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The University of Maryland (UMD) is a signatory of the American College and University President’s Climate Commitment, pledging to reach carbon neutrality by 2050, and has a long-standing commitment to environmental stewardship. The campus’ sustainability goals include broad categories such as carbon neutrality, education for sustainability, local and global impact, smart growth, sustainable water use, and waste minimization. Progress on these campus commitments can be found on the Sustainability Progress Report (sustainability.umd.edu/progress/progress-report).

Campus sustainability efforts are championed and supported by the Office of Sustainability with the help of departments and Terps across campus. Every campus unit needs to play a part if the ambitious goals set by the University President are to be achieved. The Division of Student Affairs has long led campus efforts to promote sustainability and engage students in environmental efforts, including the development of a Divisional Green Guide and Divisional Sustainability Standards (see more information here: studentaffairs.umd.edu/about-us/sustainability#/home). As a part of the Division of Student Affairs, the Department of Dining Services aims to be a campus leader for sustainability and model the campus as a living laboratory to support student academics, co-curricular, and extra curricular activities.

The University of Maryland Department of Dining Services provides food service for the College Park campus and includes three residential dining halls, 24 retail locations, two full service restaurants, six convenience stores, full service and delivery catering, athletic concessions, and a mobile dining food truck (see map on page 2). In total, Dining Services serves approximately 27,000 meals a day and employs between 1,500–1,900 people, depending on the season.

In support of campus sustainability goals, Dining Services developed and adopted the Sustainable Food Action Plan in October 2012, committing to continuously provide more nutritious and environmentally, socially, and economically sustainable food to campus diners (see page 3 for the definition of sustainable food). The Sustainable Food Action Plan established a framework and specific objectives for serving more sustainable food on the UMD campus, including four major goals for Dining Services:

1. 1–4% annual increase in sustainable food purchases (meeting the criteria identified for sustainable food categories including local, fair, humane, and ecologically sound) based on financial feasibility and product availability
2. Annual, incremental increases in sourcing from local growers, with special emphasis on Maryland growers
3. Annual, incremental increases in sourcing of unprocessed, whole foods
4. 20% local and sustainable food by 2020

As established during the inaugural years of the Sustainable Food Commitment, Dining Services conducts an annual student-led Sustainable Food Assessment and reviews and updates the Sustainable Food Action Plan every two years. 2016 marked the end of Phase Three of the Dining Services Sustainable Food Action Plan. This Sustainable Food Report describes and reviews the progress made in Phase Three and showcases key program areas. Find a timeline of Sustainable Dining at UMD on page 4 and the detailed Action Plan Summary in appendix B.

Dining Services is proud to announce that in 2014 sustainable food purchasing reach the 20% goal and in 2016 exceeded it with 26% sustainable food purchased! Moving forward, Dining Services will be adopting the Menus of Change Principles—outlined in appendix A—to advance the sustainable food commitment and further push innovation. Key areas of focus include increasing whole grain, seafood, fruit, and vegetable purchasing. New program initiatives include the introduction of a Sustainable Food Symposium each semester to showcase student projects (see page 11) and the development of student and intern led projects such as the Sustainable Food Guide by UMD Dietetic Interns (see appendix C).

If you have questions about Dining Services or want to get involved, please reach out to us at umfood@umd.edu.
Dining Locations

Dining Halls
251 251 North
257 The Diner
026 South Campus
973 Maryland Hillel

Restaurants
163 Adele's
166 Mulligan's

Cafés
386 Applause
413 BRBean
115 Bytes
141 Creative Commons
225 Kim Kafé
226 St. John's
226 The Turn

Food Courts
082 Physics
085 Quantum
039 Rudy's
068 Sneaker's
088 Glenn L. Martin Food Court

Convenience Shops
088 East Leonardtown
097 North Convenience
088 South Commons
163 Union

The Shops@Maryland
250 East Leonardtown
24 Shop
26 South Commons
026 Union Shop
Understanding Sustainable Food

