

SUSTAINABLE FOOD GUIDE



Orchard
County Illinois
Blackberries

 Sustainability

 Washington University in St. Louis

*Washington University
challenges itself to
“support a food
system that advances
environmental and
public health while
supporting a strong
local economy.”*

Today's prevailing agricultural practices have profound environmental and social impacts on a local and global scale. The global food system accounts for as much as one third of total greenhouse gas (GHG) emissions and contributes significantly to the degradation of a variety of ecosystems through the destruction of biodiversity, pollution of soil, air, and water, soil erosion, the inhumane treatment of animals, and the disruption of many other ecological processes.

Those employed in the food system are often underpaid, see the shrinking of rural communities with the industrialization of farming, and experience poor and often dangerous working conditions.

While national and global food systems are extremely complex, concerned citizens can vote with their wallets and with their forks to begin to change the way these systems work.

This guide aims to help members of the university community take full advantage of the available resources to reduce their own footprint, educate themselves on sustainability and public health issues relevant to our food systems, engage with their food community through volunteering and advocacy, and nourish themselves in the healthiest, most sustainable way possible.



INGREDIENTS

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Strategic Plan

FOOD & SUSTAINABILITY

In 2015, Washington University adopted a Strategic Plan for Sustainable Operations that set goals for the university in various sustainability areas. For food, the main objectives center around providing local, environmentally preferable, humane, and fair products, while maintaining transparency and accountability in our food system. Through making changes to its purchasing, food preparation, and educational efforts, the university hopes to provide direct access to information and to food that is healthy for its community members and the world around them.

To achieve these main goals, WashU works in accordance with various strategies that are embraced both internally, through our dining department and services; and externally, through partnerships with local stakeholders such as farmers and food vendors.



STRATEGIC GOAL

Support a Food System that Advances Environmental and Public Health while Supporting a Strong Local Economy.

OBJECTIVE 1

Purchase 20% locally grown or processed food from within 200 miles of campus by 2017 and 22% by 2020 by dollars spent.

OBJECTIVE 2

Purchase 15% environmentally preferable, humane, and fair food by 2017, and 25% by 2020 by dollars spent.

OBJECTIVE 3

Purchase food that is both local and environmentally preferable. Achieve 10% by 2017 and 12% by 2020 by dollars spent.

OBJECTIVE 4

Increase direct access to fresh, local food on campus.

OBJECTIVE 5

Continue to improve transparency and accountability in the university food system.





CLIMATE

The global food system accounts for as much as one third of total greenhouse gas emissions. An estimated 14 percent of global emissions is attributed to agricultural production.

(Intergovernmental Panel on Climate Change)

ECONOMY

In 2015, the agricultural and food sector represented 21.0 million jobs and 5.5% of the U.S. GDP. Big consumers such as Universities have leverage in the food system through their purchase choices.

(USDA)

HEALTH

Students gain weight steadily during their college years, with women gaining on average 7 to 9 pounds, and men between 12 and 13 pounds.

(University of Michigan-Dearborn)



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GROCERY SHOPPING

By choosing where to shop and what food to buy, consumers can directly influence the food system. This chapter will provide resources and tips to help the WashU consumer make sustainable decisions in the store.

QUICK SHOPPING TIPS

- 🍃 Check your fridge before going grocery shopping and make a list; this will ensure you don't buy something you already have.
- 🍃 Eat seasonally and locally. Food is cheaper when it's seasonal, and its carbon footprint is smaller since long distance traveling is avoided.
- 🍃 Try new protein sources. Plant-based options such as beans are often less expensive and easier to cook.
- 🍃 Shop at a nearby grocery store that focuses on providing local and healthy options.
- 🍃 Take your time at the store to compare food labels, prices, and nutrition facts.
- 🍃 Purchase only what you will realistically be able to eat before it goes bad. This will save you money and reduce your carbon footprint.



Farmers' Markets


 8 min

 15 min

 12 min
WUSM FARMERS' MARKET

Time: 10 am - 2 pm

Dates: Every Thursday

Location: BJC Institute of Health Plaza or McDonnell Pediatric Atrium (63110)


 38 min

 38 min

 16 min
SOULARD FARMERS' MARKET

Time: 8 am - 5 pm

Dates: Every Wednesday through Saturday

Location: 730 Carroll St (63104)


 14 min

 6 min

 19 min
MIDTOWN FARMERS' MARKET

Time: 8:30 am - 1 pm

Dates: Every Saturday, April 16-Nov 12

Location: 6655 Delmar Blvd, Rear Lot (63130)


 47 min

 27 min

 14 min
TOWER GROVE FARMERS' MARKET

Time: 8 am - noon

Dates: Every Saturday, April 15-Nov 11

Location: 4256 Magnolia Ave (63110)



WashU staff, faculty, and students are invited to sign up as **Community Supported Agriculture** (CSA) members and receive a weekly or bi-weekly Crop Boxes filled with locally grown produce and other goods.

WHY BECOME A MEMBER?

- Support local growers and the local economy.
- Cook healthy and creative meals and snacks.
- Eat seasonally with varied produce each week.
- Switch out items you don't want.
- Put your subscription on hold at any time.

BOX OPTIONS

Student Box \$20

At least four different fruits and/or vegetables and a dozen eggs.

Farm Share Box \$29.99

At least five varieties of fruits and veggies, a dozen eggs and the option to add meats and cheeses using the online farmer's market.

Build Your Own Box \$40+

Fully customizable: add and drop items each week using the online farmer's market.



WHERE AND WHEN?

