



Food Brings Us  
All Together



**FOOD** is a powerful medium, **bringing people together** through love and celebration, nourishing us all, and elevating culture.

In its current state, the food system is the **leading cause of climate change.**

We are working hard to change that system by being more socially and environmentally responsible.

Amy Keister  
*Senior Vice President Sustainability & Culinary*



**Pesticides and fertilizers** used in agriculture can contaminate ground and surface water and soil, which can in turn have potentially dangerous impacts on wildlife and human health.

The production of **animal-derived foods** often subjects animals to inhumane treatment and animal products have a higher per-calorie environmental intensity than plant-based foods.

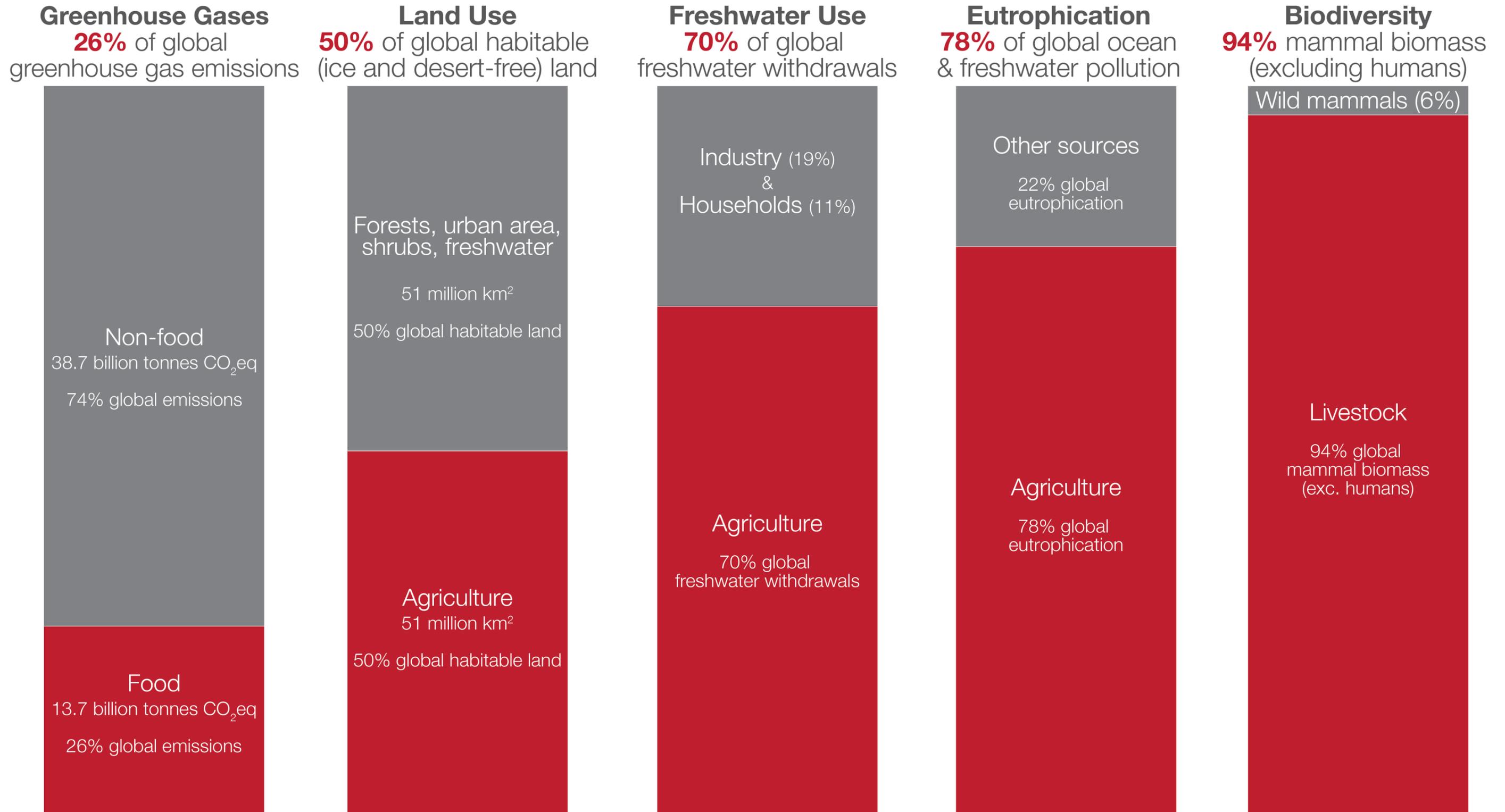
Institutions can use their food purchases to support their **local** economies; encourage safe, **environmentally friendly** and humane farming methods; and help eliminate unsafe working conditions and alleviate poverty for farmers.



**These actions help reduce environmental impacts, improve local food security, and support fair and resilient food systems**

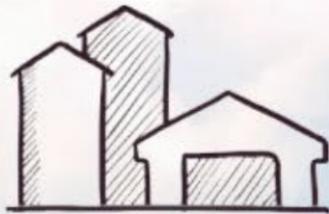
**UMDINING**  
UNIVERSITY OF MIAMI

# What are the environmental impacts of food and agriculture?



**2%**

Goal: 20%



**Local Produce in support of the American Family Farms**

**46,213,859 lbs**

**98%**

Goal: 100%



**Milk & Yogurt free of artificial growth hormones**

**24,426,592 gal**

**90%**

Goal: 100%



**Seafood from sustainable sources (SFW Criteria)**

**9,723,956 lbs**

**93%**

Goal: 100%



**Certified Humane Cage-Free (Shell) Eggs**

**91%**

Goal: 100%



**Chicken & Turkey produced without the routine use of human antibiotics**

**39%**

Goal: 25%



**Eco / Fair Trade Certified Coffee**

# UMDINING

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Purchased more than



**1.5** Million  
Pounds

of Produce from the  
Equitable Food Initiative (EFI)