**LOCAL**
<250 miles

**HUMANE**
animals can express natural behavior

**FAIR**
ensure worker rights and safety

**ECOLOGICALLY SOUND**
good environmental practices are used

According to the Food, Agriculture, Conservation and Trade Act of 1990, sustainable agriculture is “an integrated system of plant and animal production practices, having a site-specific application, that will:

- **Satisfy human food and fiber needs**;
- **Enhance environmental quality and the natural resource base upon which the agricultural economy depends**;
- **Make the most efficient use of non-renewable resources and on-farm resources and integrate, where appropriate, natural biological cycles and controls**;
- **Sustain the economic viability of farm operations**; and
- **Enhance the quality of life for farmers and society as a whole.”**

Sustainable food is produced from sustainable agricultural systems and has specific attributes related to the production systems, labor practices, and distance traveled, outlined above.

**sustainable**
\səˈstā-nə-bal\ adjective
Meet the needs of the present without compromising the ability of future generations to meet their own needs (Brundtland Commission, 1987)
Sustainability in Dining Services

Protecting the environment is a part of every step of Dining Services’ process from farm to fork to compost pile.

Environmental stewardship starts with menu planning. Using the Menus of Change Principles, we focus on highlighting more vegetables, legumes, whole grains, and seafood.

The heart of our sustainability program is our goal of 20% sustainable food and commitments to campus sustainability—creating a model “green university!”

SUSTAINABLE FOOD COMMITMENT

The heart of our sustainability program is our goal of 20% sustainable food and commitments to campus sustainability—creating a model “green university!”
In the period under review, Dining Services focused on improving the healthfulness of the dining hall menus. Dining Services adopted the principles from the Menus of Change initiative (see appendix A), incorporated more fresh and seasonal ingredients, and emphasized whole, minimally processed foods. The launch of Anytime Dining and corresponding menu changes resulted in a reduction of red meat and cheese and an increase in whole grains, legumes, and seafood.

In 2014, Dining Services reached its goal of 20% sustainable food purchasing—and exceeded this goal in 2016 by hitting 26%!

Chesapeake Wild Blue Catfish is an invasive fish, eating it protects the Bay. Consumption increased by 45% in just one year.
Recycle
- All organic waste collected for compost
- Single stream recycling for aluminum, glass, plastic, and paper
- Recycle cooking oils

Reuse
- Chef’s Choice on the menu allows for reuse of leftovers
- Student-led Food Recovery Network provides leftovers to those in need

Reduce
- Eliminated single use disposable from dining rooms.
- Traysless dining in dining hall
- Offer smaller portion sizes
- Trayless dining in dining hall
- Data collection and tracking inventory allows for waste reduction
- Allow self service so students can select as little—or as much— as they wish
Waste management is a focus area for Green Dining. Staff separate compost and recycling and identify leftovers safe to donate with the student led Food Recovery Network. The most important component is waste reduction, which requires all of us to do our part. Take only what you’ll eat to “leave small FOODprints.” We encourage Terps to “take less, waste less.”

Increase in recovered food by Food Recovery Network with Anytime Dining

Trash Spotlight
Anytime Dining removed 6.3 million disposable items from the campus waste stream annually!

2016 Compost and Recycling Trend

Compost collection increased in dining halls by 48%

Recycling efforts increased by 20%
Since 2012, the Farmers Market at Maryland brings local vendors to campus each Wednesday from April through November. Terps can find local produce, meats, cheeses, eggs, bread, and other goodies at the Market. Market Manager and Chef Larry Tumlin runs cooking demonstrations at noon with free samples for Market visitors. The Green Tidings Food Truck which features sustainable and local food for lunch across campus, stops weekly at the Market.

