experience cooking and teaching about nutrition and natural foods.

ELLEN KAMHI**PhD, RN, AHG(RH), AHN-BC**

The Natural Nurse® attended Rutgers and Cornell Universities, sat on the Panel of Traditional Medicine at Columbia Presbyterian Medical School, is a Medical School Instructor and teaches Botanical Pharmacology. She is a registered professional member of the American Herbalist Guild (AHG) and is nationally board certified as a Holistic Nurse (AHNBC). She offers online and onground Herbal Certification Programs, teaches Career Paths in Natural Medicine and leads EcotoursForCures.com to study with indigenous healers. As a leader in the nutraceutical industry, Ellen has advanced credentials and experience as a formulator, product developer and regulatory consultant. Author of many books including *Supplements for Pain and Arthritis*, *The Alternative Medicine Definitive Guide*, Dr. Kamhi educates professionals and consumers about evidence based natural therapeutics. www.naturalnurse.com, [www.Facebook.com/NaturalNurse](https://www.facebook.com/NaturalNurse) 800-829-0918.

FRED LEE**Farmer and Proprietor of Sang Lee Farms**

Fred Lee, farmer and proprietor of Sang Lee Farms, Peconic, Long Island, is a second generation vegetable farmer who grew up working on his family's farm, which was established in Huntington, Long Island around 1944. The farm operation moved first to East Moriches where, for decades, it provided year round vegetables to the Asian markets along the East Coast, from Montreal to Miami, Florida. It then moved to Peconic, where Sang Lee Farm became NOFA-NY certified as organic in 2007. In the last decade, Fred Lee, his wife Karen and his son Will have focused their distribution of specialty certified organic vegetables direct to consumers via a large scale CSA program, an on site farm stand retail outlet, and four farmer's markets in the Long Island area. Fred holds a BA degree from the University of Vermont and an MBA from Boston University. Fred has served and continues to serve on many farm and community related organizations and boards. His son Will represents the third generation of Sang Lee Farmers to operate on Long Island.

LAURA LUCIANO**Slow Food New York State Governor**

Laura Luciano is a Board Member of Slow Food East End, on the National Board for Slow Food USA and since 2017 has been the Slow Food Governor for New York State, where she oversees all regional chapters and shares her unwavering passion for biodiversity food sovereignty, and coveting culinary traditions. Laura lives in Hampton Bays in a sustainable house she and her architect husband designed that has a rooftop garden filled with heirlooms and Ark of Taste varieties, where she hosts potlucks and dinner parties for people to come together to talk and enjoy amazing food and drink and share inspiration in a great space. Laura's blog — Out East Foodie — shares the edible stories of the North and South forks of Long Island. She contributes to Edible East End and Edible Long Island Magazines for her What's in Season column, and is one of the founders and coordinator for the Long Island Cheese Pumpkin Project a squash that is on the Ark of Taste.

RYAN MADDEN**Sustainability Organizer, Long Island Progressive Coalition**

Ryan Madden is a climate activist and organizer with a BA in Political Science & Environmental Studies from SUNY Binghamton. He has experience working with civil society groups within United Nations climate change conferences, with non-profits on community-based energy efficiency programs, and with grassroots organizations on renewable energy advocacy and climate legislative campaigns. He currently serves as the Sustainability Organizer for the Long Island Progressive Coalition where he leads efforts for energy democracy and climate justice in New York State.

SALLY FALLON MORELL**Founding President of The Weston A. Price Foundation**

Sally Fallon Morell is founding president of The Weston A. Price Foundation (westonaprice.org), a non-profit nutrition education foundation dedicated to returning nutrient-dense food to American tables. She is also the founder of A Campaign for Real Milk (realmilk.com), which has as its goal universal access to clean raw milk from pasture-fed animals. She is the author of the best-selling cookbook *Nourishing Traditions* (with Mary G. Enig, PhD); *The Nourishing Traditions Book of Baby & Child Care* (with Thomas S. Cowan, MD); *Nourishing Broth* (with Kaayla T. Daniel, PhD, CCN); and *Nourishing Fats and Nourishing Diets*. Visit her blog at nourishingtraditions.com.

