

Weigh the Waste Explanation

FGCU is the flagship public university in the state of FL with a mission statement centered on our commitment of environmental sustainability and since our inaugural year, environmental education has been the core of our university's identity.

Based on this notion and FGCU's commitment to encourage students to develop "an ecological perspective," they created a course with an environmental focus that all FGCU undergraduate students must complete during their sophomore, junior or senior year. This course is called Colloquium and it is considered the capstone class to the FGCU sustainability experience.

In addition to this class, all Students are required to complete 80 service learning hours prior to graduation. Colloquium fulfills 10 of those hours which is built into the course requirements.

The course work for Colloquium is centered-around environmental field trips and one large project completed by the entire class (or some professors let the students perform their sustainability service learning how they wish). Chartwells partners with one of the classes and completes a "Weigh the Waste" campaign as their class project.

If you are not familiar with "Weigh the Waste" as it pertains to higher education, it is a post-consumer food waste audit performed at a residential dining restaurant. The goal of the project is to not only bring to light the detrimental effects of long term food waste, but to encourage students to alter their current habits and commit to reducing waste in their everyday life.

Here is how the project is broken down:

2 times per semester the colloquium students will set up a table in front of the dish return with several labeled buckets. They start weighing at 11am (with the first recording at 11:30) and finishing with the last weighing recording at 9pm

The buckets fall into 5 different categories;

- Compostable
 - Non-compostable
 - Liquid
 - Paper Products
 - Meat
- The students then weigh each bucket every 30 min and track their data
 - The first audit is not advertised, and that data is used as a baseline for the study.
 - After the initial weigh in, the class is broken down into subgroups slated to complete smaller projects based off of the overarching "Weigh the Waste" Campaign.

Weigh the Waste Explanation

A few suggested groups include:

- Compost group
 - They are responsible for researching composting and figuring out how it can be implemented at our university. We wanted them to come up with a plan that lived beyond their attendance of the class and be something that could continue and be something of a legacy.
 - They would figure out how it could be implemented, who could use the compost, would they build a compost site or bring it off site to someone who needs it.
- Social media group
 - Creating content that is engaging on multiple social media platforms that educates students about food waste
- Advertising group
 - Make flyers to educate students and communicate results of weigh-ins
- “Try It” tabling group
 - This involves the students tabling the day of the event and providing samples of smaller food footprint dishes like at our vegetarian station. They get students to try the dish in order to encourage eating these smaller food footprint dishes and also to avoid the waste of someone grabbing a full dish, not liking it, and then throwing it all away.
- Promotional street team
 - Out and about on campus engaging and informing students about food waste, particularly at our all-you-can-eat dining location
 - This team provides outreach and gets information to areas of the campus that might not otherwise hear about Weigh the Waste
- Food Footprint Group
 - Research the environmental impact associated with different diets
 - Engage and educate peers on subject
 - Ex. Set up displays to show visual representations of the carbon footprint and/or water needed to support vegan, vs. vegetarian vs. meat eating

The students also have the opportunity to create another group that better aligns with their major if they are not interested in the suggested groups we present. The groups we present have changed throughout the years and we are always trying to come up with new groups. The purpose of these subgroups is inform students of waste saving initiatives through different platforms.

The impact of this project does not only directly impact the Colloquium students but there is a notable impact on the entire FGCU campus community.

Weigh the Waste

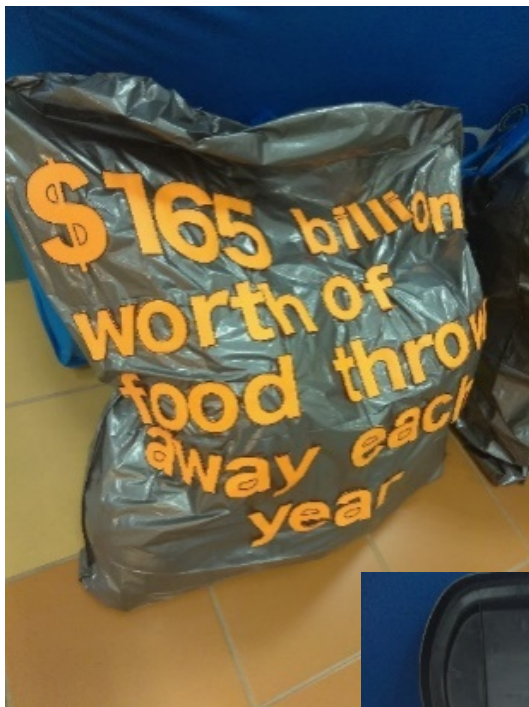
April



January



Weigh the Waste Student Work



Weigh the Waste

Natural Spirit (band)