BANANA, BLUEBERRY, OAT, & QUINOA SNACK CAKE

[Serves 8]

INGREDIENTS

- 1 cup quinoa
- 2 cup old fashion oats
- 1 cup dark brown sugar
- 2/3 cup all purpose flour
- 1 1/2 tsp baking powder
- 1 1/2 tsp salt
- 1 1/3 cup ripe banana
- 1 cup milk
- 2 eggs
- 1/2 cup apple sauce
- 2 tbsp butter
- 1/2 tsp vanilla extract
- 2 cup fresh blueberries
- 1/2 cup walnuts, chopped

PREPARATION

1. Preheat oven to 375°F. Spray 13” x 19” baking pan with nonstick cooking spray.
2. Combine quinoa, oats, 3/4 cup brown sugar, cinnamon, flour, baking powder, and salt in large bowl.
4. Add to quinoa mixture, mix well.
5. Fold in 1 cup of blueberries.
6. Spread mixture into prepared baking pan. Sprinkle top with remaining blueberries, 1/4 cup brown sugar and walnuts.
7. Bake 40–45 minutes or until golden brown and set.
8. Let cool 10 minutes before serving.
Since 2010, Dining Services partners with students and other campus departments to grow food on and for campus. Garden spaces on campus allow students to learn about growing herbs, flowers, and vegetables as well as get involved in campus sustainability and community. Expanded growing and learning opportunities can be found 15 miles from campus at the Terp Farm Project located at the Maryland Agricultural Experiment Station in Upper Marlboro, Maryland. Terp Farm is a collaboration between Dining Services and the College of Agriculture and Natural Resources and is supported by the UMD Sustainability Fund. 2016 marked the third season of the farm; below is a snapshot of what we’ve grown and who has visited in those three seasons.

**Terp Farm Crop Yield**

- Squash 7,076 lbs
- Tomatoes 6,294 lbs
- Greens 4,626 lbs
- Root Vegetables 2,486 lbs
- Peppers 1,811 lbs
- Cabbage 1,616 lbs
- Watermelon 1,229 lbs
- Cucumbers 2,209 lbs
- Sweet Corn 567 lbs
- broccoli 572 lbs
- Herbs 1,186 lbs

**Visitors and Volunteers**

- Total 2,071 people

Get involved with campus gardening & Terp Farm

@TerpFarm
@UMDCommunityLearningGarden
@UniversityOfMarylandArboretumAndBotanicalGarden
SPECIAL EVENTS OCCUR TO SHOWCASE SUSTAINABLE FOOD

Fall Semester
- Harvest Festival
- Eats & Beets Festival

Spring Semester
- Earth Day
- North Campus GreenFest

STUDENT PROJECTS ARE FEATURED AT THE END OF EACH SEMESTER AT THE SUSTAINABLE FOOD SYMPOSIUM

Review last years presentations and find out more details for this year’s symposium: dining.umd.edu/sustainability

INTERNSHIPS

Dining Services offers internships in Sustainability including:
- Terp Farm internships and apprenticeships
- Campus Pantry internships
- Farmers Market internships
- Green Dining student staff positions

CAMPUS PANTRY

Dining Services is partnered with the University Health Center to provide emergency food to Terps in need. Get involved by organizing a food drive or volunteering!

GREEN DINING OFFICE HOURS

The Green Dining Team hosts office hours weekly to meet and discuss student projects.

WHEN  Fridays, 9:00 am–Noon
WHERE  1105 South Campus
Appendix A

Menus of Change Principles
Appendix B

Sustainable Food Action Plan
### Detailed Annual Sustainable Food Action Plan – 2016 Update