ANDRIANNA NATSOULAS

Executive Director, Northeast Organic Farming Association of New York (NOFA-NY)

Andrianna Natsoulas has been a social and environmental activist for over two decades. She has created and implemented programs at several organizations, including Greenpeace, Food & Water Watch and the Northwest Atlantic Marine Alliance. Andrianna has coordinated with the global food sovereignty movements and has served on national and international boards and steering committees to protect fishing rights, fight trade agreements and build alliances. She has developed policy initiatives at the federal and regional levels to ensure farmers and fishermen can provide local and culturally appropriate food to their communities. She also wrote the book *Food Voices, Stories from the People Who Feed Us*, which tells the stories of farmers and fishermen across five countries. In August of 2016, Andrianna joined NOFA-NY as the Executive Director and now lives in the beautiful Hudson Valley.

STEFAN OBERMAN

Innovation & Public-Private Partnerships Manager, AeroFarms

Stefan Oberman is Innovation & Public-Private Partnerships Manager at AeroFarms, a high-tech, data driven vertical farming company that is revolutionizing agriculture. A passionate advocate for all things ag-tech, Stefan brings with him a background in agriculture, technology, government relations and international affairs. Since joining AeroFarms in 2015, Stefan has worked closely with strategic partners from the public and private sectors in the US and overseas to support AeroFarms' mission of "growing locally, globally". AeroFarms has been recognized as a Circular Economy 100 company and was listed on Fast Company's 2018 global list of Most Innovative Companies and Inc. Magazine's list of the 25 Most Disruptive Companies. AeroFarms also received the New Jersey Governor's Award for Environmental Excellence and was voted as the Best Growth Company to invest in at the Wall Street Journal's ECO:nomics conference in addition to being a finalist for The Circular Awards at The World Economic Forum. Before joining AeroFarms, Stefan served as Global Innovations Coordinator for AUSVEG – Australia's premier agriculture industry body for vegetable and potato growers. Stefan holds a Bachelor of Commerce (International Business) from Swinburne University. <https://aerofarms.com/>

LISA OTT

President & CEO of North Shore Land Alliance

Lisa Ott is the President of the North Shore Land Alliance, a 15-year old land trust that works to protect the small amount of open space remaining in western Long Island, New York. Considered one of the nation's first mature suburbs, Long Island faces intense sprawl with the impacts of overdevelopment threatening drinking water resources as well as a rural quality of life. She currently serves as a board member of The Nature Conservancy, Long Island Chapter, a member of the New York Advisory Council for the Land Trust Alliance and Vice Chair for National Parks for the National Affairs and Legislation Committee of the Garden Club of America.

TRISTRAM STUART

Founder of Feedback

Tristram Stuart is an international award-winning author, speaker, campaigner and expert on the environmental and social impacts of food waste. His books have been described as "a genuinely revelatory contribution to the history of human ideas" (The Times) and his TED talk has been watched over a million times. The environmental campaigning organization he founded, Feedback, has spread its work into dozens of countries worldwide to change society's attitude towards wasting food. He is also the founder of Toast Ale, a beer launched in the UK in 2016 that is made using fresh, surplus bread.

DEBORA THIVIERGE

Adaptive and Therapeutic Agriculture, ELIJA Farm

Debora Thivierge is Founder and Executive Director of ELIJA Farm in South Huntington, NY. The ELIJA Farm was created in 2016 to enrich the health and wellness of our community by providing an innovative CSA program that offers dynamic learning opportunities for young adults on the autism spectrum. Debora received her BA in Sociology from Hofstra University and is a Board Certified Assistant Behavior Analyst. She serves as the Executive Director and Founder of The ELIJA School, Founder of The ELIJA Foundation, ELIJA Farm, and ELIJA's Transition Program and Services (TPS). Debora has volunteered her time to numerous Autism groups such as Nassau County's Department of Health Early Intervention Coordinating Council, New York State Association of Behavior Analysis, Nassau County Autism Coalition run by the County Executive and served as a board member of The Behavior Analyst Certification Board® (BACB®) for five years. She was appointed to the New York State Licensure Board for Applied Behavior Analysis in 2014 and served until 2018, when she stepped down to advocate for the advancement of the field in ABA. For the past 18 years, she has been providing advocacy to families and conducted training workshops to promote evidence-based instruction for families and educators who have been touched by Autism. She has a 20-year-old son with Autism.