Purchased more than



**1.7** Million  
Pounds

of Plant-Based Meat Alternatives

Donated more than



**1.3** Million  
Meals

to Local Communities

Provided



**200** Million  
Meals

to Essential Workers

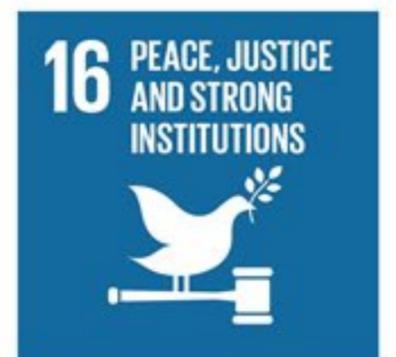
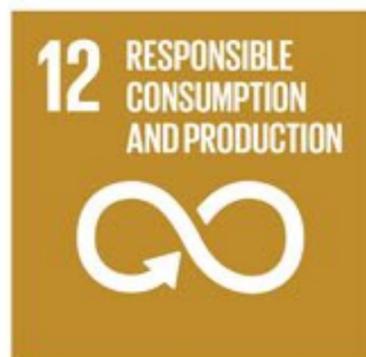
Our sustainability strategy contributes to nine of the United Nations' Sustainable Development Goals (SDG). The UN has identified 17 key challenges facing the world today and these include enormous issues like tackling climate change and poverty across the globe.

In 2019, Compass Group – Chartwells - Morrison became a member of the World Business Council for Sustainable Development, a CEO-led organization of over 200 leading businesses working together to accelerate the transition to a sustainable world. Members are united by a shared vision of a world where more than **9 billion people are all living well and within the boundaries of our planet by 2050.**



**SUSTAINABLE  
DEVELOPMENT**

**GOALS**



# Pledge for a Green Future



**“Restaurant Associates (RA) commit to reducing food-related greenhouse gas emissions by 25 % by 2030.”  
Compass have signed the pledge**

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UNIVERSITY OF MIAMI

This year, Carbon Footprint received the SEAL Business Sustainability Award, which honors organizations and leaders who demonstrate real impact and progress toward a healthy planet and sustainable future.

# Food travels a lot before getting to your plate

What's on your plate? - The story of your food



***A locavore* is someone who is committed to eating food that is grown or produced within their local community or region.**





## What's in season in *September?*

Eating seasonal, local foods means your food tastes fresher and is better for the environment! Here are a few Florida favorites:

-  Bananas
-  Chiles
-  Grapefruit
-  Green Beans
-  Grapes
-  Zucchini
-  Oranges
-  Lionfish



## What's in season in *October?*

Eating seasonal, local foods means your food tastes fresher and is better for the environment! Here are a few Florida favorites:

-  Bananas
-  Corn
-  Grapefruit
-  Cucumber
-  Oranges
-  Squash
-  Tomatoes
-  Blue Crab



## What's in season in *December?*

Eating seasonal, local foods means your food tastes fresher and is better for the environment! Here are a few Florida favorites:

-  Avocado
-  Brussel Sprouts
-  Grapefruit
-  Celery
-  Oranges
-  Zucchini
-  Strawberries
-  Shrimp