|--------------|----------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------|
| **Overall sustainable food procurement objective** | • Identify baseline | • 1-4% annual increase  
• Incremental increase in sourcing from Maryland growers  
• Incremental increase sourcing of whole, unprocessed, foods | • 1-4% annual increase  
• Incremental increase in sourcing from Maryland growers  
• Incremental increase sourcing of whole, unprocessed, foods | • 1-4% annual increase  
• Incremental increase in sourcing from Maryland growers  
• Incremental increase sourcing of whole, unprocessed, foods | **Fully met** |
| **Sustainable food commitment, protocol and plan** | • Create Sustainable Food Working Group  
• Create Green Dining Sustainable Food Internships  
• Develop Draft Sustainable Food Action Plan  
• Finalize and publish departmental sustainable food commitment  
• Finalize and publish Sustainable Food Action Plan | • Review and update plan and protocols as needed  
• Identify purchasing guidelines and standards for seafood  
• Provide analysis and reporting regarding food | • Review and update plan and protocols as needed  
• Identify category-specific purchasing guidelines | • Review and update plan and protocols as needed  
• Incorporate Menus of Change principles in protocol and plan  
• Continue to identify category-specific purchasing guidelines | **Fully Met** |
| **Partnership and collaboration building** | • Create Sustainable Food Working Group  
• Build partnership with Wellness Coalition  
• Build partnership with Office of Sustainability  
• Build partnership with UMD Extension Marketing Specialists | • Expand and strengthen existing partnerships  
• Build partnership with Maryland Department of Agriculture  
• Build partnership with the College of Agriculture and Natural Resources to develop Terp Farm  
• Continuation of the Sustainable Food Working Group (2013) and re-envisioning as the Sustainable Food Committee (2014) | • Expand and strengthen existing partnerships  
• Engage local aggregators and additional community partners  
• Continue oversight of Sustainable Food Committee, Terp Farm Advisory Committee, Farmers Market Committees, and Campus Pantry Advisory Group | • Expand and strengthen existing partnerships  
• Streamline committee structure through coordination of Sustainable Food Symposium each semester | **Fully Met** |
|------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|------------------------|
| Funding and development            | • Identify and explore external funding opportunities  
• Apply to key grants (ex. Maryland Specialty Crop Grant)                                                  | • External and campus grant applications  
• Sustainability Fund application  
• Identify cost saving opportunities to fund program elements | • External and campus grant applications  
• Identify cost saving opportunities to fund program elements  
• Identify fundraising opportunities | • Continue to identify cost saving opportunities to fund program elements  
• Identify and pursue fundraising opportunities | Fully Met |
| Technology and reporting           | • Initial Sustainable Food Baseline Assessment with existing reporting and tracking capability  
• Needs assessment                                                                  | • Annual Sustainable Food Assessment  
• 2014: bi-annual Sustainable Food Action Plan Update  
• Work with vendors to establish effective reports for product availability  
• Initiate data clean-up and streamlining in FoodPro  
• Install FoodPro upgrades  
• Develop clear data entry and reporting protocols  
• Collaborate with vendors to ensure accuracy of data, adequate tracking, and thorough reporting | • Annual Sustainable Food Assessment  
• 2016: bi-annual Sustainable Food Action Plan Update  
• Work with vendors to establish effective reports for product availability  
• Continue data cleanup  
• Continue upgrades to systems as needed  
• Continue collaboration with vendors | • Annual Sustainable Food Assessment  
• 2018 and 2020: bi-annual Sustainable Food Action Plan Update  
• Continue upgrades to systems as needed  
• Continue collaboration with vendors  
• Utilize reports for program evaluation | Fully Met |
| Procurement and purchasing protocol| • Best practices identified  
• Needs assessment                                                                  | • Develop and update ordering procedures  
• Close the ordering guides to centralize the selection of local and sustainable items when products are available | • Audit units for compliance related to sustainable food purchasing objectives  
• Provide positive and negative reinforcement for compliance | • Audit units for compliance related to sustainable food purchasing objectives  
• Provide positive and negative reinforcement for compliance  
• Modify procedures and protocol as needed | Fully Met |

Appendix B.2
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<tbody>
<tr>
<td>Menu planning and food preparation</td>
<td>• Concept development</td>
<td>• Culinary focus on local and seasonal fruits and vegetables</td>
<td>• Culinary focus on local proteins</td>
<td>• Culinary focus on expanding local and sustainable menu options</td>
<td>Fully Met</td>
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<td></td>
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<td>• Culinary focus on new Sustainable Seafood initiative</td>
<td>• Continuing culinary focus on local fruits and vegetables</td>
<td>• Continue whole foods, in-house processing from commissary</td>
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<td>• Whole foods, in-house processing from commissary</td>
<td>• Continue whole foods, in-house processing from commissary</td>
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<td>Nutrition and wellness focus</td>
<td>• Build partnerships with existing wellness-focused campus groups</td>
<td>• Spotlight healthful food items</td>
<td>• Evaluate the “change the plate” recommendations from the Healthy Food in Health Care’s Balanced Menus Challenge, reducing meat and increasing availability of fresh fruits and vegetables</td>
<td>• Program review, evaluation and improvement</td>
<td>Fully Met</td>
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<td>• Introduce new offerings to substitute for items with little nutritional value</td>
<td>• Continue the review of the menu using the nutritional tools available</td>
<td>• Enhance promotion, education and outreach regarding healthy food choices</td>
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<td>• Encourage dietetic interns to develop menu concepts</td>
<td>• Spotlight healthful food items</td>
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<td>• Review the menu using the nutritional tools available</td>
<td>• Introduce new offerings to substitute for items with little nutritional value</td>
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<td>• Encourage dietetic interns to develop menu concepts</td>
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<td>• Explore the feasibility of offering reduced or half-size portions</td>
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Appendix B.3
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<th>Phase 4 (2017-2020): Program building, process improvement, &amp; evaluation</th>
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<td><strong>Waste reduction and diversion</strong></td>
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### UMD Dining Services Sustainable Food Action Plan

