Northeastern Dining

Green Plan

2017-2018

Initiatives for a Greener Campus
Menus of Change
Menus of Change University Research Collaborative

The MCURC is a working group of leading scholars, foodservice business leaders, and executive chefs from invited colleges and universities who are accelerating efforts to move Americans toward healthier, more sustainable diets via the Menus of Change principles.
Introducing Menu Principles

Menu Messaging & Operational Changes

Through the introduction of these principles in phases over the course of this academic year, we have presented our guests with new menu items and menu messaging including:

- Utilizing Imperfectly Delicious Produce (IDP)
- “Root-to-Tip” cooking in our kitchens
- Adding menu variety with whole grains
- Reducing sugary beverage consumption
- Introducing alternatives to the standard beef burger, including mushroom-blended and turkey burgers
- Reminders of proper portion size
Successes Across Campus

The introduction of the Menus of Changes principles in our dining locations has led to several meaningful changes in how our guests are dining during the 2016-2017 academic year:

- Thinking produce first increased fruit and vegetable consumption by 26.3%
- A focus away from sugary beverages has decreased soda consumption by 9.8%
- Our campus-wide transition from iodized salt to kosher salt reduced sodium use by 30%
- The use of whole grains – everything from whole wheat bread and brown rice to quinoa and farro – increased in kitchens across campus.
Eat Local
Committed to Locally Grown Produce

We are committed to buying locally grown produce when available and in-season.

Food that is grown locally is fresher, reduces the carbon footprint, and supports local farmers and farms who use more sustainable growing practices.

16.9% of all produce served last year was locally grown.
Supporting Local Farms

2016-2017 is the 10th year of our commitment to purchase items from regional and local small and mid-sized farms

“Eat Local” menus highlighting available local produce are displayed daily in our campus dining locations.

Sid Wainer & Son

New Bedford, MA-based specialty produce supplier

Committed to sustainable agriculture, preserving open farm land, utilizing inner city space and bringing the highest quality, fresh produce, handpicked from New England farms

Local farms include:

- Jansal Valley Farms – Dartmouth, MA
- Oakdale Farm – Rehoboth, MA
- Sampson Farms – Westport, MA
- Szawlowski Farms – Hatfield, MA
Plainville, MA-Based Non-Profit

Established in 1997 to deliver fresh, great tasting produce while cultivating a more sustainable, ethical food system

Red Tomato works closely with a network of local farmers to gauge demand and distribute products on a scale typically unavailable to a small or mid-sized farm

Local Red Tomato farms include:
- Plainville Farm – Hadley, MA
- Davidian Farms – Northborough, MA
- Twin Oaks Farm – Hadley, MA
- Wysocki Farms – Amherst, MA
- Ciesluk Farm – Deerfield, MA
- Lyman Orchards – Middlefield, CT
New England Made Apple Sauce
Made with only one ingredient: local apples
The product is zero waste as the apple skins not used in the apple sauce are donated to a local farm for organic composting
Served à la carte in residential dining locations, as parfaits in On The Go, and in special bakery items, such as apple sauce cupcakes

Simply Tomatoes
Crushed tomatoes sourced exclusively from Davidian Brothers Farm in Northborough, MA in a partnership with Commonwealth Kitchen
Incorporated into a variety of recipes across campus, including marinara sauce and tomato soup

We served 1,152 gallons of locally sourced tomatoes through our partnership with Simply Tomatoes
Educating our guests about the local resources we utilize daily

Our campus chefs hosted Culinary Chats in their dining locations.

Featured several representatives from our local suppliers, including:

- Local produce and root-to-stem cooking with Sid Wainer & Son
- Locally caught seafood from Red’s Best
- Zero waste local applesauce from New England Made

In particular, Jared Auerbach, CEO & founder of Red’s Best, brought a display of fresh caught monkfish, pollock, and haddock along with live Jonah crab, scallops, and sea urchins.
Responsible Sourcing
2017 Sustainability Scorecard

Items that meet the specific criteria of Compass Group’s sustainability initiatives, as a percent of total purchases for that category.