# Grow your own Food

## Urban Food Garden Food Forest at



MIAMI

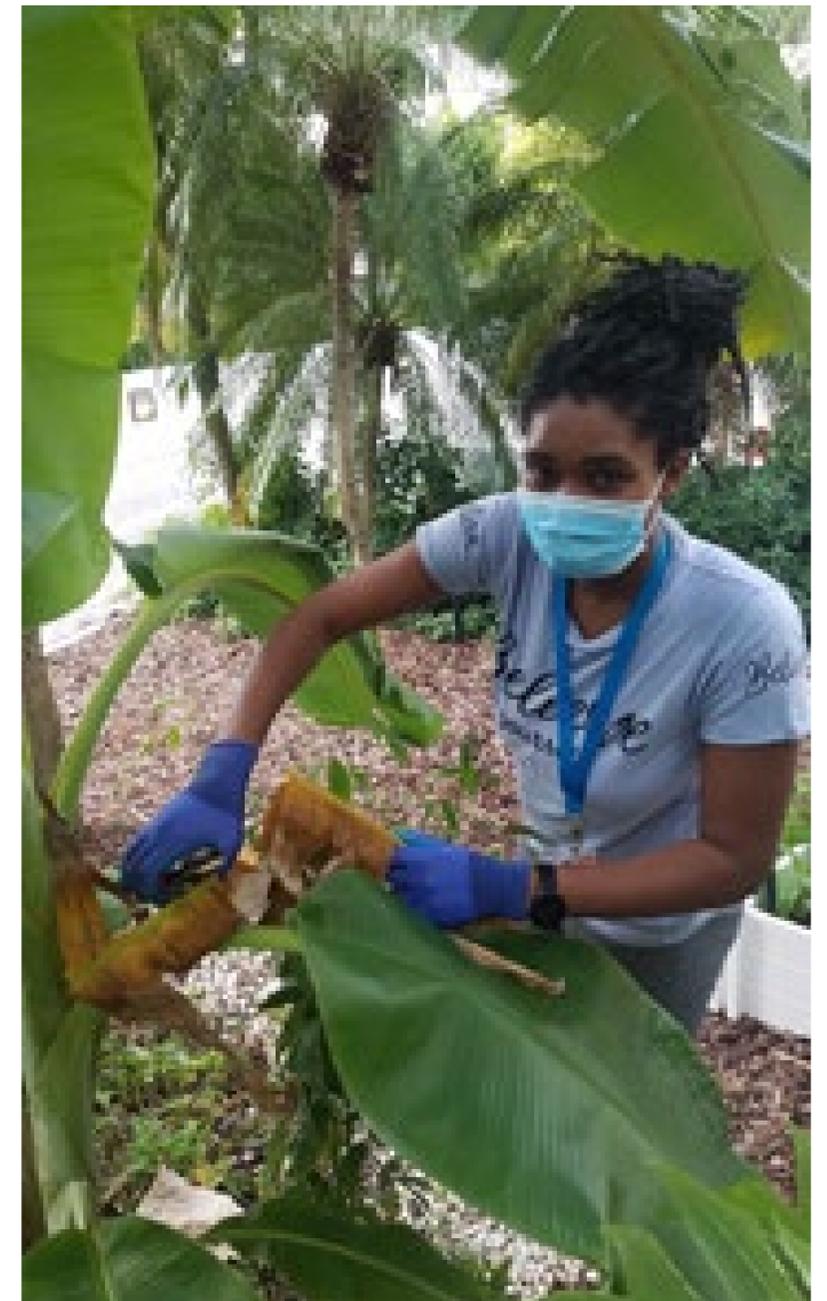


More information at [miami.edu/gardens](https://miami.edu/gardens)

# Miller Herb and Food Garden



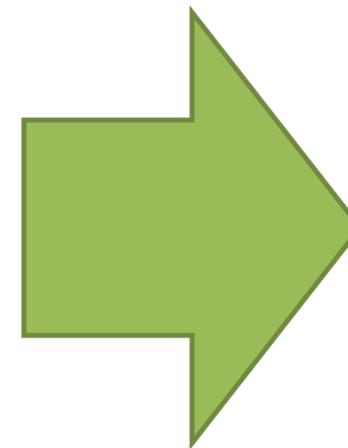
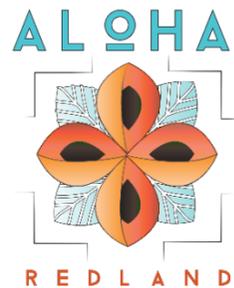
**Medical students, Facilities and Operations Department and the Office of Sustainability have helped create an oasis of healing and support for the Cancer Support Services 'mission.**