|-------------------------------------------|-----------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------------------------------|------------------------|
| Community outreach and education          | • Develop Green Dining internship opportunities  
• Develop Green Dining Peer Education Program | • Develop partnerships and identify collaborators to develop academic educational opportunities for students  
• Identify non-academic opportunities for community outreach, such as fieldtrips and guest lectures  
• Highlight program with special events | • Provide and promote academic educational opportunities for students through partnership and the Sustainable Food Committee  
• Expand and improve community outreach programming  
• Enhancement of special events | • Continue to expand, evaluate and improve academic educational opportunities for students  
• Coordinate Sustainable Food Symposium each semester  
• Expand and improve community outreach programming  
• Enhancement of special events | Fully Met |
| Communication                              | • Provide units with marketing materials such as table tents and posters  
• Update and further develop Green Dining website  
• Build social media presence and/or blog to engage community  
• Communicate departmental sustainable food commitment  
• Communicate final Sustainable Food Action Plan | • Streamline and improve internal communications relating to Green Dining initiatives  
• Provide units with marketing materials such as table tents and posters  
• Engage and expand social media and web presence  
• Evaluate and improve communications and marketing program  
• Develop signage and identifiers at point of purchase for local and sustainable food options | • Utilize external marketing programs such as Maryland’s Best and Southern Maryland Meats  
• Engage and expand social media and web presence  
• Evaluate and improve communications and marketing program  
• Continue to enhance signage and identifiers at point of purchase for local and sustainable food options | • Continue to build on, expand and improve Phase 3 efforts  
• Evaluate and improve communications and marketing program | Partially Met |

**Appendix B.5**

Sustainable Food Action Plan, 2016 Update, p. 17
Appendix C

UMD Dietetic Intern Project—Sustainable Food Guide
Choose foods that are:

LOCAL  FAIR  ECOLOGICALLY SOUND  HUMANE

Our Planet Works Daily

...to ensure that we have enough oxygen to breathe, plants to eat, and warmth to survive. There has been a decimation of its resources, especially over the last 30 years. The consequences are serious: rainforests are dying, the North Pole is melting, and sea levels are rising. It is our duty to do something to change its course. Every day we have a choice to make about the foods we eat, and that choice is directly related to how we treat the planet. Choosing sustainable foods is one small step that we can take each day to lead to a big difference. Think if we all decided to reduce our carbon footprint – what would our world look like?
How Can You Eat More Sustainably?

Eat LOCAL

The biggest contributor to global warming and climate change is CO2 (carbon dioxide). Carbon dioxide emissions from coal, oil and natural gas are harmful to our environment. If we eat local, food doesn’t travel as far before we buy and consume it. This reduces the CO2 emissions from trucks during the transport process. Choosing to eat local supports farmers in your area and is beneficial to the environment.

Terp Farm!

Eat ORGANIC

Organic produce is grown without synthetic pesticides, synthetic fertilizers, ionizing radiation, or bioengineering. Organic meat comes from animals that were not given antibiotics or growth hormones. These animals are raised on organically certified land, given organic certified feed, and have access to the outdoors. Organic food may not be more nutritious than conventional food, however it is produced by farmers who use renewable resources and conserve the soil and water. This helps ensure that resources will be available for future generations.
Water You Waiting For?