Plays sustainability focused music – Played during Weigh the Waste event in April to engage and educate guests



Events & Tabling

Eagle Earth Day



Real Food Challenge Table
Fair Trade Table
Bike Powered Smoothie

Events Photos

Food Day 2016

Prize wheel with raffle teaching sustainability info



Info about Campus Food Forest



Healthy & local eating info



Fair Trade Info



Events Photos

Food Day 2016

Students with fresh produce



Painting plant pots and planting with organic soil



Healthy snacks



Events Photos

Move-In Block Party



Events & Tabling

World Vegan Day



Energy Bites

INGREDIENTS

- 2 cups gluten free rolled oats
- 1 cup sunflower butter (or peanut butter)
- 1 cup pitted dates, finely chopped (or 2 tsp virgin coconut oil if no food processor)
- 2 Tbsp flax meal
- 2 Tbsp chia seeds
- 1/3 cup raisins or vegan chocolate chips

INSTRUCTIONS

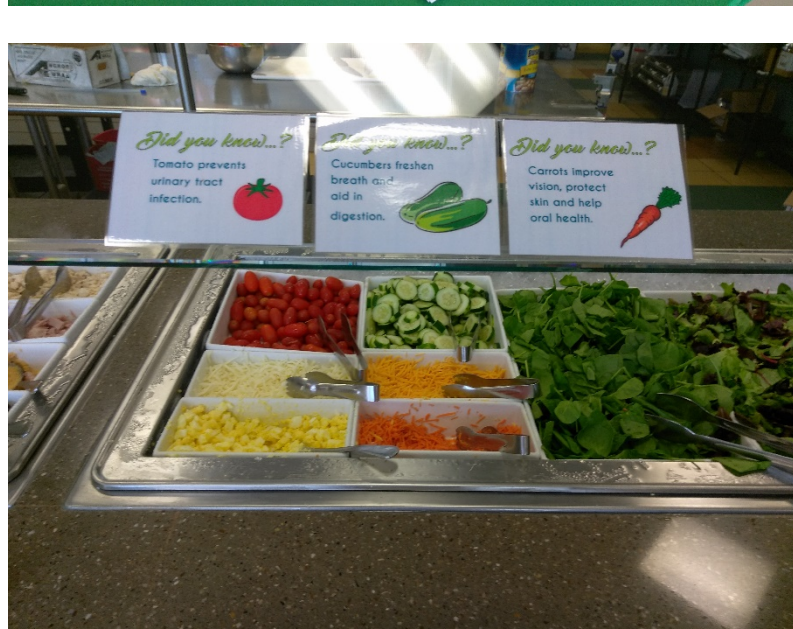
1. In a food processor, combine all ingredients except the raisins or chocolate chips. Once it looks combined, add in the raisins and pulse until they are well mixed. If you don't have a food processor, just stir all ingredients together (no dates but with coconut oil).
2. Roll into balls and place on a parchment lined baking sheet. Place in the fridge to firm up. About 10 minutes.
3. Keep these balls in the fridge or freezer. Either will work.

FGCU



Events & Tabling

World Vegetarian Day



Events & Tabling

Farmers Markets



January



February



Events & Tabling

Farmers Markets



March



April

Farmers Market Collateral Example



**DRAGON
FRUIT**

Dragon fruit has leathery, bright red skin and sweet, kiwi-like flesh. It's part of the cactus family, and is high in fiber, vitamin C and B. The colorful skin isn't edible, but the inside is creamy & delicious.

- Cut the dragon fruit in half. Use a sharp knife to slice right through it. You will find bright white flesh that looks similar to a kiwi inside, with tiny black seeds distributed throughout the fruit.
- Scoop out flesh with a spoon. Run a spoon along the edges of the skin and then scoop underneath to loosen the flesh. If the fruit is ripe, it should separate easily from the skin.
- ENJOY! Dragon fruit tastes especially delicious cold.



**STAR FRUIT
(CARAMBOLA)**

The star fruit is a decent source of several nutrients, especially fiber and vitamin C. It is an excellent source of healthy plant compounds, including quercetin, gallic acid & epicatechin. These compounds all have powerful antioxidant properties & various health benefits.