# Help Growing Food

and fight Food Insecurity in your community

## Community Supported Agriculture

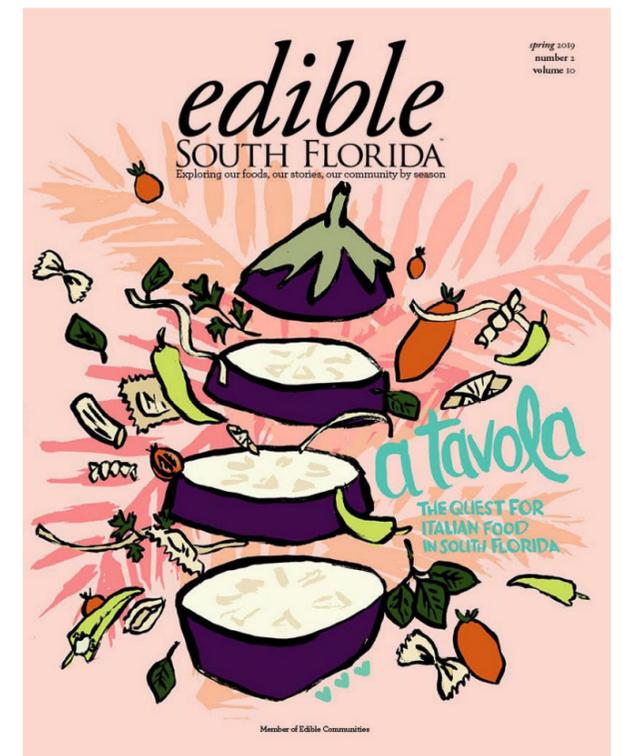


Supplemental Nutrition Assistance Program



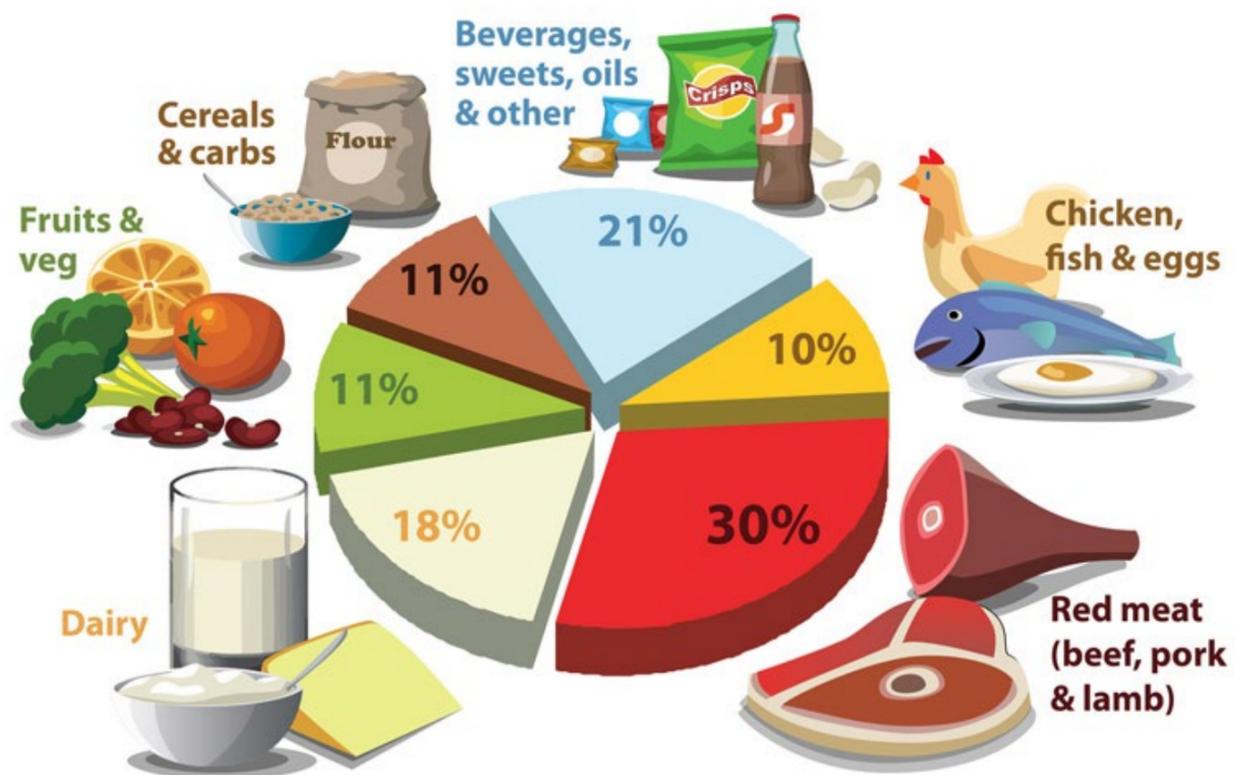
## Community Gardens

Get informed



# Eating your Veggies

**Serving more plant-based food reduces greenhouse gas emissions**



**Animal agriculture is responsible for 91% of Amazon rainforest destruction**

## Methane



Amazon Brazil is home to approximately 200 million head of cattle, and is the largest exporter in the world, supplying about one quarter of the global market.



**Why did the cow stop telling fart jokes?**  
Everyone told her they stink.

# WHAT IS YOUR FOOD TELLING YOU?

A guide to some common food certification labels



## GENETICALLY MODIFIED ORGANISM

- This label ensures no GMOs are in your food
- GMO: Food containing genes transferred from another organism
- Not much has been proven because it's relatively new -- many potential benefits and problems for health and the environment
- Could produce cheaper, longer lasting, and more nutritious food
- Some main concerns are allergens spreading to new foods, gene transfer from food to humans, and genes spreading into wild plants



## CAGE FREE & FREE RANGE

Cage Free:

- Hens live in barns or warehouses, sometimes with no access to outdoors
- Unlimited food and water access
- Exhibit natural behaviors

Free Range/ Free Roaming

- Type and length of outdoor access unspecified
- No third party audits required
- Usually references poultry, not egg-laying hens

UEP certified label: Overall good conditions regardless of type of henhouse

## ORGANIC & NATURAL

Organic:

- No synthetic pesticides or fertilizers on soil for three years before harvest
- Animals raised with natural behaviors and without hormones or antibiotics
- No GMOs or artificial preservatives, colors, or flavors

Natural:

- Only references meat processing after animal's death (no living condition requirements)
- Products must further specify what aspects are natural



## GRASS FED

American Grassfed Association certification (AGA):

- AGA certified farms can use this label
- Animals live on at least 75% grass covered pasture
- No confinement, antibiotics, or hormones

United States Department of Agriculture certification (USDA):

- Animals not required to have outdoor access or grazing space
- Grass diet can be supplemented with hormones and antibiotics



# WHAT IS YOUR FOOD TELLING YOU?

A guide to some common food certification labels



Fair Trade USA is an independent, nonprofit organization that sets standards, certifies, and labels products that promote **sustainable livelihoods for farmers and workers and protect the environment.**



For meat, dairy, eggs and poultry raised under animal care standards in the USA.

The **Rainforest Alliance** is an international NGO based with operations in more than 60 countries. Its main work is the provision for sustainability in forestry, and agriculture.



# Sustainable Seafood

 Monterey Bay Aquarium Seafood Watch

RECOMMENDATIONS SEAFOOD BASICS FOR BUSINESSES OUR PROJECTS COLLABORATIONS



← Seafood basics

## Sustainable solutions

### How do we make seafood sustainable?

From preventing habitat damage to stopping the spread of disease, there is a lot we can do to improve the sustainability of seafood.

**Explore how both wild-caught fisheries and fish farms can improve their environmental footprint.**

[seafoodwatch.org](https://seafoodwatch.org)

Make  
Plant – Based  
Delicious Food



# UMDINING

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Compass Group created SEED (Skills, Enrichment, Evolution and Development), a multi-tiered training program fit for its culinary teams, whether a sous chef or a culinary director. The program aims to advance plant-based culinary skills and educate teams about the impact plant-forward eating has on the health of both the planet and people.

# SHIFTING PERCEPTIONS OF PLANT-BASED

Nearly **60%** of individuals looking to increase their plant-based food consumption. The plant-based category has continued to see strong growth on the market as it moves **beyond burger substitutes**.

**BUT**

The overall public misperception that plant protein is:

- Inferior to animal protein
- Not a “premium” product worthy of consumer investment
- Not a food that provides the same level of satiety as animal protein
- Less tasty compared to animal protein

# PLANT-BASED vs. VEGAN

	Vegan Diet	Plant-Based Diet	Whole-Food, Plant-Based Diet
 <b>Meat &amp; Poultry</b>	✗	—	—
 <b>Seafood</b>	✗	—	—
 <b>Eggs &amp; Dairy Products</b>	✗	—	—
 <b>Oils</b>	✓	✓	—
 <b>Highly Processed Foods</b> <small>Refined Sweeteners, Bleached Flours, White Rice</small>	✓	✓	—
 <b>Whole Grains</b> <small>Including Whole Grain Flours, Breads, Pastas</small>	✓	✓	✓
 <b>Fruits, Veggies, &amp; Starchy Veggies</b>	✓	✓	✓
 <b>Legumes</b>	✓	✓	✓