Danforth Campus

4 pm-6 pm every other Wednesday in the Music Library parking lot between the South 40 and the Danforth Campus

West Campus

4 pm-6 pm every other Wednesday in the parking lot behind 7509 Forsyth in Clayton

School of Medicine

10 am-2 pm every Thursday at the School of Medicine Farmer's Market on the plaza of the BJC Institute of Health



Get there from the Danforth Campus

UNITED PROVISIONS

6241 DELMAR BLVD, ST. LOUIS, MO 63130



Grocery store on the Delmar Loop specializing in international foods

- Local foods and beverages from St. Louis
- Coffees from local artisan roaster Northwest Coffee
- Vegetarian and locally prepared catering options

	9 min	.7 miles
	6 min	.7 miles
	16 min	.7 miles

SCHNUCKS

6920 OLIVE BLVD, ST. LOUIS, MO 63130



Midwestern chain of family grocery stores

- Seasonal, locally grown, and certified organic produce
- Certified organic products
- Food prepared on site by Meat Department, Deli, and Bakery

	17 min	1.5 miles
	12 min	1.5 miles
	7 min	1.5 miles

TRADER JOE'S

48 BRENTWOOD PROMENADE CT, BRENTWOOD, MO 63144



National chain with budget-friendly options and its own Trader Joe's brand

- Variety of organic produce, dairy, and prepared foods
- Vegetarian and vegan (labeled with a "V") products and prepared foods
- All Trader Joe's brand products are made from Non-GMO ingredients
- Seafood Watch list ensures all seafood purchases are from sustainable sources
- Hormone and antibiotic free meats and dairy

	23 min	4.7 miles
	23 min	3.5 miles
	11 min	4.7 miles



Get there from the Danforth Campus

FIELDS FOODS

1500 LAFAYETTE AVE, ST. LOUIS, MO 63104

Local grocery store specializing in health foods

- 🌿 Pesticide-free, organic, and Non-GMO foods
- 🌿 Partners with small growers and nearby farms, ranches, and companies
- 🌿 Local meat, dairy, produce, breads, beverages, coffee, and prepared food



34 min 7.6 miles



37 min 6.4 miles



15 min 7.6 miles

LOCAL HARVEST GROCERY

3108 MORGANFORD RD, ST. LOUIS, MO 63116

Smaller neighborhood store dedicated to local and sustainably-sourced products

- 🌿 Local and sustainably sourced dairy, eggs, meat, and breads
- 🌿 Weekly Harvest Program offers subscription boxes of locally-grown produce
- 🌿 Bicycle Benefits program gives 10% off to customers who bike to the store



48 min 5.5 miles



30 min 4.9 miles



14 min 5.5 miles

WHOLE FOODS

4577 WEST PINE BLVD, ST. LOUIS, MO 63108

National chain that emphasizes quality but can be a bit pricier

- 🌿 Hormone and antibiotic-free meats and dairy
- 🌿 Free-range and grass-fed beef and Responsibly Farmed seafood
- 🌿 Vegan and vegetarian options
- 🌿 Variety of organic and local produce, dairy, and prepared foods
- 🌿 Grains, cereals, beans, fruits, nuts and sweets sold in bulk



19 min 2.3 miles



15 min 2.3 miles



7 min 2.3 miles

Food Labels



Labels such as “Natural”, “Cage-Free”, “Green” are now often used on packaging as part of a marketing strategy. While some labels are self-claimed by the brand, some are the seal of a legitimate “third-party certification”. This means that the manufacturing process of the product has been reviewed by an independent organization who has determined that it complies with specific standards related to sustainability, health and equity.

USDA ORGANIC

- ✓ Certified annually by the US Department of Agriculture (USDA).
- ✓ Indicates food is grown without the use of synthetic fertilizers, chemicals, or sewage sludge, and that it is not genetically modified. Livestock must be fed only organically-grown feed.



FOOD ALLIANCE CERTIFIED

- ✓ Certified by International Certification Services, a subsidiary of Where Food Comes From, Inc.
- ✓ Indicates that farms and ranches meet standards involving the provision of safe and fair working conditions; as well as humane care for livestock, without use of hormones or GMOs.



RAINFOREST ALLIANCE CERTIFIED

- ✓ Certified annually by independent inspector, based on standards of Sustainable Agriculture Network (SAN).
- ✓ Indicates farms aim to conserve biodiversity and ensure sustainable livelihoods by transforming land-use and business practices.



NON GMO PROJECT

- ✓ Verified by third-party technical administrators: FoodChain ID, NSF International, Where Food Comes From (IMI Global), and SCS Global Services.
- ✓ Indicates that the produce, seed, animal product, or other natural ingredient contains no genetic material modified in a laboratory.



SHADE GROWN

- ✓ Certified annually by independent inspector, based on standards of Sustainable Agriculture Network (SAN).
- ✓ Indicates an aim by farms to conserve biodiversity and ensure sustainable livelihoods by transforming land-use and business practices.



SUSTAINABLE PALM OIL

- ✓ Certified by Roundtable on Sustainable Palm Oil.
- ✓ Indicates that the product contains palm oil grown without clearing areas of fragile forest, without significant use of pesticides and fires, in consultation with local communities and with fair treatment of workers.





FAIR TRADE CERTIFIED

- ✔ Certified by Fair Trade USA.
- ✔ Indicates farmers in developing nations receive a fair price for their product and have direct trade relations with buyers and access to credit.



HUMANE RAISED AND HANDLED (MEAT, DAIRY, EGGS)

- ✔ Certified by Humane Farm Animal Care, an independent nonprofit.
- ✔ Indicates animals are given access to clean food and water and a healthy living environment with sufficient space, shelter, gentle handling, and no growth hormones or antibiotics.



UNCERTIFIED LABELS

While many food labels can help you identify sustainable products at the store, many are also designed to entice the customer to buy. For instance, the “cage-free” claim on eggs cartons only means that the chickens are raised in an indoor facility, with access to food and water. Below are a few examples of labels that are no guaranty that the product respects high welfare or sustainability standards.



SALMON SAFE

- ✔ Certified by independent nonprofits on the West Coast and in British Columbia.
- ✔ Indicates that the labeled farm, vineyard, or municipal park employs management practices that protect streams and rivers.



MARINE STEWARDSHIP COUNCIL (SEAFOOD)

- ✔ Certified by an independent organization.
- ✔ Indicates use of responsible fishing practices and ensures that products come from a well-managed fishery and have not contributed to overfishing.



BIRD FRIENDLY (COFFEE)

- ✔ Certified by the Smithsonian Migratory Bird Center of the National Zoo.
- ✔ Indicates coffee grown beneath a tree canopy that provides quality habitat for birds.



FOOD FOR THOUGHT

Third-party certifications require the producers to comply with a number of standards and to go through frequent inspections. Often times, the cost of the certifications is also prohibitive for small growers. When you shop local, keep in mind that vendors using sustainable practices may not be certified. The best thing you can do is to ask your vendors about their production practices!



