

Vegetarian Options

A diet rich in fruits, vegetables and whole grains and lower in animal-based proteins is a way to reduce our impact on the environment and also improve our health. If you choose to go vegetarian, learn about it so your diet can be healthy and satisfying. There are many resources available to you at www.balancemindbodysoul.com and www.besmart-eatsmart-livesmart.com.

Sustainable Eating

SODEXHO HAS PARTNERED WITH THE SUSTAINABLE FOOD LABORATORY, A PROJECT OF THE GLOBAL LEADERSHIP INSTITUTE, THAT IS WORKING TO MOVE MORE SUSTAINABLY PRODUCED FOOD FROM NICHE MARKETS TO MAINSTREAM (www.glifood.org), AND FOOD ALLIANCE, A CERTIFIER OF SUSTAINABLE FOOD PRACTICES (www.foodalliance.org).

- For information on the National Organic Program see www.ams.usda.gov/.
- To find farmers' market in your region go to the USDA map: www.ams.usda.gov/.
- The *Field to Plate* website can tell you what's in season in your area www.fieldtoplate.com/guide.html.
- For information on nutrition and vegetarian guidance, go to www.balancemindbodysoul.com and the Vegetarian Resource Group www.vrg.org.
- For more information on what Sodexo is doing go to: www.sodexhousa.com/corp_environ.asp

Healthier PLANET,
Healthier YOU

sustainable

Why buy locally?

THERE IS A MOVEMENT with public school districts across North America to adopt more environmentally sound food systems. Termed sustainable agriculture, the movement has three primary goals: environmental health, economic profitability, and social and economic equity. Sustainable agriculture emphasizes stewardship of both natural and human resources. Protection of natural resources includes alternatives to pesticides and fertilizers. Social responsibility includes awareness of the safety and health of farm workers, and fostering healthy rural and urban communities.

Purchasing local and regional foods, eating as seasonally as possible, and offering more vegetarian options are all sustainable practices utilized by Sodexo School Services.

Eating seasonal foods grown in your geographic area supports your health, the local economy, and the health of the community. Farmer's markets help your community by giving everyone access-especially in urban areas-to affordable fresh fruits and vegetables. Supporting local farms is essential for biodiversity. Farmers who can sell locally can produce varieties bred for taste and beauty rather than for shipping and long shelf life. For example, a conventional tomato may travel 1500 miles and have changed hands about six times before reaching a destination in Iowa. Buying produce locally significantly reduces energy used in packaging, shipping, distributing and retailing. And unlike other "diet" advice, enjoying food in season is a joyful, sensory activity.

Are organic & sustainable the same thing?

The United States Department of Agriculture (USDA) has established legally defined criteria for Organic. Organic means that particular farming practices have been followed. Growers and processors must be certified by an independent USDA-accredited third party agency to be labeled organic. This certification process follows the product to the marketplace to indicate to the consumer how the product was grown. *Natural* and *organic* are not interchangeable. The term *natural* is not regulated on food products. It does not tell you anything. Other truthful claims such as free-range and hormone-free can still appear on the label but are not to be confused with "Organic" certification.

IT GOES FURTHER THAN FOOD...



Eco-Friendly Products

WE'VE TAPPED INTO NEW TECHNOLOGY THAT USES CORN RESINS FOR QUICK COMPOSTING TO-GO PACKAGING.



WE PROMOTE RECYCLING AND OFFER PROGRAMS TO REINVEST INTO WILDLIFE PRESERVATION.

WE OFFER EDUCATION AND WAYS TO COMPOST TO REDUCE WASTE INTRODUCED INTO THE SYSTEM.