**FORKS OVER KNIVES**

✓ OK    — Avoid    ✗ No



**One of the greatest challenges that the world faces is the unprecedented amount of wasted food produced.**

**According to Save the Food, 40% of all food that is ever produced ends up in landfills.**

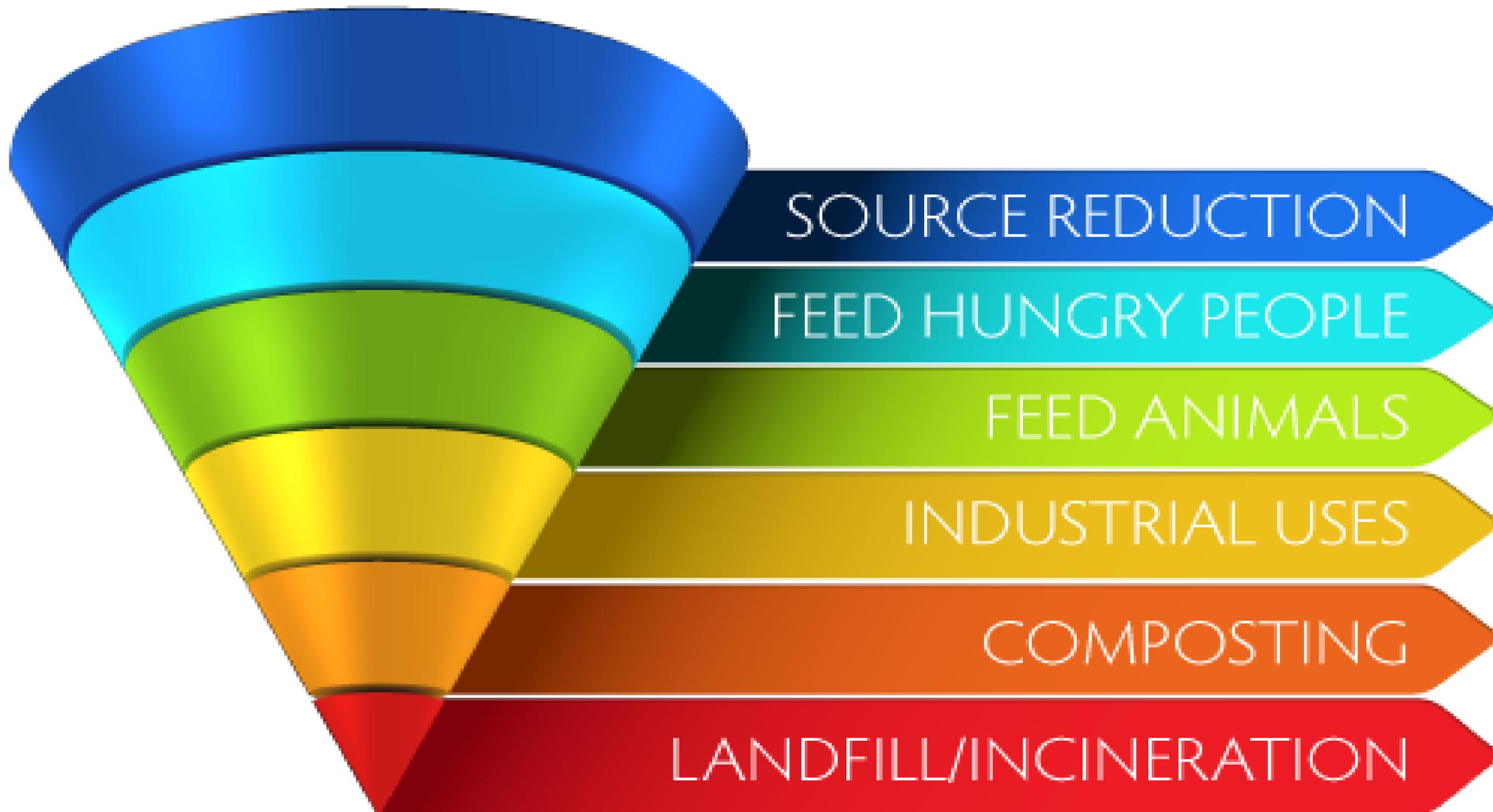
**The impact of the food waste problem affects the carbonfootprint and greenhouse gas emissions of the entire planet and the population of food-insecure people aroundtheworld.**





# FOOD WASTE REDUCTION ALLIANCE

The Food Industry Association, and the National Restaurant Association make up the Food Waste Reduction Alliance (FWRA), an industry-led initiative focused on reducing food waste by increasing food donation and sending unavoidable food waste to productive use (energy, composting) and away from landfills.





In an effort to do everything that they can to help curb this historic waste, Compass Group joined the landmark US Food Loss and Waste 2030 group and committed to **reducing food waste by 50% by 2030.**

To combat food waste in their operations, Compass Group created **Waste Not** in 2016, a tool that measures food waste down to the station level to renew focus and appreciation of food waste in the kitchen

Compass Group's creation of **Stop Food Waste Day™** in 2017 has been one of the most impactful campaigns. Stop Food Waste Day™ shares the message that everyone can make a difference.



**FOOD**  
**RECOVERY**  
**NETWORK**  
UNIVERSITY OF MIAMI

## FOOD ALERTS

Donate Food with FRN FOOD ALERTS  
You have leftovers at your party? Post it  
on [bit.ly/umfoodalert](https://bit.ly/umfoodalert).