FOOD PREPARATION & CONSUMPTION

Meal preparation requires a number of resources such as water, energy, food (duh!) and time! This chapter will inform you on how to cook healthy and sustainable meals in a way that conserves resources and prevents the creation of waste. These factors should also be taken into consideration when you are eating out. WashU Dining Services and various local restaurants are committed to offering high quality food to students. The University also promotes programs that support healthy food, help curb greenhouse gas emissions, and reduce food waste.

QUICK EATING TIPS

- When eating on campus, try to dine-in as opposed to carry-out to avoid using disposable to-go boxes or single-use cutlery.
- If you're trying to find a more sustainable food station, look for the ones that showcase a variety of vegetarian options.
- If you plan to eat meat during the day, opt for chicken, or consider fish as an alternative. These options require less water and energy to produce.
- Snack on fruits and vegetables instead of processed foods. Bringing nuts or crackers from home in a reusable container also saves you money.





SAVE ENERGY BY COOKING EFFICIENTLY



- 🍃 **Defrost frozen food** in the fridge overnight: defrosting food in advance typically halves the cooking time.
- 🍃 Cut food into **smaller pieces** so it cooks more quickly.
- 🍃 **Cook in batches** to make the most of the energy it takes to heat the oven.
- 🍃 **Keep rings clean**, as burnt foodstuff absorbs heat making an electric ring less efficient.
- 🍃 **Use glass baking dishes** in the oven when possible. Glass retains heat better than other materials and accelerates cooking.
- 🍃 Always **put lids on pans** to keep the heat in.
- 🍃 Turn down the ring or burner once the cooking temperature or state is reached to **simmer food** rather than boil it.
- 🍃 When cooking with an oven, **stagger pans and dishes** and avoid laying aluminum foil on the racks to promote air flow.
- 🍃 While cooking, **keep the oven door closed** as much as possible to conserve heat and maintain a constant temperature for you dish.
- 🍃 Try **rice cookers and slow cookers** instead of the oven or stove-top. They're more energy efficient and take less effort from you.
- 🍃 **Steam vegetables** instead of boiling them to save energy and water.



LIMIT WASTE BY PRESERVING FOOD



- Keep bananas, apples, citrus, and tomatoes **separate** because they emit gases as they ripen that can cause other fruits and vegetables around them to ripen and spoil prematurely.
- Store greens (lettuce, kale, chard, spinach...) **in the refrigerator** in a closed plastic bag with a paper towel to absorb extra moisture.
- Ensure that your fridge is chilled at a temperature between **37° and 40° F** and your freezer is between **0° and 2° F**.
- Untie bunches of herbs and greens to allow air circulation. If they can't breathe, they'll rot more quickly.
- Don't wash your fruits or vegetables until **you're ready** to eat them because exposure to water encourages spoilage.
- Consider **canning, freezing, or preserving** extra fruits and vegetables. Bread and other goods can also be frozen and defrosted.
- Wait for your **food to cool down before refrigerating** or freezing it to avoid over consumption of energy.
- Ensure that leftovers are stored in **air tight containers**, especially before being frozen. Air in the container can cause freezer burn.
- Label all leftovers with the **date**, so you know which ones should be eaten earliest.

Green Monday



Green Monday is a growing global movement to urge consumers to consider how their food choices affect public health and the environment. Aiming to reduce WashU's "foodprint", the program offers educational materials about the relative impacts of food choices and asks students, faculty, and staff to pledge to Green Monday by eating vegetarian at least one day a week.

TAKE THE PLEDGE



Learn more and sign the pledge at sustainability.wustl.edu



Since the campaign's launch at WashU in the spring of 2015, over 1,872 members of the WashU community have taken the Green Monday pledge, committing to eat vegetarian at least one day of the week.

EAT VEGETARIAN ON CAMPUS

If everyone in the WashU community eats vegetarian one additional day per week, we will collectively reduce carbon emissions by as much as **5,000 metric tons** annually, the equivalent to taking **1,053 cars off the road!**

-  Try out vegetarian proteins like tofu, temph seitan, beans, and chickpeas.
-  Check our Instagram for weekly updates on Green Monday options at different campus eateries.
-  Check out the food labels in at the stations to identify vegan and vegetarian options.



Bear Balance
Protein, whole grains and either fruits or vegetables



Connie's Choice
Lower in fat and sodium. Protein is lean meat or plant-based



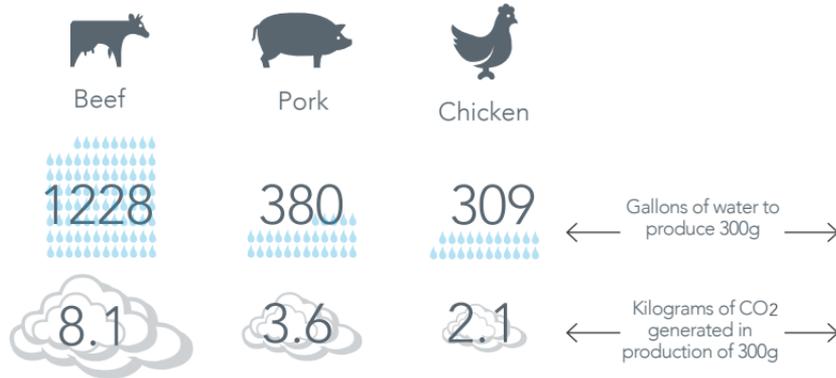
Vegan
No meat, dairy or other animal products



Vegetarian
No meat



IMPACTS OF A MEAT-BASED DIET



IMPACTS OF A PLANT-BASED DIET



- Most meat products in the US come from Concentrated Animal Feeding Operations (CAFOs), or “factory farms,” enclosed warehouse-like spaces (Food and Water Watch, 2015).
- Frequent antibiotic and hormones injections contribute to stress and health issues for animals and antibiotic resistance in humans (Food Control, 2017).
- Livestock generate between 3 and 20 times more waste than humans, yet there is no sewage system to treat it, leading to dangerous pollution (National Association of Local Boards of Health, 2010).

