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.
Sustainable Food Goals at Washington University

Grocery Shopping

Farmers’ Markets and CSA
Grocery Stores
Food Labels

Preparation & Consumption

Cooking Tips
Green Monday
Campus Food Sourcing
Eating On the Go
Eating On Campus
Eating Off Campus

Waste

Recycling
Composting
WashU Waste Signage
Waste Sorting Quiz

Get Involved

Student Groups and Organizations
Community Organizations
WashU Classes
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. GPD. 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)
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.
WUSM FARMERS’ MARKET
Time: 10 am - 2 pm
Dates: Every Thursday
Location: BJC Institute of Health Plaza or McDonnell Pediatric Atrium (63110)

MIDTOWN FARMERS’ MARKET
Time: 8:30 am - 1 pm
Dates: Every Saturday, April 16-Nov 12
Location: 6655 Delmar Blvd, Rear Lot (63130)

SOULARD FARMERS’ MARKET
Time: 8 am - 5 pm
Dates: Every Wednesday through Saturday
Location: 730 Carroll St (63104)

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
**UNIVERSITY OF MISSOURI-COLUMBIA**

**GROCERY SHOPPING**

*Grocery stores near 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

**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

**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

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**Grocery Stores**

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  

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  

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
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
- 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.

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.
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!

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.

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.

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.

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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.
Cooking Tips

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

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.

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

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
VGN: Vegan. No meat, dairy or other animal products
VEG: Vegetarian. No meat
IMPACTS OF A MEAT-BASED DIET

<table>
<thead>
<tr>
<th>Meat</th>
<th>Kilograms of CO₂ generated in production of 300g</th>
<th>Gallons of water to produce 300g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>8.1</td>
<td>1228</td>
</tr>
<tr>
<td>Pork</td>
<td>3.6</td>
<td>380</td>
</tr>
<tr>
<td>Chicken</td>
<td>2.1</td>
<td>309</td>
</tr>
</tbody>
</table>

IMPACTS OF A PLANT-BASED DIET

<table>
<thead>
<tr>
<th>Plant</th>
<th>Kilograms of CO₂ generated in production of 300g</th>
<th>Gallons of water to produce 300g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tofu</td>
<td>0.6</td>
<td></td>
</tr>
<tr>
<td>Bean</td>
<td>0.6</td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>0.33</td>
<td></td>
</tr>
</tbody>
</table>

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).
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.

**BON APPETIT**

Through their Farm to Fork program, Bon Appetit 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 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.

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

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.

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.

The Better Choice
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.
Eating in a plate not only prevents the use of a disposable box but it also allows you to better gage the portion that you need. Get more if you are still hungry!
**Eating On-Campus**

**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
**LOCATION:** Danforth Campus

**THE BEAR’S DEN (BD)**
The WUrld 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

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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
$$

FARMSTEAD CAFE
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
$

GROUND 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
$

FARRELL CAFE
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
$
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!
Eating Off-Campus

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

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

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.
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?

Pre-consumer waste is a material that was discarded before it was ready for consumer use.

Post-consumer waste is material discarded after someone uses it. This waste has served its intended purpose and has been discarded for disposal or recovery.

WHAT GOES WHERE?

Total Waste 15.9 MLbs

- Diverted 42%
  - Mixed Post Consumer Recyclables 81.3%
  - Pre and Post Consumer Compost 8.9%
  - Electronics 6.8%
  - Landscape Trimmings 3.4%
  - Cooking Oils 0.3%
- Landfill 58%
- Other 1.3%
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.
3 STREAM
RECYCLING, COMPOST AND LANDFILL

LANDFILL

QUESTIONS? SUSTAINABILITY.WUSTL.EDU

RECYCLE

Food & Liquids
Compostable Serveware
Brown, uncoated paper products

Sort and empty to-go boxes

Campus Waste Signage
Recycling, Compost or Landfill?

**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](image)

**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.

![Plastic Straws](image)

**RECYCLE**

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.

![Paper Cups](image)

**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.

![Plastic Utensils](image)

**RECYCLE**

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

![Aluminum Trays](image)

**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.

![Paper Cups](image)

**RECYCLE**

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

**RECYCLE**

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 down time. Save plastic bags and recycle through grocery store take-back programs.

**LANDFILL**

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.

**COMPOST**

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.

**LANDFILL**

Food Scraps
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**
Student Groups

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).

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.

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.

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.
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 Sumers 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.
Local Community Organizations

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 STLFPC 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.
Local Community Organizations

**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.
University Classes

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
Resources

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

WWOOF
A network of organic farms worldwide that offer opportunities to volunteer alongside an organic farmer or grower.
http://wwoof.net/#wwoof

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!
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