This great service is offered by UM Food Recovery Network

## FOOD PANTRY

A FRN Food Pantry is now available on campus, to  
learn more, contact Natalia  
Brown [nab152@miami.edu](mailto:nab152@miami.edu) or visit UM FRN

Let's  
FIGHT *hunger*

Let's  
DIVERT *food* WASTE

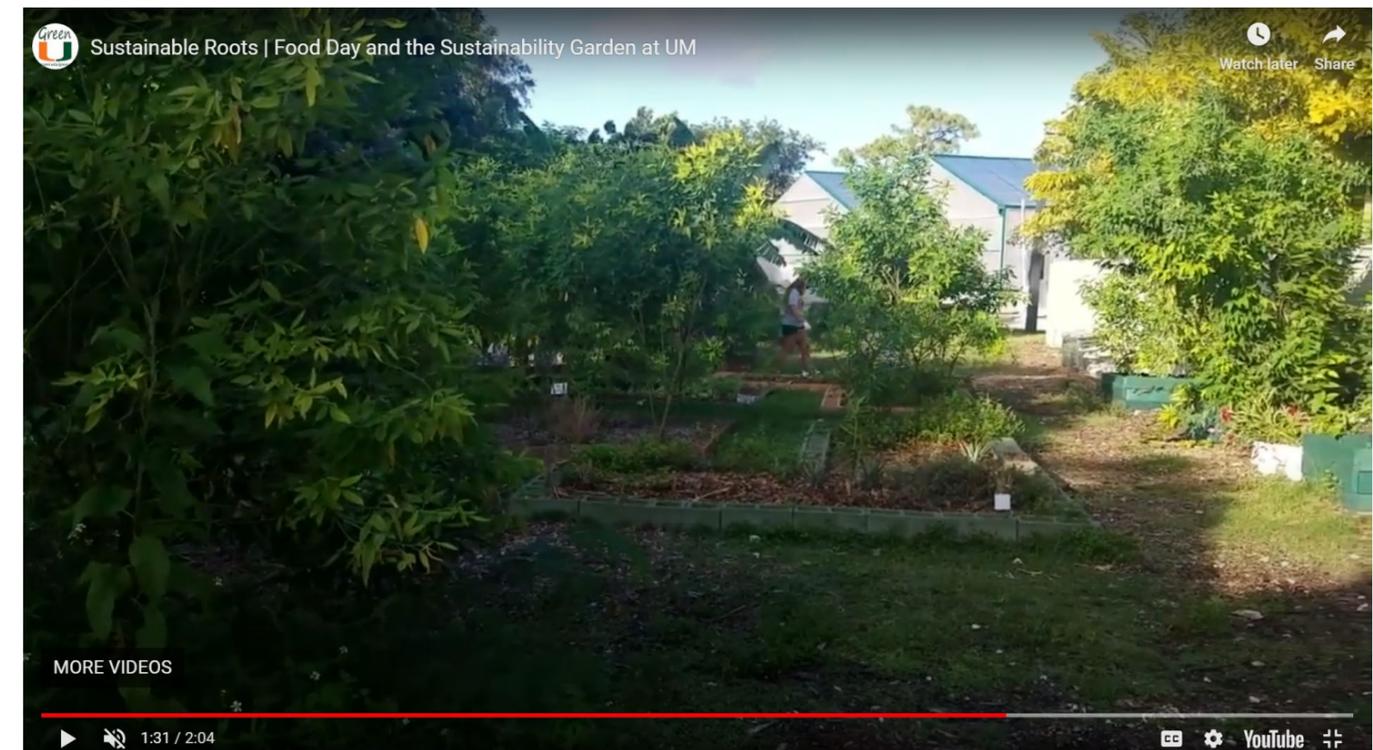
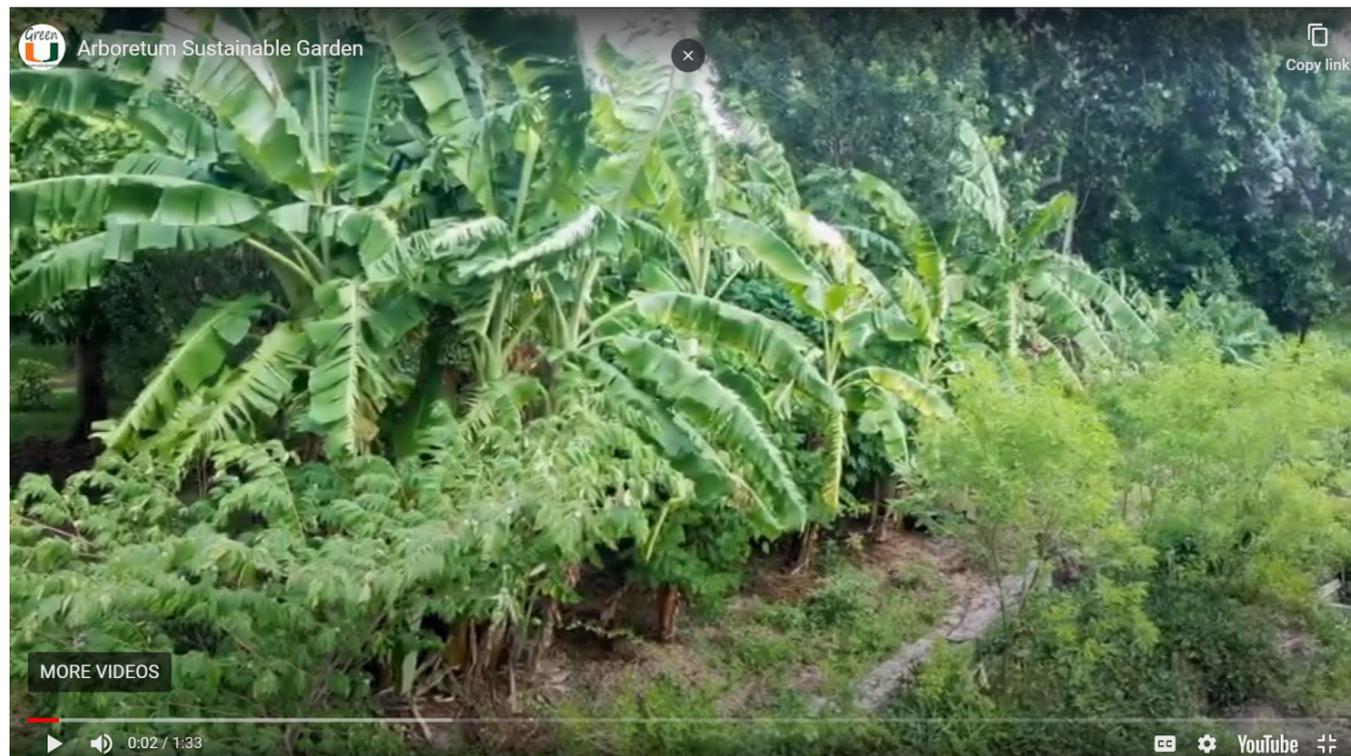
Let's  
*BE more* SUSTAINABLE