- A plant-based diet with vegetables, whole grains, nuts, and fruit significantly reduces risk of heart disease and stroke (Critical Reviews in Food Science and Nutrition, 2016).
- On average, vegetarians spend about \$750 each year less than their meat-eating counterparts by choosing plant-based proteins (The Journal of Hunger and Environmental Nutrition, 2015).
- Growing crops is a way more efficient and productive use of land than grazing and raising cattle. For example, 1 acre of soy bean culture can feed nearly 20 times more people than 1 acre of land raising cattle. (greenmonday.org).



BON APPETIT

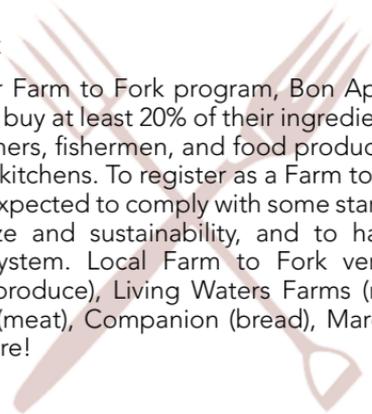
Through their partnership with WashU over the past 16 years, Bon Appétit Management Company has been committed to providing the University community with fresh, high quality food that is produced in a sustainable manner as much as possible.



WashU has an objective to purchase 22% locally grown or processed food from within 200 miles of campus by 2020 by dollars spent. In 2017, WashU achieved 20% of local sourcing.

Farm to Fork

Through their Farm to Fork program, Bon Appétit requires all its chefs to buy at least 20% of their ingredients from small farmers, ranchers, fishermen, and food producers within 150 miles of their kitchens. To register as a Farm to Fork supplier, vendors are expected to comply with some standards related to health, size and sustainability, and to have a reliable traceability system. Local Farm to Fork vendors include Thies Farm (produce), Living Waters Farms (micro-greens), Wennemans (meat), Companion (bread), Marcoot (cheese), and many more!



WashU students and staff from Bon Appétit tour Windcrest Dairy, a family-owned dairy farm in Trenton, Illinois. Windcrest provides all the yogurt for the Danforth campus.



Local, Humane and Environmentally Preferable Sourcing

- 95% of the food served is made from scratch!
- During FY2017, 20% of the food expenses were spent locally, with vendors located within 200 miles of campus.
- At WashU, 75% of the breads and burger buns are from the St. Louis bakery Companion.
- At WashU, 100% of ground beef comes from local farms and is Missouri Grass-Fed.
- At WashU, 75% of pork is locally sourced and 100% is "humanely" slaughtered.
- All seafood meets Monterey Bay Aquarium guidelines.
- In 2017, Bon Appetit has joined the Leadership Circle, committing to sourcing exclusively higher welfare certified eggs.

Imperfectly Delicious Produce

In the United States, more than 20% of the fruits and vegetables grown never make it off farms because they aren't good-looking enough for grocery stores' standards, resulting in billions of pounds of waste annually. Through their Imperfectly Delicious Produce program, Bon Appetit at WashU has rescue nearly 8,000 pounds of cosmetically imperfect fruits and vegetables from farmers, preventing it from going to waste.



ARAMARK

Aramark Conference Centers operates all Olin Business School dining facilities, including Bauer Hall Café, Einstein Bros. Bagels, the Knight Center Pub, and the Anheuser-Busch Dining Room. At these locations, you'll likely find a selection of vegetarian, vegan, and gluten-free meals that are labeled on the menu for better visibility.

- A company-wide commitment to reduce single-use plastics.
- Recycle all corks used in pub or for catering.
- 75% of Seafood meets Monterey Bay or Marine Stewardship Council standards.
- Offers vegetarian hot items that change daily in a 3-week rotation.
- Grows its own herbs and microgreens on campus.
- A "Green Team" to foster more sustainable operations.

Eating on the GO



Busy class schedules and extracurricular commitments often lead WashU students to rush their meals and to eat “to-go”. Currently, this tendency produces huge amounts of waste that contribute to landfills, pollution and climate change. However, there are easy ways to eat on the go without producing waste. Here are some easy substitutions you can make.

TO-GO BOXES

While the paper To-Go boxes are compostable, they often get thrown away in campus locations that don't have compost.

Alternative: Use WashU's Eco-to-Go boxes, or if you bring your own food, you can pack it in reusable tupperwares.



SILVERWARE

Plastic silverware has to be landfilled because they are small and fall through screens at the recycling facility.

Alternative: Carry reusable utensils, like the Office of Sustainability's Reusable Bamboo Utensil Pack, which you can buy for \$8 at the office.



STRAWS

Straws can't be recycled because of their small size, and they're often unnecessary.

Alternative: If you are using straws, switch to a reusable metal one. The Student Sustainability Board funded a project to provide over 200 metal straws to students who pledged to forgo plastic ones.



CUPS AND MUGS

While plastic cups are recyclable, coffee cups aren't.

Alternative: Carry a reusable bottle at all times to reduce the need for single-use cups. You can get coffee discounts if you bring your own mug! Or enroll in the Bottomless Mug program to get unlimited coffee refills.





Green Sourcing

WashU fish meets Monterey Bay Aquarium guidelines, which ensure that the fish is caught and farmed responsibly.

Carbon footprint: 2 kilograms of CO₂ emitted for each kilogram of fish.

Disposable Box

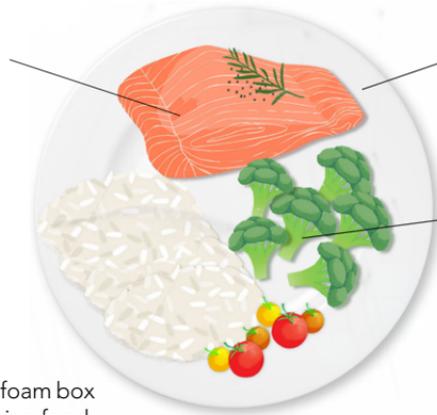
To-go containers, whether it's a Styrofoam box or a paper to-go box that still contains food, must go to the landfill unless composting is an option.

Did you know it costs WashU approximately \$.07 to compost your to-go box?

Beef Option

Red meat is highly energy and water intensive to produce, making it the least sustainable source of protein you can get. It takes around 73 gallons of water to produce a single hamburger.