KAREN WASHINGTON

Co-owner and Farmer at Rise & Root Farm

Political activist and community organizer fighting for food justice

Karen Washington has lived in New York City all her life, and has spent decades promoting urban farming as a way for all New Yorkers to access to fresh, locally grown food. As a community gardener and board member of the New York Botanical Garden, Karen has worked with Bronx neighborhoods to turn empty lots into community gardens. As a member of La Familia Verde Garden Coalition, she helped launch a City Farms Market, bringing fresh vegetables to her neighbors. Karen is the Just Food board Chair and a Just Food Trainer, leading workshops on food growing and food justice to community gardeners all over the city. Karen is a Why Hunger board member and the former president of the New York City Community Garden Coalition, a group that was founded to protect and preserve community gardens. She co-founded Black Urban Growers (BUGS), an organization of volunteers committed to building networks and community support for growers in both urban and rural settings and has been key to Farm School NYC, whose mission is to train NYC residents in urban agriculture. In 2012, Ebony magazine voted her one of their 100 most influential African Americans in the country. In 2014, she received the James Beard Leadership Award. Since retiring from Physical Therapy in 2014, Karen has been Co-owner/Farmer at Rise & Root Farm, a three acre farm in Chester, NY. "To grow your own food gives you power and dignity. You know exactly what you're eating because you grew it. It's good, it's nourishing and you did this for yourself, your family and your community." Karen Washington.

FRANCES WHITTELSEY

Journalist, Community Garden Organizer, Social Justice Worker

Frances Whittlesey is one of the founders of the Long Island Community Agriculture Network (LICAN). She has worked for many years with members of the Unitarian Universalist Fellowship of Huntington on affordable housing, justice for immigrants, racism and food equity. A member of the board of the Huntington Housing Coalition, she helped organize the Huntington Interfaith Homeless Initiative, which shelters people in houses of worship during the winter months. As an investigative reporter for *The New York Times* and *Newsday*, subjects of her journalism have included alternative energy, the environmental costs of eating meat, the dangers of liquid natural gas and the adverse health effects of food additives and processed food. She is an author and editor of two consumer books and has written for the *Smithsonian* and *Sierra* Magazines. Her work has been recognized by a Polk Award for Public Service. In 2010, she was honored by *The Times of Huntington* as Woman of the Year for the Environment because of her work on Gateway Park Community Garden. <http://www.gatewaygarden.org/>



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Slow Food North Shore

Gail Sobel, Ph.D.
Jill Stein
Stoic Artisans
Nella Stranieri, Cornell University
Pegge Strella, Chapin Productions
Tristram Stuart,
Feedback and Toast NY
Sweet Melissa, Melissa Dundstatter
Debora Thivierge, ELIJA Farm
Three Brother's Vegan Cafe
James Alden Trejos, Cornell University
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Uncle Giuseppe's Marketplace
Wendy Valenzuela
Victoria Valvis
Peter Vasilas, Orient Organics
Dr. Charles Ventresca
Karen Washington
Neil Wechsler, Bee Witched
Eric Weltman,
Food and Water Watch
Frances Whittelsey
Patti Woods, Grassroots
Environmental Education

“Our deep respect
for the land and its
harvest is the legacy of
generations of farmers
who put food on our
tables, preserved
our landscape, and
inspired us with a
powerful work ethic.”

James H. Douglas, Jr.

TOOTH CONSERVING DENTISTRY WITH BIOMIMETIC PHILOSOPHY



Olga Isaeva - DDS, NMD, IBDM
Holistic Dentist
Naturopath
Reiki Healer

- **HOLISTIC DENTISTRY** - minimally invasive BIOMIMETIC (nature mimicking) treatments that prevent root canals and crowns.
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iEatGreen thanks the
Long Island Food Coalition
for their work in making this day possible!

TOGETHER
we can work towards a more
Sustainable Food System!

www.iEatGreen.com



Pure Water's Gift

Authorized Dealer Natural Action Technologies

Structured Water Products

Natural Action Technologies was formed in 2010 with the intention of manufacturing and distributing water modification technologies to improve the quality of life on the planet. We have spent the past 10 years educating and developing products that are easy to install in a wide variety of applications for home and commercial use. We offer a 10-year Limited Warranty on all our devices along with a 90-day money back guarantee and continue to establish a world-wide network to help achieve our mission. Our devices copy and emulate the motion and materials of Nature and enhance the life-giving properties in water which Nature intended. Like Nature, our devices require no power or service to function properly.