Drink Less Sugary Beverages

Sugary beverages contain extra, unnecessary calories from added sugars. Drinking them regularly can promote the development of Type 2 diabetes, heart disease, and other chronic conditions. Limiting sugary beverage consumption or substituting them with water can make a positive impact to overall health. UMD’s dining halls provide lots of non-sugary options!

Drinks in Disguise

Juice

Often contains too much sugar, out-weighing the benefits of its nutrient content!

Diet Soda

Better for your blood sugar than non-diet soda, but the artificial sweeteners can cause sugary drink cravings.

No Sugar Added Fruit Smoothie

You’ll get the fruit's nutrients (and fiber!) without the added sugar!

Unsweetened Tea

You can still get a caffeine boost without developing a craving for sweet drinks!

Skip the Juice, Infuse!

Look for the infused water available daily in the diner! Also try these fun recipes at home:

- Strawberries + Lemon + Basil/mint
- Lemon + Orange + Mint
- Ginger + Peach

Just add water!

Appendix C.3
Whole grains are a good source of fiber, vitamins and minerals. Here are some other good reasons to make at least half your grains whole:

- Help reduce the risk of heart disease, diabetes, and cancer
- Contain dietary fiber, which may lower the chances of developing constipation
- Help keep your blood sugar stable
- Can make it easier to lose weight

Examples include whole wheat bread and pasta, brown rice, oatmeal, and quinoa.

5–10 oz/day

which is equal to slice of whole grain bread, a cup of fiber rich cereal, or ½ cup of cooked rice or pasta.

If bread is made with whole grains, the first ingredient will have the word “whole” in it. One slice of whole grain bread should have 3-5 grams of fiber per slice or about 15%-20% of your daily recommended amount.

Appendix C.4
make half your plate

FRUITS & VEGGIES

1. GOOD FOR EARTH

Fruits & vegetables produce **60-100 times** less carbon, than animal products, like meats and cheeses. Plant foods also use 5-20% less water.

2. GOOD FOR YOU

Your body needs more of the vitamins, minerals, and other nutrients found in fruits and vegetables. Aim to make your meals 20% protein, 25% grains, 50% fruits and vegetables, and about 5% dairy.

Appendix C.5
Plants such as beans, nuts, and seeds, and fish are sources of protein too!

- Principle 4: "Move nuts and legumes to the center of the plate". Nuts and legumes help keep you full. Nuts contain healthy fats, while legumes contain fiber for digestive health and slowly metabolized carbohydrates that help control cholesterol and blood sugar levels.

- Principle 7: "Serve more kinds of seafood, more often". The American Heart Association recommends eating fish two times per week. It emphasizes fish high in heart healthy fats such as salmon, mackerel, lake trout, herring, sardines, and albacore tuna.

Not only is red meat such as lamb, pork, and beef less sustainable than other proteins, it’s consumption is also associated with higher incidence of chronic disease.

To Go Lean with Protein, Try:
- Eating smaller portions of red meat.
- Checking out the salad bar for seeds and legumes to use as a protein source.
- Choosing fish over red meat.

Explore your options at the dining hall!
A week of sustainable food choices

Think Sustainably

Less Sustainable Choices
- Buffalo Chicken Quesadilla
- Hamburger
- Beef Vegetable Stir Fry

More Sustainable Choices
- Grilled Onion Pepper Quesadilla
- Chicken Sandwich
- Tofu Vegetable Stir Fry

= 0.1 kg Carbon Emission = 100 L/lb Water Consumption
Think Sustainably

A week of sustainable food choices

Less Sustainable Choices

- Bologna Grilled Cheese
- Spaghetti & Meatballs

More Sustainable Choices

- Grilled Cheese
- Broccoli Mushroom Alfredo

Making sustainable foods choices throughout the week results in:

- **58.7%** Carbon Footprint
- **65.6%** Water Footprint

*Equivalent to 9.4 miles driven in a car and 1103 1-gallon jugs of water*