**CAUTION: CONTAINS OXALATES/
OXALIC ACID**

People with kidney problems or those taking prescription medication should talk to their doctor before consuming star fruit (carambola).

- Wash the fruit thoroughly using cold water. Scrub it with your finger to ensure any loose dirt hiding in the crevices is removed.
- Using a sharp knife, cut the fruit across its broad side so that it is divided into star-shaped slices that are about 1/4-inch to 1/2-inch wide.
- Trim off the ends and dry edges of the ribbed angles and pick out any seeds.
- ENJOY!

Love Food, Not Waste:

Ripe fruits tend to perish early; however, they stay well in cold storages when kept at appropriate temperatures. At home, unripe light green fruits may be kept at room temperature until they turn rich orange-yellow color. Ripe fruits may keep well for 2-3 days at room temperature, but required to be stored inside the refrigerator for extended shelf life.

FARM SWEET FARM
Farmers
MARKET

October

FGCU
CAMPUS DINING



**BUTTERNUT
SQUASH**

Butternut squash is very nutritious. The flesh is full of vitamins A and C, and it has a naturally sweet flavor that really emerges when roasted. The seeds are packed with protein and heart-healthy fats. It's a delicious seasonal squash that can be cooked in a variety of ways—baked or roasted, in a puree, in soups or stews, and as a sweet addition to other hearty winter dishes.

COOKING

- If your hands are not very strong, or you don't have a sharp paring knife or serrated peeler, you can microwave the squash before you begin peeling to make the process

easier. Pierce the squash a few times with a fork, then microwave for 2 minutes. This will soften the skin connection and make the peeling go faster.

- Slice off the stem and bottom ends of the squash, so that both ends are flat.
- Slice the squash in half, just where the thinner end begins to widen around the middle.
- Turn each half so that a flat end rests against the cutting board. Use a sharp serrated peeler or paring knife to peel off the skin in downward strokes.
- You will notice light green lines emerging beneath the skin as you peel. You want to make sure to peel all of those green lines away from the squash - they can be tough and fibrous. The squash isn't completely peeled till all of those green lines have disappeared and the orange flesh remains.

- Once both halves of the squash are peeled, slice the fatter half lengthwise. Scoop out the seeds with a metal spoon. Reserve those seeds... they are absolutely delicious when roasted!
- Dice the squash into 1-inch cubes.
- Preheat oven to 400 degrees F.
- Place the cubes into a large mixing bowl and toss with 1-2 tbsp olive oil (use about 2 tbsp for a 3 lb. squash).
- Spread the squash out evenly across 1 or 2 baking sheets that are lined with foil.
- Sprinkle the squash with salt, pepper, and any other seasonings you like.
- Roast the squash for 30-40 minutes, stirring once halfway through cooking, till the largest pieces of squash are fork tender.
- ENJOY!



**SWEET
POTATO**

Sweet potatoes are nutritious, high in fiber, very filling and have a delicious sweet taste.

It is rich in an antioxidant called beta-carotene, which is very effective at raising blood levels of vitamin A.

COOKING

- Begin by cleaning the sweet potato under running water.
- Pierce the potato with a fork about six to eight times.
- Wrap sweet potato in a damp towel.
- Microwave the potato for approximately six minutes, carefully flipping once halfway through.
- Unwrap the potato and let it cool for several minutes. Then cut in half & top with what you would like!

