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.
What are the environmental impacts of food and agriculture?

- **Greenhouse Gases**: 26% of global greenhouse gas emissions
  - **Non-food**: 38.7 billion tonnes CO₂eq, 74% global emissions
  - **Food**: 13.7 billion tonnes CO₂eq, 26% global emissions

- **Land Use**: 50% of global habitable (ice and desert-free) land
- **Freshwater Use**: 70% of global freshwater withdrawals
  - **Industry**: (19%) & **Households**: (11%)
- **Eutrophication**: 78% of global ocean & freshwater pollution
  - **Other sources**: 22% global eutrophication

- **Biodiversity**: 94% mammal biomass (excluding humans)
  - **Wild mammals**: (6%)
  - **Livestock**: 94% global mammal biomass (exc. humans)

Data sources: Poore & Nemecek (2018); UN FAO; UN AQUASTAT; Bar-On et al. (2018).

OurWorldInData.org – Research and data to make progress against the world’s largest problems.

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UM DINING  UNIVERSITY OF MIAMI

SUSTAINABILITY SCORECARD

21%  
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
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

Provided 200 Million Meals to Essential Workers

Donated more than 1.3 Million Meals to Local Communities
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.
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.

This year, Carbon Foodprint 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
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
- Grapefruit
- Grapes
- Oranges
- Chiles
- Green Beans
- Zucchini
- 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
- Grapefruit
- Oranges
- Tomatoes
- Corn
- Cucumber
- Squash
- 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
- Celery
- Zucchini
- Oranges
- Strawberries
- Shrimp
Grow your own Food

Urban Food Garden
Food Forest at

MIAMI

Farmer’s Market

More information at miami.edu/gardens
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

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**
- 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

**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
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.

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.

For meat, dairy, eggs and poultry raised under animal care standards in the USA.
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.
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
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 carbon footprint and greenhouse gas emissions of the entire planet and the population of food-insecure people around the world.
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 ALERTS

Donate Food with FRN FOOD ALERTS
You have leftovers at your party? Post it on 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 or visit UM FRN
GARDEN COMPOSTING

GOES IN:
- Non-citrus scraps
- Eggs shells
- Veggie scraps
- Paper towel, no grease or cleaning products
- Shredded paper bags

STAYS OUT:
- Cardboard (unless shredded)
- Dairy
- All meats, bones, and fish
- Citrus
- ALL plastic, even compostable plastic

COMPOST IN THE SUSTAINABILITY GARDEN – MIAMI.EDU/GARDENS
Reducing Food Waste with UMDining

- 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

- Getting rid of trays in the dining halls has reduced unwanted food by 23%

- 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 COMPLETE GUIDE TO EATING ON CAMPUS WITH ALLERGIES, INTOLERANCES, AND SPECIAL DIETARY NEEDS.
Get to Know the Icons in the Dining Halls

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.

Balanced U

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 contain any animal-derived products at all including honey, dairy or eggs. A variety of vegan options are offered throughout campus.

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

Avocado Toast
Grab some avocado from the deli and toast bread of choice. Use a spoon to scoop avocado out, then a fork to mush 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.

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!

https://www.facebook.com/PlantBasedCanes/
Eating Vegan and Vegetarian in Retail Dining on CAMPUS

Visit miami.edu/foodday

**Apple Cinnamon Oatmeal**
Grab a cup of oatmeal, an apple, 2 tsps 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 any day! 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!
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.

www.dineoncampus.com/miami
miami.edu/foodday
BEET POKE BOWLS
miami.edu/sustainability