Carbon footprint: On average, each hamburger accounts for 3 kg of carbon emissions.



Reusable Plate

Eating in a plate not only prevents the use of a disposable box but it also allows you to better gauge the portion that you need. Get more if you are still hungry!

Local and Seasonal

Produce like broccoli and tomatoes are typically sourced within 200 miles of campus, bringing seasonal and fresh vegetables to your plate!

Carbon footprint: 1.1 kilograms of CO₂ emitted for each kilogram of tomatoes.



Fried Food

In addition to using large amounts of energy to heat the oil, frying generates a lot of waste products that need to be recycled independently.

Carbon footprint: 2.9 kilograms of CO₂ emissions for 1 kilogram of French fries.



THE DUC

The Danforth University Center (DUC) offers a fresh vegetarian lunch each weekday at the vegetarian station. 1853 Diner offers veggie burgers and blended burgers. DeliciOSO, WashU Wok, and Trattoria Verde always have beans, soy protein, or tofu. DeliciOSO and Trattoria Verde stay open for dinner Monday through Thursday.

HOURS: Vary by station
11 am - 8:30 pm on weekdays
LOCATION: Danforth Campus
\$



THE BEAR'S DEN (BD)

The WUrd Fusion station offers a different vegetarian meal daily. Open during lunch and dinner, the Grizzly Grill cooks veggie burgers and egg sandwiches. Ciao Down, Sizzle & Stir, and Paws & Go always have tofu, soy or bean proteins available at lunch and dinner, and OSO Good offers soy and bean proteins for dinner.

HOURS: Vary by station and day
LOCATION: Danforth Campus South 40, Shepley Drive
\$



THE VILLAGE

The Village offers a vegetarian meal for dinner at the Comfort Station from Sunday to Thursday. For lunch on weekdays, the Grill, Stir-fry, and Deli stations are all open and offer, respectively, veggie burgers, tofu, and beans for protein. The Grill and Stir-fry stations are open every night for dinner, while Deli closes Friday and Saturday nights.

HOURS: Vary by station and day
LOCATION: Danforth Campus North Side, Snow Way Drive
\$



IBBY'S

Ibby's offers an elegant bistro experience and aims to incorporate sustainable and locally-sourced ingredients into its dishes, which include vegetarian options. Ibby's being a popular destination, make sure to make a reservation ahead of time. Ibby's also accepts meal points!

HOURS: Tuesday-Friday 11 am- 2 pm, Tuesday-Saturday 5 pm-10 pm (dinner)
LOCATION: Connected to DUC on the Danforth Campus
\$\$



WHITTEMORE HOUSE

Awarded a five-star rating by the Green Dining Alliance, the Whittemore House purchases 37% of its food from vendors within 200 miles. It offers vegan and vegetarian options, with delicious Green Monday specials for only \$10! Animal products are locally sourced and certified humane.

HOURS: Monday-Friday 7 am- 10 am (breakfast), 11 am-2 pm (lunch)

LOCATION: Danforth Campus, Forsyth Blvd
\$\$



GROUNDS FOR CHANGE

Grounds for Change offers different options on its menu daily. It sources food from a variety of small, local restaurants through the Local Eats program, a unique partnership with restaurants in St. Louis. Enjoy house-made pastries and fresh-squeezed orange juice.

HOURS: Monday-Friday 8 am-2 pm
LOCATION: Danforth Campus, Hillman Hall Clark-Fox Forum
\$



FARMSTEAD CAFÉ

Farmstead Café opened in 2016 with the objective to provide local, fresh and healthy food to the WashU Medical School community. In 2017, the cafe purchased 36% of its food from vendors within 200 miles of campus.

HOURS: Monday-Friday 7 am-5 pm (breakfast), 11 am- 5 pm (lunch)

LOCATION: Hope Plaza at the School of Medicine
\$



FARRELL CAFÉ

Farrell Café is our only location that exclusively offers vegetarian options! In addition to Kaldi's coffee and fresh baked goods, Farrell has a variety of soups, salads, wraps and sandwiches prepared daily. A number of gluten-free and vegan options are also available.

HOURS: Monday-Friday 6:30 am-11 am (breakfast), 11 am-4 pm (lunch)
LOCATION: 520 South Euclid at the School of Medicine
\$

Eating Off-Campus



The Green Dining Alliance is a restaurant sustainability certification program of St. Louis Earth Day, a non-profit organization. The GDA works with restaurants to reduce their environmental impact by completing an annual on-site audit that evaluates all areas of operations, including sustainable food sourcing and waste reduction.

The restaurants receive a rating from two to five stars, with five stars representing "exemplary performance for enhanced sustainable practices" based on the audit scorecard.

Certification Focuses on 7 Main Areas of Sustainability:

- 🍂 Recycling & Waste Reduction
- 🍂 Sourcing & Procurement
- 🍂 Water Conservation
- 🍂 Energy Conservation/Efficiency
- 🍂 Chemical Use
- 🍂 Awareness & Education
- 🍂 Innovation

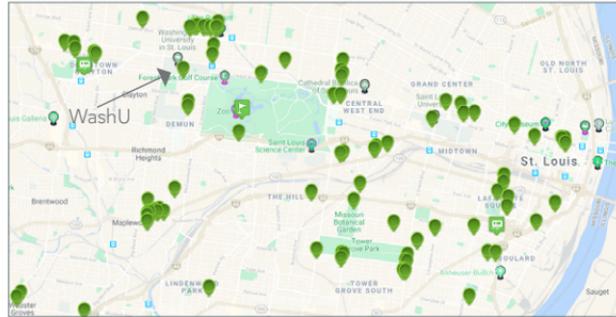
100+ Restaurants in St. Louis are certified members of the GDA.

15+ GDA restaurants are located in the Loop or within walking distance of campus.

1 GDA restaurant on the Danforth campus: the Whittemore House.



Interactive Map of the GDA restaurants in St. Louis, available at greendiningalliance.org



Look for this sticker on the storefront of restaurants to make sure they are GDA certified!



BLUEBERRY HILL (The Loop)

A warehouse turned into UCity's most famous restaurant, Blueberry Hill practices energy conservation through their Energy Star appliances, double-paned windows, and high-efficiency heating and cooling systems. They source from local vendors, like Kaldi's Coffee and Schlafly beers.

