

HOW

TO...

# EAT MORE SUSTAINABLY



## SUSTAINABILITY OPPORTUNITY

The food we choose to eat can have a significant impact on the environment. Most estimates suggest that the food we consume accounts for over one quarter of an individual's environmental footprint, when you consider the impact of production, transportation, preparation, and disposal. Studies have even shown that the *type of diet* you choose to eat can have a greater environmental impact than the *type of car* you choose to drive. Compared to the many ways in which our decisions impact the environment, food choices are unique—every day we have three opportunities to make a difference. For more information about how we're making a difference here at Stanford, please see Stanford Dining's [Sustainability Report](#).

## HERE'S HOW:

### 1) Eat Lower in the Food Chain

Whether you are in a dining hall, at a café, or planning meals at home, try to eat lower in the food chain. Plant-based food like fruits, vegetables, nuts, grains, and legumes have a much lower environmental impact than do animal products, in particular, red meat. Plant-based foods are healthier too! Find a delicious, healthy, vegetarian entrée on campus at any one of [Stanford Hospitality's Cafés](#).



### 2) Eat Organic Food

Certified organic food is better for the environment than food that has been conventionally grown or raised. Organic standards do not allow the use of synthetic pesticides or petroleum-based fertilizers in growing produce, nor do they allow the unnatural confinement, use of hormones, or use of antibiotics in raising animals. Did you know that Stanford's dining halls serve twice as much certified organic food as the national household average? Not a student, not a problem—faculty and staff are very welcome to eat fresh, healthy, and sustainable meals in the dining halls. Click [here](#) to learn more about Stanford Dining's affordable staff and faculty meal plans

### 3) Eat Local Food

Locally grown food tends to be much fresher, and thus better tasting, than food that has traveled long distances. Studies have also shown that fresh food is more nutritious and better for your health. Eating locally on campus is easy—nearly 40% of the food served by [Stanford Dining](#) was grown, raised, or processed within 150 miles of campus!

# HOW TO...

## EAT MORE SUSTAINABLY *CONTINUED*

### 4) Eat Seafood Watch Approved Seafood

Scientists estimate that seventy percent of the world's fisheries are now exploited, overexploited or collapsed. It is more important than ever to be mindful of where and how your fish was caught. To make it easy, Stanford Dining has become a partner to the Monterey Bay Aquarium's Seafood Watch Program—email [sustainablefood@stanford.edu](mailto:sustainablefood@stanford.edu) to get a free copy of the Seafood Watch Pocket Guide or download the smartphone application from the [Seafood Watch website](#).

### 5) Buy Direct—Shop at a Farmer's Market or Join a CSA

Buying your food directly from the farmer or rancher means that more of your “food dollar” goes to the people responsible for your health and wellness (as opposed to fancy packaging, processed food, and ephemeral food trends). You can purchase food grown right here on the Stanford campus at the [Stanford Farm Stand](#). Sign up with [producestand@lists.stanford.edu](mailto:producestand@lists.stanford.edu) for regular updates on the Farm Stand location and hours of operation.



### 6) Avoid Processed Foods

Highly processed foods have essentially been stripped of all their original goodness and nutritional qualities. Though typically a cheap and quick source of calories (and sometimes even marketed as “healthy”), processed food never measures up against fresh produce and other whole foods.

### 7) Order Only What You Can Eat, Eat What You Order

Food waste has a significant environmental impact through both the wasted resources it took to originally grow or raise the food as well as the resources required to take it from your home, dining hall or café to the waste management facility. If you've ordered too much, eat it for the following lunch or dinner!

### 8) Remember to Compost

If you're simply unable to eat everything on your plate, make sure to put your food waste in a compost bin and not a trash bin—food waste that decays in a landfill has 23 times greater climate impact than if it is composted instead. Be sure to find and use the conveniently located compost bins at every [Stanford Hospitality café](#). Properly disposing food waste is even simpler since these cafés provide fully compostable service ware.

#### MORE INFORMATION

STANFORD DINING SUSTAINABILITY

<http://dining.stanford.edu/sustainability>

#### CONTACTS

Stanford Dining: Matt Rothe, Sustainable Foods Coordinator 650.724.7243, [mrothe@stanford.edu](mailto:mrothe@stanford.edu)

Sustainability Programs: Fahmida Ahmed, Associate Director, Office of Sustainability, SEM 650.721.1518, [fahmida@stanford.edu](mailto:fahmida@stanford.edu)