Let's  
BUILD *community*

GOES IN:		STAYS OUT:	
 Non-citrus scraps	 Eggshells	 Cardboard (unless shredded)	 Dairy
 Paper towel, no grease or cleaning products	 Shredded paper bags	 All meats, bones, and fish	 ALL plastic, even compostable plastic
	 Veggie scraps	 Citrus	



## COMPOST IN THE SUSTAINABILITY GARDEN – MIAMI.EDU/GARDENS





# Reducing **FOOD**

# **WASTE**

with **UMDINING**

GETTING RID OF TRAYS IN THE DINING HALLS HAS **REDUCED UNWANTED FOOD BY 23%**

**23%**



- Eliminated all Styrofoam System Wide
- Implemented new lids on beverages to reduce straw usage
- Digital Signage for all retail marketing to reduce paper waste
- Tree free / recycled paper napkins
- No plastic bags

**37%**



TAKE-OUT DINING WAS REDESIGNED, BY REPLACING "BOTTOMLESS" CONTAINERS WITH PRE-PORTIONED GRAB-AND-GO OPTIONS, **REDUCING THE TOTAL AMOUNT OF FOOD TAKEN OUT BY 37.5%.**

**48.3**  
TONS OF FOOD  
DONATED

OVER 48.3 TONS HAVE BEEN DONATED TO THE **MIAMI RESCUE MISSION** OVER THE PAST 6 YEARS. THAT'S EQUAL TO ABOUT 56,677 MEALS!



# A Healthier



A COMPLETE GUIDE TO EATING ON  
CAMPUS WITH ALLERGIES, INTOLERANCES,  
AND SPECIAL DIETARY NEEDS.

**UMDINING**  
UNIVERSITY OF MIAMI



# Balanced U

## Get to Know the Icons in the Dining Halls



**These foods are limited in calories, fat, saturated fat, cholesterol and sodium. Eating these food choices more often will help you feel energetic and healthy.**



**Foods that do not contain animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a vegetarian diet by offering multiple options in each venue.**



**Foods that do not include gluten containing ingredients. We avoid cross contact but cannot guarantee they are gluten-free.**



**Foods that do not contain any animal-derived products at all including honey, dairy or eggs. A variety of vegan options are offered throughout campus.**

### EAT WELL

**Eating healthy, balanced meals will help you study and keep you looking and feeling your best. Balanced U is your guide to finding foods that are right for you.**

# Dining Hall Hacks



## Central Table at CRB

next to the Wellness Center - Medical Campus has opened:  
bunch of veggie options, local, sustainable food.  
You need to taste it, it's amazing!

## Avocado Toast

Grab some avocado from the deli and toast bread of choice. Use a spoon to scoop avocado out, then a fork to mash it onto the toast (or cut thin pieces of avocado and place on toast). Season with salt and pepper and drizzle with olive oil and lemon juice. *Note: to add a bit more protein to the mix, add a hard boiled egg! Slice in half and place on top.*



## Burrito Bowl

You can make an awesome burrito bowl any night in the dining halls. Start by mixing rice with your choice of protein such as tofu, garbanzo beans or cut-up grilled chicken. Then add your toppings; lettuce, tomatoes, beans, and shredded cheese which all can be found at the salad bar.



<https://www.facebook.com/PlantBasedCanes/>



THIS WEEK'S  
*Vegan and Vegetarian*  
MENUS  
IN RESIDENT DINING

Hecht  
Stanford and Mahoney  
Pearson Dining Halls  
Feb. 7- Feb 13 th



# Get Veguicated

Eating Vegan  
and Vegetarian in Retail Dining on CAMPUS



### Apple Cinnamon Oatmeal

Grab a cup of oatmeal, an apple, 2 tps of honey, and some cinnamon. Cut up your apple slices small enough to top your oatmeal off, add a dash cinnamon, and drip the honey over the top for a sweet and delicious breakfast. You can also add some granola as well.



### Bruschetta Bites

This is a simple and healthy appetizer to try anyday! Either grab the garlic bread or toast bread of your choice, tomatoes, salt, olive oil, and basil. Dice up the tomatoes, mix in salt, olive oil, and basil, and finally scoop that combo onto your garlic bread!



visit [miami.edu/foodday](http://miami.edu/foodday)

? I have a new fitness routine and my goal is to increase muscle mass. What should I do?

In gaining muscle, many people know that protein is important, but total energy intake in the form of calories lays a great foundation. Without extra energy provided for the exercise program and enough to support an increase in muscle mass it will be tough to meet one's goal.