SALT + SMOKE

BBQ BOURBON BEER

SALT AND SMOKE (The Loop)

Bringing Texas style BBQ to the Delmar Loop, Salt + Smoke offers grass-fed beef, pasture-raised Amish chicken and local Missouri trout, as well as vegetarian options like the falafel burger topped with local sprouts and red pepper jam. They also recycle their grease and grow their own herbs.



FITZ'S (The Loop)

Known for bottling and brewing its famous root beer products, Fitz's craft soda is locally manufactured in collaboration with O'Fallon Brewery; they even have a coffee-cola collaboration with Kaldi's, a socially responsible roaster. Fitz's works to conserve fresh water and artificial lighting usage.



MISSION TACO JOINT (The Loop)

A leader for sustainable Mexican food in St. Louis, Mission Taco's masa is made from regional, non-GMO corn, their tofu comes from the local company Mofu Tofu, and their torta bread comes from Diana's on Cherokee street. To regulate temperature and minimize their carbon footprint in their kitchens, they have Energy Star walk-ins and a KE 2 Evaporator.



KAYAK'S (Skinker Boulevard)

Located across the street from WashU, Kayak's practices social and environmental sustainability with their single-origin coffees, by offering a 20-cent discount with use of a refillable coffee mug, and by donating their spent coffee grounds to local nonprofits. Their menu is vegetarian and vegan friendly, and they are working to make as many baked goods as possible in house to reduce waste.



PASTARIA (Clayton)

An Italian kitchen in a modern trattoria with a soaring ceiling and open kitchen, Pastaria makes their own pasta in-house, using organic semolina. They serve grass-fed red meats, feature local herbs and breads, and minimize waste by sharing their kitchen with a neighboring restaurant.



CRUSHED RED (Clayton)

Believing food that's served quick should be good for consumers and the planet, Crushed Red only uses compostable to-go supplies, and makes sure to recycle and compost waste from their kitchen. Their iPad will help you calculate a nutritious meal at the counter and their dressings and tomato sauces are always certified organic.



FIVE STAR BURGERS (Clayton)

The self-proclaimed "Best Burgers in St. Louis," Five Star Burgers serves 100% grass-fed and grain-finished beef. Five Star minimizes single-use waste by not using plastic bags and minimizing straw use, as well as by focusing on water conservation and efficiency.



WASTE

In 2010, as part of WashU's Strategic Plan, the University set the goal to lower its landfill impact by achieving solid waste diversion rates of 45% on the School of Medicine and 55% on the Danforth Campus by 2020. In order to reach this goal, it's important to understand the proper protocols for disposing of food waste, food packaging, and utensils. This section of the guide provides the necessary information on recycling and composting to help achieve this goal.

QUICK WASTE SORTING TIPS

- 🍌 Foods and liquids are the biggest contamination in recycling; leave them out.
- 🍌 Do not be a wish-cycler. Don't contaminate a whole recycling or compost load just because you feel guilty contributing to the landfill. If it makes you uncomfortable, do without in the first place.
- 🍌 If you are not sure, leave it out.
- 🍌 If it's not on the signs, leave it out.



Recycling



Waste audits at WashU indicate that as much as 90% of dining services waste can be recycled or composted. So, what can you recycle at WashU? Anything in these categories:

PAPER

Anything that tears, including: white, colored and coated paper, magazines, envelopes (even with plastic windows), paper sleeves from coffee cups, paper bags, etc.



CARDBOARD

All cardboard, including clean pizza boxes. Break down boxes when possible.



ALUMINUM & STEEL

Empty out contents before disposal. A small amount of food residue is acceptable.





PLASTICS

Recycle plastics #1-5 and #7 (you can find the number on the bottom of the item). Shake or wipe out any plastic to-go ware with food or liquid contents. Leave bottle caps on bottles. **Do not** recycle plastic bags, Styrofoam, or #6 plastics. You can save plastic bags and easily drop them off for recycling at stores like Target, Walmart, and Whole Foods.



GLASS

Recycle all glass, excluding Pyrex, broken glass and heat resistant lab glass. As always, empty contents before recycling.



DO NOT RECYCLE

Unfortunately, you can't recycle to-go coffee cups, straws, plastic silverware, or Solo (#6 plastic) cups.





Compost

Composting reduces the amount of waste that reaches landfills by converting organic waste into fertilizer.

WHAT TO COMPOST?



Paper Napkins



Food Scraps



Paper To-Go Boxes

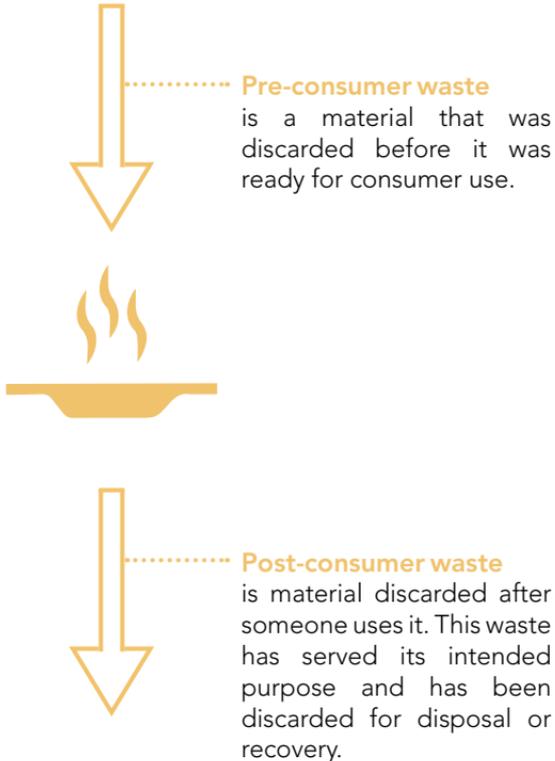
WHERE TO COMPOST?