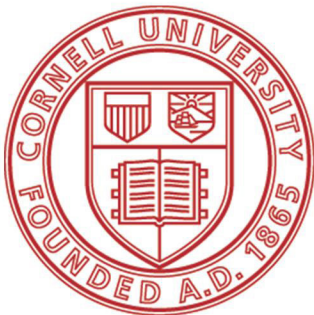
Garden Unit - \$497
Portable - \$397

Susan@PureWatersGift.com
Phone: (917) 327-5134
PureWatersGift.com

*Structured Water is the Key to Hydration
Hydration is the Foundation of a Healthy Life*

**Cornell Cooperative Extension of Nassau County
celebrates the
2018 Long Island Food Conference
“FOOD AS A SOLUTION”**

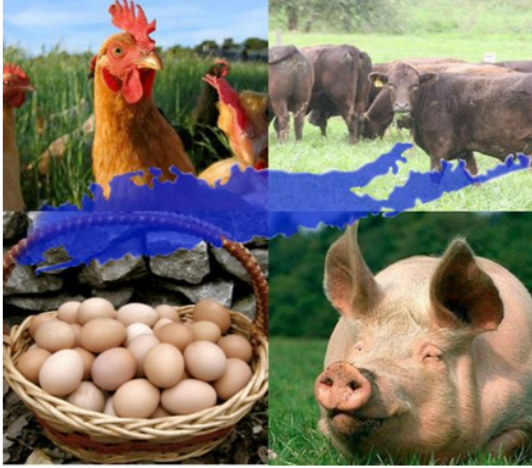
Here's to a successful conference!



Best of luck from all of us at

Cornell University
Cooperative Extension
Nassau County

Nourishing Long Island/NYC



Have you been searching for "clean" food?

Nourishing Long Island/NYC brings a truck full of fresh, nutrient-dense, traditionally-raised foods to Long Island and the 5 boros EVERY SATURDAY!

Nourishing Long Island/NYC is a buying club made up of families from New York City to the East End of Long Island. We understand and appreciate the value of food and personal-care products from suppliers who adhere to high standards of sustainability in their production of goods.

We support farmers who care deeply about the land, environment, the health of their workers and the people who consume their products.

The members of NLI recognize and reject the harmful, unsustainable practices associated with the "conventional" food industry as well as the personal care products industry.

NLI/NYC members enjoy access to foods and personal-care products produced without the use of chemical fertilizers, pesticides, GMOs, antibiotics, growth hormones and toxic chemicals that are considered "normal" in today's conventional food systems.

NLI/NYC Membership is only \$3 per month. NO minimum order, NO weekly obligation to order.

Here are just a few of the products available to NLI members on a weekly basis:

- Grassfed milk and homemade dairy products (*Milk from cows, goats, sheep, water buffalo and camels*)
- Cheeses & fermented dairy products
- Eggs from pasture-raised chickens and ducks
- Meats from pasture-raised/free range beef & lambs (100% grassfed), chickens, ducks, turkeys and pigs
- Wild-caught seafood
- Homemade bone broths
- Fermented Foods and beverages
- Fresh, organic produce via Rustic Roots organic delivery
- Coconut products
- Fair trade coffee, tea, chocolate
- Raw honey
- Chemical-free skin care, sunscreens and cosmetics
- Young Living Essential Oils
- Certified gluten-free products and baking mixes
- Heritage grains
- Fish oil, probiotics and Vitamin D supplements

Nourishing Long Island/NYC  **www.nourishingli.com**

If You're On Long Island You're In



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America's First Supermarket

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PLANT BASED CHEESE



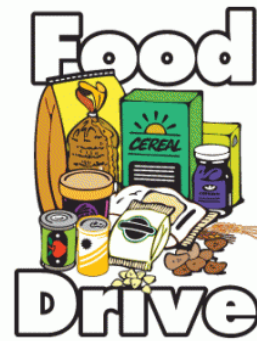
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started by an animal-adoring vegan foodie
to achieve a more compassionate
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that bring joy to our customers

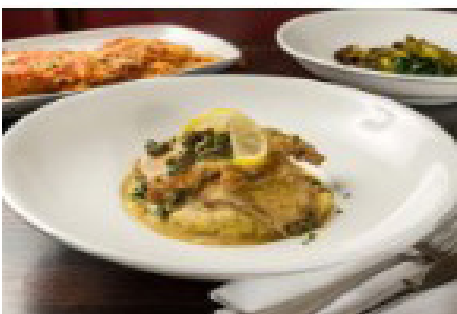


Thank you to everyone who brought a non-perishable item to donate to the Long Island Cares food drive. Collection bins are located near the registration area.



3 BROTHERS VEGAN CAFE

1038 Montauk Highway
Copiague, NY



FREE PRE-CONFERENCE SCREENING

The Health Film That Health Organizations Don't Want You To See.