- **rBGH FREE MILK** 99%
  - Fluid milk free of artificial growth hormones
- **REDUCED ANTIBIOTIC CHICKEN** 84%
  - Chicken produced without the routine use of human antibiotics
- **rBGH FREE YOGURT** 100%
  - Free of artificial growth hormones
- **LOCAL PRODUCE** 16.9%
  - Local produce in support of the American Family Farmers
- **REDUCED ANTIBIOTIC TURKEY** 98%
  - Turkey produced without the routine use of human antibiotics
- **CAGE-FREE EGGS** 98%
  - Certified Humane cage-free (shell) eggs
  - *Due to high demand in 2014, the cage-free egg supply was limited.*
- **ECO/FAIR TRADE COFFEE** 100%
  - Eco/Fair Trade Certified Coffee served in our residential dining locations
Imperfectly Delicious Produce

Imperfectly Delicious Produce (IDP) is a program that utilizes “non-retail” Grade A fruits and vegetables that have slight cosmetic imperfections. This produce is typically left un-harvested in the field or discarded from retail sale but is perfectly suitable for cooking.

Cosmetically perfect produce is not essential for food service operations as our chefs slice and dice the produce so flavor and quality are most important.
Root To Tip Vegetable Program

Our cooks and chefs use as much of the vegetable as possible – including the peel and the tops. We leave the peel on many of the vegetables for added flavor and nutrition.

The use of the entire vegetable allows us to create some unconventional menu items

- For example, carrot tops or kale stems are braised with other vegetables or made into a “pesto” and incorporated back into the preparation.
HFAC Cage-Free Shell Eggs

We are committed to exclusively purchasing Humane Farm Animal Care (HFAC) certified cage-free shell eggs.

The HFAC certification indicates that hens are "humanely raised and handled."

We served 294,958 cage-free eggs from July 1, 2016 to June 30, 2017.
Non-Therapeutic Use of Antibiotics

The routine use of antibiotics in animal production, among other effects, decreases the efficacy of antibiotics used to treat diseases in humans.

Our contracted suppliers are required to provide products which adhere to specific criteria developed in partnership with the Environmental Defense Fund.

Reduced Antibiotic Poultry

We served 371,417 pounds of reduced antibiotic poultry from July 1, 2016 to June 30, 2017.
Compass Group Sustainable Seafood Commitment

Guidelines from Monterey Bay Aquarium’s nationally recognized Seafood Watch program

Eliminated twelve species on Seafood Watch’s “Avoid” list from order guides

Northeast Oceans

The Northeast Oceans program is part of our partnership with local supplier Dole & Bailey

 Allows us to purchase underutilized species of sustainable local fish instead of popular, over-fished species such as haddock and halibut

**We served 48,071 pounds of sustainable and/or local seafood from July 1, 2016 to June 30, 2017**
What Are BST and rBST?
Cows naturally produce bovine somatotropin (BST), a hormone associated with milk production.
Cows injected with artificial rBST produce, on average, 15-20% more milk than untreated cows.

Hood’s Farmers’ Pledge
We serve only rBST-free milk on-campus from local dairy company HP Hood.
Hood’s “Farmers’ Pledge” ensures that Hood is getting milk provided by farmers who do not use artificial growth hormones.

rBST-Free Milk

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We served **36,316 gallons** of rBST-free milk from July 1, 2016 to June 30, 2017.
All-Natural Hamburgers
Northeastern Dining has served hamburgers made from naturally and humanely raised cattle since October 2012

Creekstone Farms Standards
Premium beef program based on Black Angus cattle – known as the gold standard for premium beef

Creekstone Farms’ commitment to quality:
- Raised and grazed in the United States
- USDA certification
- Verifiable Black Angus genetics
- Humane animal treatment
- High quality corn-based feed
Ethical Sourcing

The Coalition of Immokalee Workers

The Immokalee region of Florida provides 95% of all U.S.-grown tomatoes eaten by Americans from October to June.

