



## How to Eat Sustainably on Campus: **Top 5 Tips**

### 1. Think Produce First.

Deliciously, of course, thanks to the boundless creativity of the produce-loving chefs at Residential & Dining Enterprises (R&DE) Stanford Dining. This is one of the 24 Menus of Change Principles of Healthy, Sustainable Menus, which are put forward by The Culinary Institute of America and Harvard T.H. Chan School of Public Health. (Stanford Dining proudly implements these principles and is recognized nationally for its leadership in accelerating their adoption. For the full list, visit [menusofchange.org](https://menusofchange.org).) Foods that come from the plant kingdom--nuts, legumes, seeds, whole grains, plant-based oils, herbs, and spices, in addition to produce--tend to have a lower environmental footprint than animal-based foods. Thinking produce first every time you visit the dining hall is a great rule of thumb--not only for your long-term health and that of the planet, but for your immediate mental and physical performance.



### 2. Eat Less Red Meat, Less Often.

Another of the Menus of Change Principles, this guidance is critically important because of the outsize impact that producing red meat--particularly beef and lamb--has in terms of environmental impact. Nutritionally, it's important to keep all types of red meat, including pork, to a minimum in your diet: enjoyed more as an occasional treat (two modest servings per week, tops) vs. an everyday routine.

### 3. Enjoy Sustainable Seafood.

It's important for your health to eat the recommended one or two servings of fish and seafood per week, but a long-standing focus on just a few species has depleted our oceans of the most popular types. So Stanford Dining helps you enjoy seafood that's caught and raised sustainably: Several times a week on the menu, you'll find delicious options featuring Seafood Watch approved choices--meaning an exciting variety of species from the sea that avoid overfishing and are lower on the food chain.



### 4. Take a Class on Sustainable Food Systems.

There are several to choose from throughout the campus. Search for available courses or seminars on food, health, and sustainability throughout the course catalog, for both undergrads and grads, across every school -- from the Program in Human Biology to the School of Earth, Energy, and Environmental Sciences.

### 5. Minimize Food Waste.

Due to the COVID-19 protocols and requirements for operating food service, all meals are served pre-packaged and to-go only. You'll be given a bag to fill when you enter the dining hall, but please take only what you can reasonably eat at one meal. Doing so can help reduce food waste. That's important because food waste is a major source of greenhouse gas emissions, which means that doing your part is one of the most powerful steps you can take as an individual to help tackle climate change.