- 🍃 The Village
- 🍃 Millbrook
- 🍃 Law Café
- 🍃 Grounds for Change (Hillman Hall)
- 🍃 Bear's Den
- 🍃 Events with a Waste Station

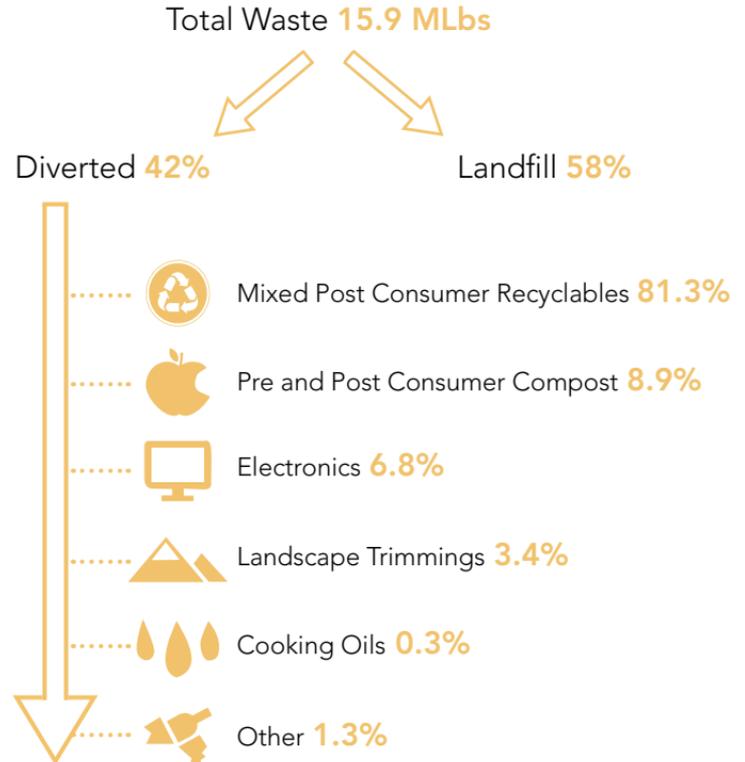




WHAT'S THE DIFFERENCE?



WHAT GOES WHERE?





RECYCLE



METAL & GLASS



**PLASTICS
NO #6 OR BAGS**



**PAPER, CARTONS
& CARDBOARD**



**NO
FOOD/LIQUIDS
TO-GO BOXES
PAPER CUPS**

FOOD CONTAMINATES RECYCLING

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2 STREAM RECYCLING AND LANDFILL ONLY

Not all locations on campus have composting available. This is partly because of the historically high contamination rates that lead to compost loads being rejected. Therefore, there is a mix of 2 stream and 3 stream recycling systems on campus.

LANDFILL



**FOOD/LIQUIDS
TO-GO BOXES**



PLASTIC UTENSILS



**PLASTIC #6
PAPER CUPS
STYROFOAM**



**SNACK WRAPPERS
SOFT PLASTICS & BAGS**

QUESTIONS? SUSTAINABILITY.WUSTL.EDU

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3 STREAM

RECYCLING, COMPOST AND LANDFILL

COMPOST

FOOD & LIQUIDS

COMPOSTABLE SERVICEWARE

BROWN, UNCOATED PAPER PRODUCTS

SORT AND EMPTY TO-GO BOXES

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LANDFILL

**PLASTIC #6
PAPER CUPS
STYROFOAM**

PLASTIC UTENSILS

**SNACK WRAPPERS
SOFT PLASTICS & BAGS**

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QUESTIONS? SUSTAINABILITY.WUSTL.EDU

RECYCLE

METAL & GLASS

**PLASTICS
NO #6 OR BAGS**

**PAPER, CARTONS
& CARDBOARD**

**NO
FOOD/LIQUIDS
TO-GO BOXES
PAPER CUPS**

FOOD CONTAMINATES RECYCLING

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RECYCLE

Paper bags can always go in the recycling, unless they are heavily contaminated with food waste. When possible empty out any extras in the compost or landfill so that you can put the paper bag in the recycling.



Paper Bags



LANDFILL

Paper cups are not recyclable because they contain a liquid-resistant coating to hold liquids. This makes it impossible to break down in the paper recycling process.

LANDFILL

Plastic utensils cannot be recovered in a single stream sorting system because they are small and flat and fall through screens as waste. Some utensils clearly marked with "compostable" may be composted if collection is available.



LANDFILL

Plastic straws cannot be recycled because they are small and fall through screens at the recycling facility. Disposable straws are unnecessary, so avoid them where possible.



RECYCLE

Aluminum trays can go in the recycling, just remember to clear food scraps before recycling.



Aluminum Trays



RECYCLE

Plastic water bottles are recyclable. Make sure to completely empty the bottle and screw the cap in place before you toss it in the recycling.



COMPOST

All food scraps are compostable. If you are at a venue that does not have a compost option (2 Stream) then put food scraps in the landfill. Food is one of the most common contaminants in recyclable materials.



LANDFILL

Plastic bags should NEVER go in single stream recycling. These are the top contaminant at recycling centers and cost thousands of dollars of damage to equipment and loss of productivity due to downtime. Save plastic bags and recycle through grocery store take-back programs.



LANDFILL

Coffee cups and lids should go into landfill. Coffee cups are never recyclable and, unless specially marked as compostable, they should be put in landfill.





GET INVOLVED

While individual choices regarding food purchasing, preparation, and disposal can have far reaching impacts on the environment and local economies, being a part of the WashU community allows you to get involved with food sustainability even further.

This section of the guide will give you information on student organizations, WashU classes, campus initiatives, local organizations, and resources all geared towards supporting a food system that advances the environment, the community, and the local economy.

4+

Student Groups

8+

Community Organizations

10+

Classes offered at WashU





The Burning Kumquat

Burning Kumquat is a student-run micro farm located on the South 40, next to the Alumni House. The purpose is to commune and self-educate with the shared experience of practicing sustainable urban agriculture. The farm is a place where WashU and the surrounding community can reconnect with and care for the land.



The Dining Services Ambassador Team (DSAT)

DSAT is a group of students who communicate directly and collaborate with Dining Services staff on food-related issues on campus. They meet biweekly with Dining Services in the Bear's Den (BD).



Cultivating Connections

This immigrant outreach and urban farming club partners with the International Institute in St. Louis' Global Farms Program to establish urban gardens on vacant lots in St. Louis. The organization works to bring together the local immigrants, students and native St. Louisians using community agriculture, potlucks and awareness events.