WHAT THE HEALTH

FROM THE CREATORS OF THE AWARD WINNING FILM 'COWSPIRACY'



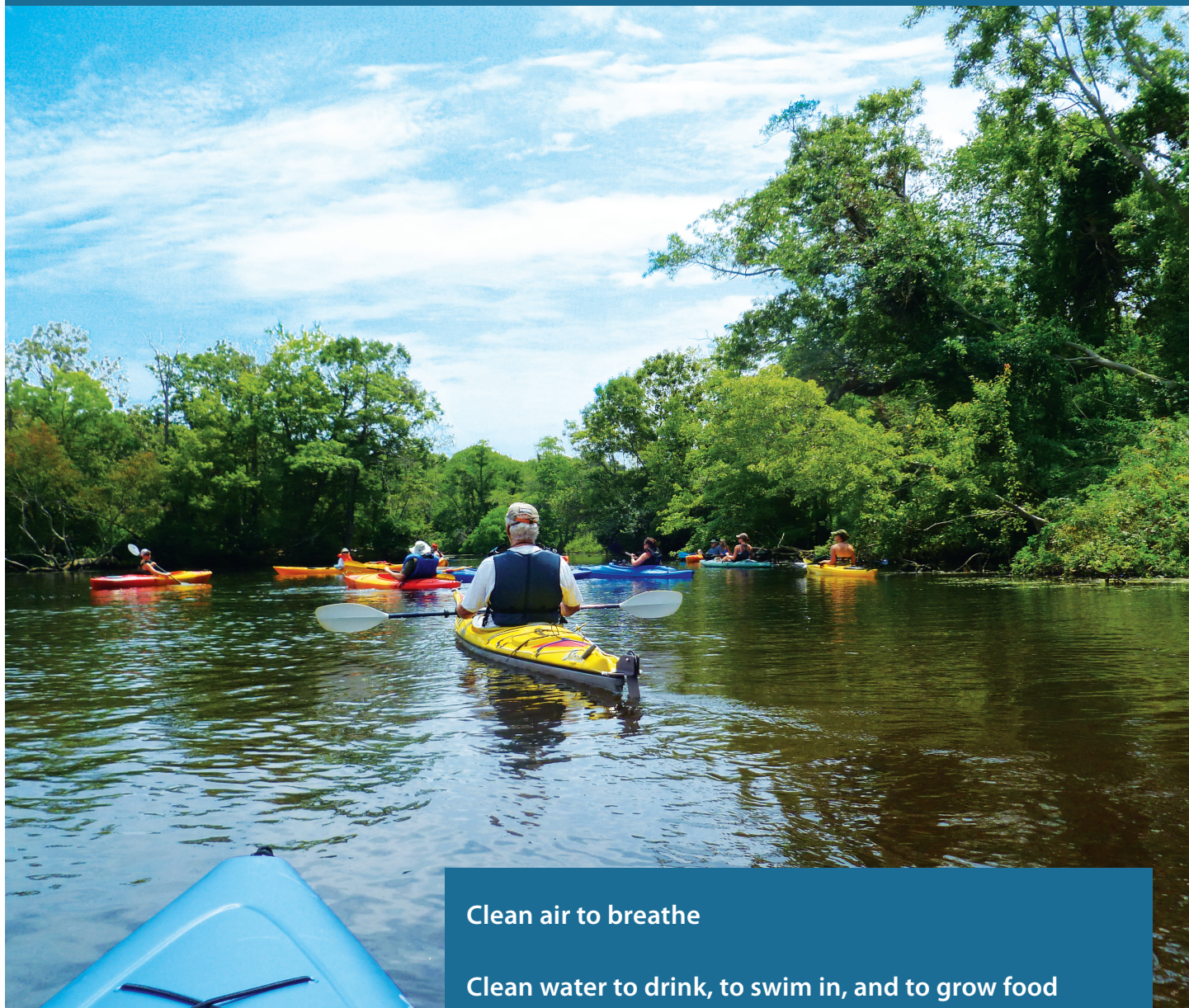
Friday, November 2, 2018 @ 7:30 pm - 9:30 PM
LIU Post, Hillwood Commons

This film examines the link between diet and disease and exposes the collusion, corruption, and influence that big business has on our governments policies. There are billions of dollars at stake, and this explains why corporations and our government have the incentives to keep us sick!

Following the film, Bhavani Jaroff, from iEat Green, will lead a discussion and Q & A session with Dr. Charles Ventresca of Birch Hill Natural Medicine. Please come and watch this eye-opening exposé!

LONG ISLAND SIERRA CLUB

works to ensure that everyone has ...



Clean air to breathe

Clean water to drink, to swim in, and to grow food

Sustainably raised food, free of pesticides and GMOs

Access to nature and the outdoors for enjoyment

An economy powered by renewable solar & wind energy

A smaller carbon footprint to mitigate global climate change

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