Outreach & Education

Clean 15 and Dirty Dozen Tabling



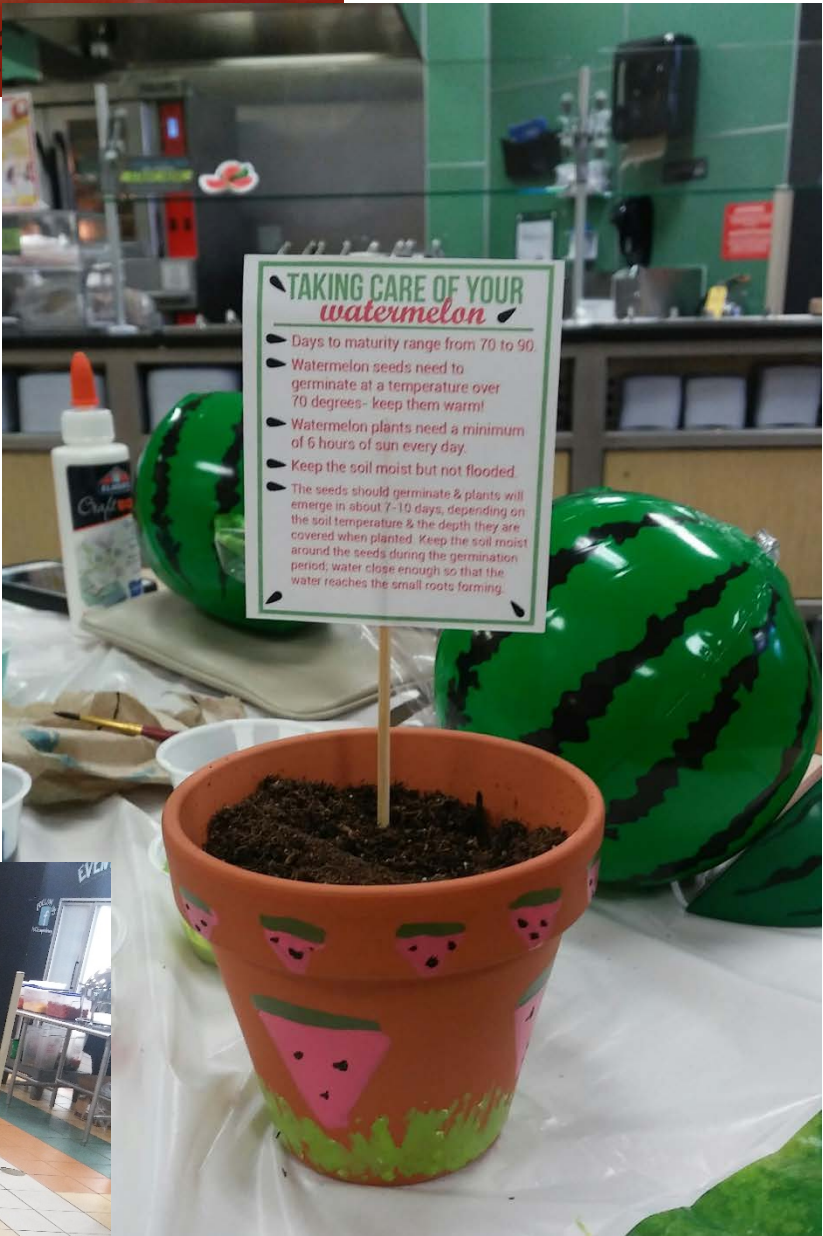
Outreach & Education

Build Your Own Hot Chocolate



Outreach & Education

Watermelon Blast & Whole Lotta Grains Day



Real Food Challenge

- Food Systems Working Group
 - February 22 & April 26



Balanced U Program



Eat Well.

Eating healthy, balanced meals will help you study and keep you looking and feeling your best. Balanced U is your guide to finding foods that are right for you.

You will find the following icons marked on the menu items:



Balanced:

These foods are limited in calories, fat, saturated fat, cholesterol and sodium. Eating these food choices more often will help you feel energetic and healthy.



Sustainable:

Foods purchased or produced in a sustainable manner. This includes cage-free shell eggs, sustainable seafood, organic foods or locally produced foods.



Vegetarian:

Foods that do not contain animal products except dairy or eggs. We celebrate the environmental and wellness benefits of a vegetarian diet by offering multiple options in each venue.



Vegan:

Foods that do not contain any animal-derived products at all including honey, dairy or eggs. Vegan options are offered in a variety of dining locations on campus.



AVOIDING GLUTEN?

Avoiding Gluten Containing Ingredients:

Foods that do not include gluten containing ingredients. We avoid cross contact but cannot guarantee they are gluten-free. Made Without Gluten Containing Ingredients options can be found in: SoVi Dining Hall.

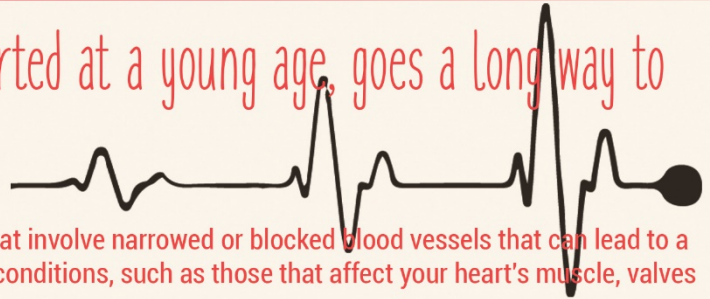
Eat Your Greens

EAT YOUR GREENS

your daily dose of sustainability & health information

Heart Health Starts Early!