Compass Group has partnered with the CIW as part of a company-wide “Fair Food” initiative.

We pay an additional 1.5 cents per pound for all the tomatoes we purchase annually from Immokalee.

One cent per pound is passed from the suppliers directly to the Immokalee harvesters.
Local Vendors

We are proud to serve items from local vendors at dining locations across campus, including Pain D'Avignon pastries and Haley House baked goods. In addition, café716 serves a robust coffee and tea program from local coffee roaster Flat Black Coffee.
Culinary Chats

Educating our guests about the local resources we utilize daily

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Dining Green
Trayless Dining

Initiative Sponsored by SGA & RSA

Residential dining locations – International Village, Levine Marketplace, and Stetson West Eatery – are now trayless.

Trayless Facts

New signage at the dish returns highlights sustainability facts related to trayless dining.
Reducing Plastic Waste

In an effort to decrease our plastic waste, Outtakes no longer offers single-use plastic bags to guests.

Initiative sponsored by SGA and Husky Environmental Action Team (HEAT)

Reusable Bags

Guests are able to bring their own bag or purchase a reusable bag for one point.
Green Restaurant Association® Certification

Points awarded in seven environmental categories

- Energy
- Waste
- Chemical & Pollution Reduction
- Sustainable Building Materials
- Water
- Disposables
- Sustainable Food

On-Campus Certified Restaurants

- International Village Dining – 3 Star
- Levine Marketplace/Stetson West Eatery – 3 Star
- The West End – 3 Star
- On The Go – 2 Star
- Sweet Tomatoes – 2 Star
- UBurger – 2 Star
- Kigo Kitchen – 2 Star
- Starbucks – 2 Star
- Argo Tea – 2 Star
- Café Crossing – 2 Star
- café716 – 2 Star
- Faculty Club – 2 Star
- Popeyes Louisiana Kitchen – Level 1
- Subway – Level 1
- Matthews Arena Concessions – Level 1
First University in the Country

Northeastern is the first college/university in the United States to have a dining facility earn both a 3 Star Certified Green Restaurant® distinction and LEED Gold status.

International Village Dining is also the first restaurant in New England to earn the same GRA/LEED distinctions.
Student Center Renovations

Complete renovation of dining area named “Best Renovation” in Food Management Magazine’s 2013 Best Concept Awards

Sustainability Efforts During & After Renovations

- Effort to introduce local restaurant brands using local products
- Compost bin located in seating area
- Energy-efficient LED lighting with daylight and occupancy sensors
- High efficiency, low-flow fixtures used in bathrooms
- Low-flow spray valves installed on turbo wash sinks and chemical dispensing system
- Energy Star rated equipment used when available
Food Recovery Challenge Regional Achievement Certificates

Northeastern University is one of 24 New England organizations that received a Regional Food Recovery Achievement Certificate for efforts in reducing food waste.
Celebrating Campus-Wide

We celebrated Stop Food Waste Day with Earth Bowl specials across campus as well as information tables at both Stetson and International Village.

We also marketed the event on-campus through our social media channels and by having large stickers printed for the columns in International Village that displayed food waste facts for our guests.
Recycling In Our Kitchens
Since September 2010, all #10 food cans (~100 oz.) used in our kitchens are washed, crushed, and picked up for recycling.

Each dining location has its own corrugated cardboard compactor and approach 100% for cardboard recycling.

Recyclable Bottles & Cans
Recycle bins are located at all retail dining locations and collected by the University for campus-wide recycling.

Northeastern University recycled 99 tons of bottles and cans last year.
Used Fryolator Oil

Local company Lifecycle Renewables converts used vegetable oil from our retail and residential dining locations into a biomass fuel.

This year’s contributions were used as a renewable heating oil replacement in schools and hospitals in southern New England. The biomass fuel represents an 80%+ reduction in greenhouse gas emissions relative to traditional heating oil.