Campus Kitchen

Campus Kitchen is an organization that recovers donated food from local food suppliers, turns that food into cooked meals, and then delivers it to homeless shelters. Campus Kitchen fights both food waste and food insecurity by recovering food that would normally go to waste and supplying food to people in need.



The Office of Sustainability's work to foster sustainable operations on campus includes a focus on food. The food team— which includes student associates and staff— collaborates with Dining Services and community partners to advance environmental and public health in our university food system. The student associate positions are paid as part of the office's internship program on a semester basis.



The Health and Wellness Center (SHS) is WashU's student health care provider. It offers a variety of educational programs and resources, some of which focus on nutrition. Students can access information online or in person, either at the Shepley Dr location or in the Zenker Wellness Suite at the Summers Rec Center.



Dining Services steers the dining operations on campus. Through a partnership with Bon Appetit Management Company, Dining Services purchases ingredients, designs menus, prepares, cooks and serves delicious food in most dining halls on campus. The Dining Services Ambassador Team (DSAT) was created to collect and incorporate student feedback in dining operations.



Director of Nutrition: Connie Diekman is the WashU dietitian. Students can schedule consultations with Connie to discuss any dietary intolerances and food allergies to determine a meal plan that's right for them. Her blog provides information on making healthy eating choices.



The Student Sustainability Board (SSB) is a Student Union entity that serves two primary purposes: to financially support student initiatives that foster sustainability and to decrease the environmental impact of campus events by providing event greening supplies such as compostables.



The Student Sustainability Board members in 2018



The Eco-to-Go program was brought by a partnership between student groups, the Office of Sustainability and Dining Services.



OPERATION FOOD SEARCH

Operation Food Search works to combat hunger in the St. Louis area and surrounding suburbs by providing food to over 200,000 people every month. In addition to donating food, there are multiple ways for volunteers to contribute to this mission.



GATEWAY GREENING

Gateway Greening is a non-profit dedicated to community development through gardening. The organization supports over 200 community gardens and greening projects. Volunteers help maintain vegetable gardens, including a demonstration garden, orchards, composting systems, or work with youth gardening programs.



ST. LOUIS FOOD POLICY COALITION

Created by the Missouri Coalition for the Environment, the STLFC has the mission to “promote a thriving local food system that supports the health, community, environment, and economy of the Greater St. Louis area.” The coalition brings together diverse stakeholders to address the local food system needs by focusing on food access, food hubs and policies.





FOOD ROOF FARM

The Food Roof Farm by Urban Harvest STL is an innovative roof-top farm that connects city dwellers to organic agriculture and works to distribute fresh produce to food deserts—areas where access to fresh fruits and vegetables and other healthy foods is extremely limited. The space also features an outdoor community hub for workshops and events.



ST. LOUIS METRO MARKET

St. Louis Metro Market is a nonprofit that brings fresh and nutritious produce to food deserts in St. Louis via a traveling repurposed city bus. It partners with local growers to offer fresh produce and keeps prices low so its goods are consistently affordable for the community.



ST. LOUIS FOOD BANK

In the last year, the St. Louis Food Bank distributed 35 million pounds of food to those in need. Food banks can always use volunteers to help sort, box, and repackage food for distribution.



Food Roof Farm in downtown St. Louis



Learn more about food systems, sustainability, historical and contemporary food-related issues, and explore solutions through a number of classes offered at WashU. Visit sustainability.wustl.edu to learn more about academic offerings at WashU that relate to all areas of sustainability.

UNIVERSITY COLLEGE

- U29 Bio 204: Nutrition
- U80 CRM 509: Health and Society
- U29 Bio 482: Food and Water: Global Nutrition and Ecosystem Health
- U29 Bio 4631: Urban Agriculture and Sustainable Food Systems
- U74 Sci 127: Modernist Cuisine
- U89 AMCS 407: Blue Plate Special: Food, Folklore, and Culture

ARTS & SCIENCES

- L97 IAS 4215: Anthropology of Food
- S55 MPH 5321: Transdisciplinary Problem Solving: Global Hunger and Undernutrition
- L22 History 3857: Losing the Farm: 20th Century Agriculture in a Global Context
- L48 Anthro 3322: Brave New Crops
- L48 Anthro 4288: The Food-Energy-Ecosystem-Water Nexus





Office of Sustainability

Learn about current sustainable food projects and accomplishments at sustainability.wustl.edu.

Submit any comments or questions at sustainability@wustl.edu.

People

Director of Nutrition Connie Diekman, M.Ed, RD, CSSD, LD, FADA

Schedule a consultation with the WashU Director of Nutrition, Connie Diekman, to develop a meal plan that's right for you. Email Connie at connie_diekman@wustl.edu.

Understanding Food Labels

Global Eco-Labeling

<https://www.globalecolabelling.net/what-is-eco-labelling/>

Tufts: Decoding Food Labels

<http://sustainability.tufts.edu/wp-content/uploads/Decoding-Food-Labels.pdf>

WWOOF

A network of organic farms worldwide that offer opportunities to volunteer alongside an organic farmer or grower.

<http://wwof.net/#wwof>

Smartphone Apps

Dirty Dozen: An app by the Environmental Working Group that lists the fruits and vegetables with the most pesticide residue for consumer awareness.

Seafood Watch: An app that makes it easier for consumers to get the latest recommendations for seafood and sushi that's beneficial for human and environmental health.

Healthy Living: An app by the Environmental Working Group that allows consumers to scan a food product, review its ratings, and learn about its nutritional values.

Joulebug: An app that gives easy examples of how consumers can make everyday practices more sustainable, at home, work, and play.

HowGood: An app that tells consumers how sustainable, wholesome, and honest a food item is based on a simple rating backed by extensive research.

THANK YOU!

This guide is brought to you by the Office of Sustainability.

A big thank you to the many student associates who contributed to the realization of the Food Guide: Armaan Shah, Camille Rieber, Carmen Vescia, Claire Mai, Emma Searson, Hannah Schanzer, Julia Widmann, Makio Yamamoto, Mackenzie Hines-Wilson - And to everyone else who brought input and insight to the food guide!



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