A healthy lifestyle, especially when started at a young age, goes a long way to preventing cardiovascular disease.



Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.

heart healthy foods found on campus:

Oatmeal is high in soluble fiber, which can lower cholesterol. It acts as a sponge in the digestive tract and soaks up the cholesterol so it is eliminated from the body and not absorbed into the bloodstream.

Berries *Jamba Juice smoothies*

Not just blueberries, but strawberries and other berries as well. According to one recent study, women aged 25 through 42 who ate more than three servings of blueberries and strawberries a week had a 32% lower risk of heart attack compared with those who ate less.



Jamba Juice.

Reusable cups for sale!

Get your first smoothie free
& 10% off each refill after that!

Beans *SoVi Dining, BYOB (black and pinto beans)*

Because they come from plants, legumes such as beans, lentils, and peas are an excellent source of protein without a lot of unhealthy fat. One study found that people who ate legumes at least four times a week had a 22% lower risk of heart disease compared with those who consumed them less than once a week.

Oatmeal *SoVi Dining, Starbucks, Dunkin Donuts, Jamba Juice*

Nuts *Marketplace @ The Link | Marketplace @ Howard Hall Starbucks Grab & Go*

This includes almonds, walnuts, pistachios, peanuts and macadamia nuts, all of which contain good-for-your-heart fiber. They also contain vitamin E, which helps lower bad cholesterol. Look for varieties that don't have a lot of added salt.

Questions?

Get in contact with FGCU
Campus Dining's
Dietitian Stephen Gula.
Meet with him to talk
about any dietary questions
you may have! Book a
30 minute appointment here:



<http://www.slottr.com/sheets/5482643>

Interested in Food & Sustainability?

Join our Food Systems Working Group!
Learn about the Real Food Challenge
& make suggestions.
Email fgcurealfoodchallenge@gmail.com
for more information.

What's in season in FL?

Bell Peppers | Broccoli | Cabbage
Carambola (Star Fruit) | Cauliflower
Celery | Eggplant | Grapefruit
Guava | Lettuce Mushrooms
Oranges | Papaya | Passion Fruit
Potatoes | Peanuts | Radishes
Snap Beans | Squash | Strawberries
Sweet Corn | Tangerines | Tomatoes

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February

February Events

@ SoVi Dining

2-6 | Nutella Day & Wear Red
For Women's Heart Health Day!
Dinner 5P-9P

2-13 | Farmers Market
Dinner 5P-9P

2-15 | Iron Chef
Dinner 5P-9P

2-15 | Mardi Gras
Dinner 5P-9P

"Start each
day with a grateful
and healthy heart"



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Eat Your Greens

EAT YOUR GREENS

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Be a Flexitarian this New Year!

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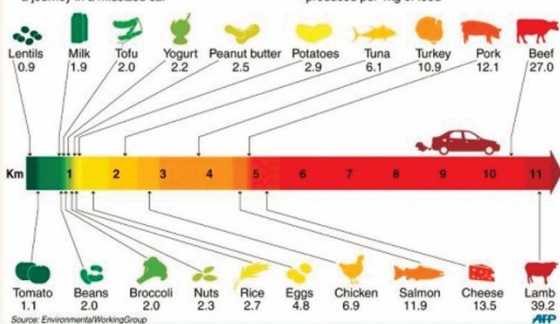
Someone who actively integrates meatless meals into his or her diet.

ENVIRONMENTAL *benefits*

Carbon footprint of what you eat

Calculations of greenhouse gas emissions from the production, processing and transportation of specific food items

■ Main chart compares 110g of food against a journey in a mid-sized car ■ Number shows kg of carbon dioxide equivalent produced per 1kg of food



22% less greenhouse gas emissions

Plant-based diets use fewer natural resources. One study from the American Journal of Clinical Nutrition reported that even semi-vegetarian diets are responsible for 22% less greenhouse gas emissions.

January Events @ SoVi Dining

1-13 | National Gluten-Free Day

lunch & dinner

1-19 | National Cheese Lover's Day

lunch & dinner

1-23 | Southern Comfort

lunch & dinner

1-24 | National Peanut Butter Day

lunch & dinner

1-27 | National Hot Chocolate Day

lunch & dinner

1-30 | Farmer's Market

11a-9p

HEALTH *benefits*

The research is clear- a diet heavy in meat increases the risk of obesity, cancer and heart disease.

#2 cause of death in U.S.

#1 cause of death in U.S.

