



## R&DE Stanford Dining: **Our Sustainable Food Ethos**

Residential & Dining Enterprises (R&DE) Stanford Dining's award-winning Sustainable Food Program, One Plate, One Planet, collaborates on many aspects of complex global food systems—from equitable supply chains, climate-smart dining, and regenerative agriculture, to reducing food waste and shifting diets towards plant-forward options.

We believe that with each plate we serve, and each meal our students eat, we have the opportunity to create a better future for this planet together. R&DE Stanford Dining demonstrates that sustainable, ethical, and healthy food systems can be deployed at scale, while simultaneously inspiring the next generation to improve how Earth's precious resources are managed.

### OVERVIEW

R&DE Stanford Dining has developed a set of purchasing guidelines and preferences to establish a practical framework and an ongoing process to guide food purchasing decisions. These guidelines take into account the best interest of our environment, the social and economic systems on which our food depends, and the health of those to whom we serve food. Our guidelines are informed by the most current science and research available and draw upon the input and involvement of many stakeholders within our campus community, with the goal of improving the overall health, safety, security, and sustainability of our food supply. We seek to have a thoughtful food purchasing policy that prioritizes food that is healthy, fair, humane, and sustainable.

### WHAT SUSTAINABILITY MEANS TO US

We prefer to purchase food that is:

- ◆ **Local/Regional:** We prefer food that is grown, raised, or processed in California in order to sustain our local economies (especially supporting small and mid-sized farms and companies) and minimize transport, especially of fresh fruit and vegetables. *Given the economic crisis brought on by the COVID-19 pandemic, supporting our local economies and participating in our regional foodsheds is of only greater importance as we all navigate these difficult times.*
- ◆ **Direct:** We prefer to purchase food directly from independently-owned growers, producers, and manufacturers. We value knowing who grows our food and having direct relationships with them so that we can improve and learn together.
- ◆ **Organic:** We prefer organically grown food to minimize exposure to harmful pesticides, herbicides, fungicides, and chemical fertilizers for our customers, farmworkers, pollinators and wildlife, and the environment.
- ◆ **Regenerative:** We have recently joined REGEN1, a consortium of food system leaders in Northern California supporting farmers who are employing regenerative agriculture principles that improve air, water, and soil quality, enhance biodiversity, and prioritize greater inclusion and equity for all.
- ◆ **Agroecological:** We prefer to source from farms that plant a diverse number of crops, as opposed to a monoculture, and employ agroecological methods of farming that protect and enhance soil health and biodiversity, and that protect and preserve ecosystems.
- ◆ **Humane:** We prefer meat and dairy products from animals that are treated humanely and allowed to express their natural behaviors.
- ◆ **Raised without Antibiotics & Hormones:** We prefer meat and dairy items from animals that were never given hormones or subtherapeutic antibiotics (unless sick and under the advice of a veterinarian).
- ◆ **Fair:** We prefer food that is grown in environments that treat their workers fairly and respectfully, comply with all labor laws, and provide safe work environments.
- ◆ **Sourced from Sustainable Fisheries:** Seafood must be sustainably caught or raised in ways that allow the fishery to sustain itself for future generations without damaging the environment, overfishing, catching bycatch, or using slave labor. We prefer family fisheries that provide economic growth in their communities. We ensure that all of our seafood is Seafood Watch approved.



The **Menus of Change University Research Collaborative (MCURC)**, co-founded and jointly led by Stanford University and The Culinary Institute of America, is a collaboration of forward-thinking scholars, food service leaders, executive chefs, and administrators for colleges and universities who are accelerating efforts to move people toward healthier, more sustainable, and delicious foods using evidence-based research, education, and innovation. Together, we are working to find best practices and operational innovations that support MCURC's vision of *cultivating the long-term well-being of all people and the planet—one student, one meal at a time*. Learn more at [mocolaborative.org](https://mocolaborative.org).



## OUR SUSTAINABLE FOOD ETHOS IN PRACTICE: A SAMPLE OF EXAMPLES

What follows is just a small number of examples of sustainable sourcing in action; for the full list of standards guiding purchasing across our ingredient supply, please read the full Stanford Dining Sustainable Food Ethos at [rde.stanford.edu/dining/one-plate-one-planet](https://rde.stanford.edu/dining/one-plate-one-planet).

### Produce

The way our produce is grown has profound effects on our water, air, land and soil, health, and the health of farmworkers and wildlife, and is directly linked to climate change. Stanford Dining prefers to buy produce that is:

- seasonal;
- grown with agroecological methods;
- from direct relationships with local, organic farms;
- “deliciously imperfect” or “ugly” produce that does not have a market and is usually either plowed under or composted.

### Chicken & Poultry

The U.S. produces almost 9 billion chickens a year, 99% of which are raised in factory farms. Eighty percent of antibiotics in the U.S. are used for livestock, which has led to the emergence of drug-resistant superbugs. At the same time, factory farms are one of the biggest sources of pollution on the planet.

- All poultry used in entrees should be raised humanely and without antibiotics.
- We prefer poultry that is third party certified--either Global Animal Partnership (GAP) Certified, Certified Humane, or Animal Welfare Approved.
- We prefer chickens that are:
  - ◆ not fed animal byproducts and are given outdoor access;
  - ◆ slower-growing breeds than industry standards.

### Eggs

- All eggs, liquid and whole, must be raised without cages and comply with California’s Proposition 2.
- Antibiotics should only be given to treat illness, not sub therapeutically.
- We prefer eggs that are:
  - ◆ Certified Humane, Animal Welfare Approved, or Food Alliance standards;
  - ◆ from chickens that are allowed to range freely outside;
  - ◆ from chickens that are fed organic feed.

### Seafood

Ninety percent of the world’s fisheries are either fully exploited, over-exploited, or have collapsed. We are committed to purchasing seafood that is raised or caught sustainably, legally, and from sources that ensure fair working conditions.

- We preferentially source underloved and/or invasive species, and mostly lower on the food chain.
- We only serve wild-caught salmon from Taku River Reds, a family-run business in Alaska. We pre-pay for the salmon, giving the fishery funds when they need it.