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<th>Location</th>
<th>Volume Donated (gallons WVO)</th>
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<tbody>
<tr>
<td>Curry</td>
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<tr>
<td>Forsyth</td>
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<td>Speare</td>
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<tr>
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<td>5,805 gallons</td>
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<tr>
<td>INV</td>
<td>6,935 gallons</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>20,020 gallons</strong></td>
</tr>
</tbody>
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Brown Kitchen Trap Grease

Recycling brown grease is important because there is no demand for the grease and it would otherwise be dumped in a landfill.

Our trap grease is recycled at a local treatment plant and converted either into: solids used for composting or digesters; or #6 biofuel for large manufacturing plants that qualifies them for Green Credits.

19 tons of fryolator grease and 135 tons of brown kitchen trap grease were recycled this past year.
Organic Composting

2017-2018 is the 10th year of our partnership with local organic waste recycling company Herb’s Organic Food Disposal.

Kitchen and plate food waste is collected at all campus dining facilities in specially labeled compost bins.

Herb’s Disposal transports the organic food waste to an approved Massachusetts Department of Environmental Protection active composting site.

666 tons of food waste was collected for organic composting last year.
“Green” Serviceware

We are committed to using “green” compostable serviceware products wherever possible on campus

Compostable Products We Use

- Chinet Paper Plates
- Ecotainer Paper Hot Cups
- Ecotainer Paper Soup Cups
- Ecotainer Paper Hot Sleeve
- Fabri-Kal Greenware (Corn) Cold Cups
- Fabri-Kal Greenware Portion Cups
- EarthWise Cocktail Napkins
- Wooden Coffee Stirrers
- EnviroWare (Corn) Forks, Knifes, Spoons
- Xpressnap International Papers Napkins
- BioPak To-Go Containers
- Sabert Clear Salad Containers
- Food Waste Bin Liners
- 100% Recyclable, Biodegradable To-Go Bags
- Straws
- Sleeves
- Coffee Lids
Electric Delivery Van

Polaris Gem eL-XD Electric Utility Vehicle

Zero-emission design is functional indoors and out
72-volt battery system with onboard charger system is capable of driving up to 40 miles on a single charge

Reduction of Gasoline Usage

Allows for quicker and more environmentally efficient transport of catering deliveries on- and off-campus
Branding Our Green Efforts Across Campus

Be Green refillable water bottles are distributed to promote the use of more than 190 filtered water fill-up stations located across campus.

Be Green to-go bags are used at all retail locations on campus.
Be Green Promotional Items

Environmentally-Conscious Giveaways

Our branded giveaways include several eco-friendly products, including:

- Organic wool t-shirts
- Sustainable bamboo cutlery packs and cutting boards
- Umbrellas made from recyclable materials
- Reusable water bottles and coffee mugs
Signage at Dish Return

Branded signage at dish returns in our residential dining locations is designed to change disposal behaviors of our guests.

By directing guests to dispose certain items in certain containers, we are not only redirecting our compostable and recyclable waste from general trash facilities but also educating our guests on the importance of separating waste.
Promoting Composting

Paper Towel Dispensers
Automated touch-less paper towel dispensers are used in the front and back of house at all dining locations

Napkins
100% recycled and compostable napkins are used at all residential and retail dining locations across campus
Specially designed dispensers discourage guests from taking excessive napkins
Dishwashers
Dishwashers are Energy Star rated and use curtains that reduce water and energy use up to 3%

Ecolab Cleaning Chemicals
Dishwasher detergents are 99.7% phosphate and phosphorus free
Rinse additives comply with FDA Food Code criteria
Manual detergents and presoaks are 100% phosphate and phosphorus free
WE HAVE AN ONGOING COMMITMENT TO “GREENING” THE NORTHEASTERN CAMPUS AND

WE ARE PROUD

TO BE A PART OF THE UNIVERSITY’S COMPREHENSIVE GREEN PLAN

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