BRAIN *boost*

Veggie-rich diets are associated with a lower risk of depression, finds a Spanish study published in BMC Medicine, and leafy greens may keep your brain sharp as you get older, reports the Federation of American Societies for Experimental Biology.

You'll *glow*

The pigments in fruits and vegetables give your skin a better sun-kissed glow than the actual sun or sunless tanner, find British researchers. The study also reports that the glow makes you more attractive to others.

Tip!

Start slow! Replace just one or two meals a week to meatless and work your way up. Our Sustainability Manager, Ashley, started her plant-based journey by having "eating less meat" as her New Year's Resolution 3 years ago and is now following a plant-based diet and loving it!

Questions?

Get in contact with FGCU Campus Dining's Dietitian Stephen Gula. Meet with him to talk about any dietary questions you may have!

Book a 30 minute appointment here:

slottr.com/sheets/4499493

Interested in Food & Sustainability?

Join our Food Systems Working Group!
Learn about the Real Food Challenge
& make suggestions.

Email fgcurealfoodchallenge@gmail.com
for more information.

What's in season in FL?

January

Avocado | Bell Peppers
Broccoli | Cabbage
Carambola (Star Fruit)
Cauliflower | Celery
Eggplant | Grapefruit
Guava | Lettuce
Mushrooms | Oranges
Passion Fruit | Peanuts
Radishes | Snap Beans
Squash | Strawberries
Sweet Corn | Tangerines
Tomatoes

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"What you do today can improve all your tomorrows."

- Ralph Marston

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FGCU
CAMPUS DINING

EAT YOUR GREENS

your daily dose of sustainability & health information

Get Grainy This September!

Healthiest Grains to Choose- According to The World's Healthiest Foods, the following are the healthiest grains, meaning they are nutrient dense, familiar, readily available and taste good.

Whole Rye

This cereal grain has more nutrients per 100-calorie serving than any other whole grain. It has **4x** more fiber than whole wheat and **50%** of the daily recommended amount of iron. It also promotes weight loss, helps prevent gallstones and prevents breast cancer.

OK, this is actually a seed, not a grain, but it's widely considered a grain, so we'll include here. It is super nutritious, especially for vegans because it is a complete protein. It is also **↑** in vitamin E and calcium and **↓** in fat. Quinoa is gluten free.

Quinoa

Oats

Oats help enhance immune response to **infection** and stabilize **blood sugar**. Oats are gluten free.

Barley is a **great** source of fiber and selenium and a good source of phosphorous, copper and manganese. It also helps prevent gallstones.

Barley

Millet

This grain is a good source of manganese, phosphorus and magnesium. It helps with the development and repair of body tissue, helps prevent gallstones and protects against breast cancer.

Also not a grain; it's technically a fruit seed, but it is used like one in cooking, and it's a good substitute for grains because it is gluten free. Buckwheat helps control blood sugar and helps prevent gallstones.

Buckwheat



Come celebrate National Guacamole Day with us during our Farmers Market @ SoVi. It will be right in the C-Store so there is no payment needed for entrance to the market. We will have everything you need to make the perfect guacamole (recipe cards included!).

Real food, real good!

Flex Dollars may be used for purchase.

This grain does not seem to cause sensitivities in many people who are **intolerant** of wheat. It is an **excellent** source of manganese and a good source of protein, copper and zinc.

Spelt

This popular grain is rich in **B** vitamins and vitamin **E**. It's also low in fat.

Whole Wheat

September Events

@ SoVi Dining

9-7 | National Pancake Day

9-13 | Whole Lotta Grains Day

9-22 | Floribbean Celebration
@ SoVi Pool (BRING YOUR SWIMSUIT!)

9-27 | Farmers Market @ SoVi

9-28 | Cholesterol Education Day

9-29 | National Fruit & Veggies
Matter More Day

Did you know? We have a Dietitian!

His Name is Stephen Gula and he is so excited to help our campus community make healthy decisions at our dining locations. He can help you with anything from losing weight to gaining muscle.



He visits the campus once a month to assist you with your health goals.

Book an appointment through the link below!

<http://www.slottr.com/sheets/1814583>

Find Stephen tabling 11a-12p at SoVi Dining during our Cholesterol Education Day!

What's in season in FL?

September

Avocado
Carambola (Star Fruit)
Guava | Grapefruit
Mushroom | Oranges
Peanut | Tangerines

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"Create healthy habits, not restrictions."

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Dietitian