- 1. Increase caloric intake by 300-500 extra calories a day. This can be accomplished through additional snacks or servings at meal times.**
- 2. Include sources of complex carbohydrates (at breakfast, lunch, dinner, pre- and post-training snack) so your body will have the fuel sources for sustaining the exercise program. Reach for a variety of whole grains, fresh fruits, starchy vegetables, milk and yogurt for a great source of carbohydrates.**
- 3. Take protein post workout session (15 -25g) within 30-45 minutes and routinely throughout the day (breakfast, lunch, dinner and before bedtime). Supplements are not needed to reach post-training and total protein intake goals. Foods rich in protein include Greek yogurt, milk, nuts, seeds, cheese, meat, poultry, fish and beans.**

# Resources

[www.dineoncampus.com/miami](http://www.dineoncampus.com/miami)

The screenshot shows the UM Dining website interface. At the top, there is a navigation bar with links for Meal Plans, Menus & Locations, Wellness & Sustainability, Catering, About Us, and More. A 'Where to Eat?' dropdown menu is open, listing options like Campus Dining Hours, What's On The Menu?, Student Choice Pop Ups, Faculty Club, The Corner Deli - Kosher, and Mobile Ordering. Below the navigation, there is a large banner image of a meal with the text 'Faculty & Staff Meal Memberships'. The main content area is divided into several sections: 'What's Open Now' with a table of dining locations and hours, 'Today's Menu' with a form to select a location, meal, period, and station, 'What's on Facebook' with a social media feed, and 'What's on Twitter' with another social media feed. A message at the bottom of the 'Today's Menu' section states 'We're sorry, something went wrong loading this content.'

**FOOD DAY™**

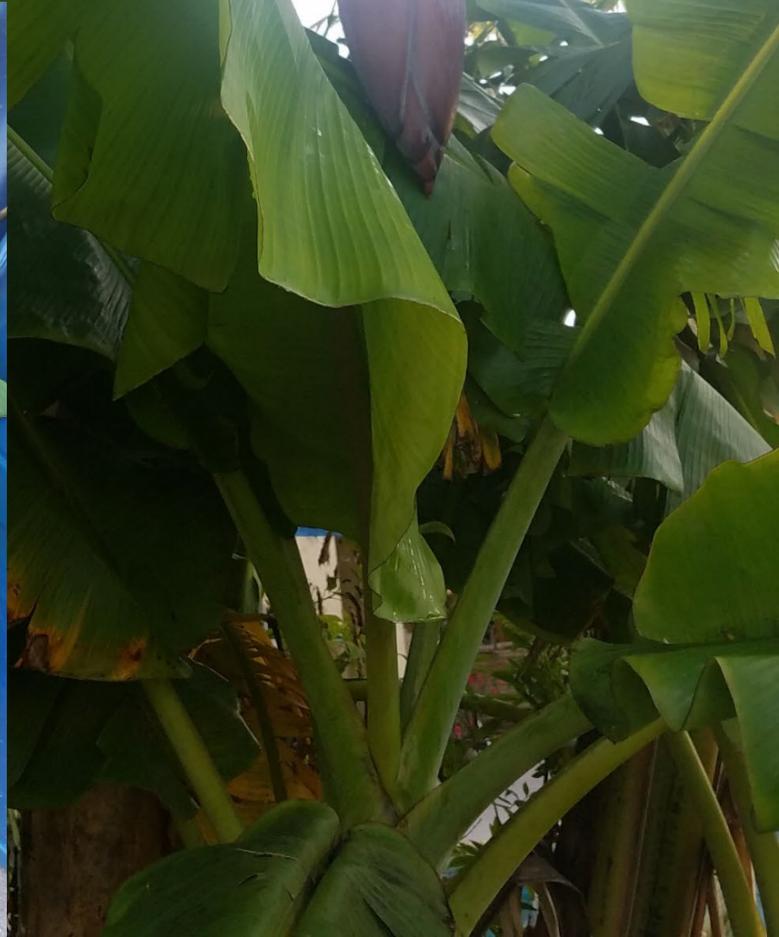


**[miami.edu/foodday](https://miami.edu/foodday)**

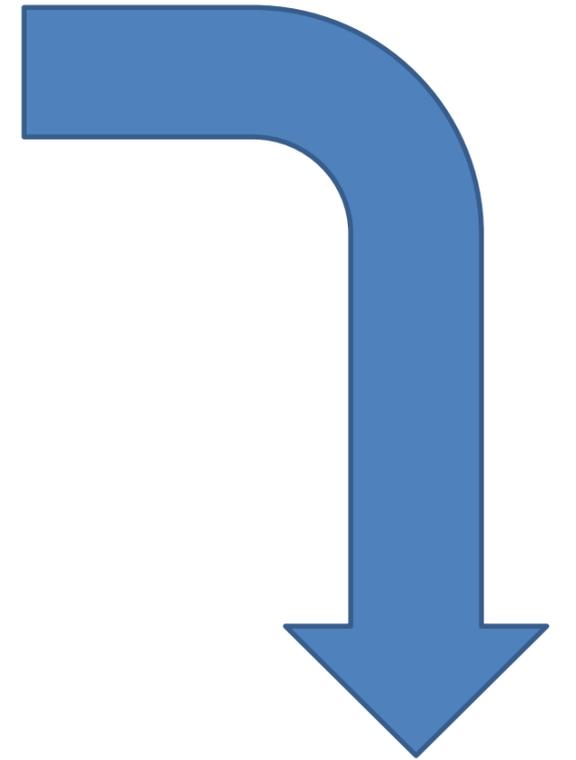


**BEET**

**POKE BOWLS**







# miami.edu/sustainability

COVID-19

The latest information on the University's response to COVID-19 [Read More](#)

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SUSTAINABILITY

MIAMI

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