Menus of Change
The MCURC is a working group of leading scholars, foodservice business leaders, and executive chefs from invited colleges and universities.

Accelerating the efforts to move Americans toward healthier, more sustainable diets via the Menus of Change principles.

The MCURC's vision is to collaborate on research and education in support of culinary-centric, evidence-based food systems innovation within and beyond universities.
Through the introduction of these principles in phases over the course of this academic year, we have presented our guests with new menu items and menu messaging, including:

- Utilizing Imperfectly Delicious Produce (IDP)
- “Root to Tip” cooking in our kitchens
- Adding menu variety with whole grains
- Reducing sugary beverages consumption
- Introducing alternatives to the standard beef burger, including mushroom-blended and turkey burgers
- Reminders of proper portion size
EDUCATING GUESTS ABOUT MENUS OF CHANGE

Our campus chefs host Menus of Change action stations in their dining locations.

Educating our students about how we implement and utilize the Menus of Change principles in our daily operations.

Chef’s Tables feature a unique menu item inspired by a specific Menus of Change principle, including:

- “Go ‘good fat,’ not ‘low fat’” Lemon Fennel Grilled Salmon
- “Drink healthy: water, coffee & tea” Infused Iced Tea Bar
- “Reduce added sugar” Desserts with Sugar Replacements
Eat Local
We are committed to buying locally grown produce when available and in-season.

Food that is grown locally is fresher, reduces the carbon footprint, and supports local farmers and farms who use more sustainable growing practices.

- **At Northeastern** - 16.1% of all produce served last year was locally grown.
2020-2021 is the 14\textsuperscript{th} year of our commitment to purchase items from regional and local small and mid-sized farms. “Eat Local” menus highlighting available local produce are displayed daily in our campus dining locations.

**Sid Wainer & Son**

New Bedford, MA-based specialty produce supplier

Committed to sustainable agriculture, preserving open farm land, utilizing inner city space and bringing the highest quality, fresh produce, handpicked from New England farms.

Local farms include ►

- **Jansal Valley Farm**
  Dartmouth, MA

- **Oakdale Farm**
  Rehoboth, MA

- **Sampson Farms**
  Westport, MA

- **Szawlowski Farms**
  Hatfield, MA

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**Eat Local**

**Responsible Sourcing**

**Dining Green**

**Recycling & Reusing**

**Be Green**
We are proud to serve items from local vendors at dining locations across campus, including Pain D'Avignon pastries.

**New England Made**

Zero waste applesauce and peach purée made with locally grown produce is served in our residential and retail dining locations.
Responsible Sourcing
KENDALL FOUNDATION FOOD VISION PRIZES

Partnered with UMass Dartmouth, Massachusetts Maritime Academy, and Eastern Connecticut State University

Awards granted for:
Supporting New England kelp farming as a way to expand new, locally produced food sources
Supporting local fishing and underutilized fish species
Imperfectly Delicious Produce (IDP) is a program that utilizes “non-retail” Grade A fruits and vegetables that have slight cosmetic imperfections. This produce is typically left un-harvested in the field or discarded from retail sale but is perfectly suitable for cooking.

Cosmetically perfect produce is not essential for food service operations as our chefs slice and dice the produce so flavor and quality are most important, including:

- Spinach
- Broccoli
- Potatoes
- Carrots
- Baby Chard
- Cauliflower
"ROOT TO TIP" COOKING

Our cooks and chefs use as much of the vegetable as possible – including the peel and the tops. We leave the peel on many of the vegetables for added flavor and nutrition.

The use of the entire vegetable allows us to create some unconventional menu items. For example, carrot tops or kale stems are braised with other vegetables or made into a "pesto" and incorporated back into the preparation.

VEGETABLE BUTCHERIE

Unique menu concept featuring rotisserie vegetables freshly sliced to order for our guests.
Sustainability Scorecard

TRACKING OUR 2020 SUSTAINABLE PURCHASES

- **rBGH-FREE MILK**: Fluid milk free of artificial growth hormones
- **REDUCED ANTIBIOTIC TURKEY**: Turkey produced without the routine use of human antibiotics
- **REDUCED ANTIBIOTIC CHICKEN**: Chicken produced without the routine use of human antibiotics
- **CAGE-FREE EGGS**: Certified Humane cage-free (shell) eggs
- **rBGH-FREE YOGURT**: Free of artificial growth hormones
- **ECO/FAIR TRADE COFFEE**: Eco/Fair Trade Certified Coffee served in our residential dining locations
We are committed to exclusively purchasing Humane Farm Animal Care (HFAC) certified cage-free shell eggs.

The HFAC certification indicates that hens are “humanely raised and handled”

We served **198,900 cage-free eggs** from July 1, 2019 to June 30, 2020.
The routine use of antibiotics in animal production, among other effects, decreases the efficacy of antibiotics used to treat diseases in humans.

Our contracted suppliers are required to provide products which adhere to specific criteria developed in partnership with the Environmental Defense Fund.

- **At Northeastern**

  We served **232,422 pounds of reduced antibiotic poultry** from July 1, 2019 to June 30, 2020.
Sustainable Seafood

COMPASS GROUP SUSTAINABLE SEAFOOD COMMITMENT

Guidelines from Monterey Bay Aquarium's nationally recognized Seafood Watch program

Eliminated twelve species on Seafood Watch’s “Avoid” list from order guides

LOCAL SEAFOOD PARTNERSHIPS

Northeast Oceans program from local supplier Dole & Bailey and Red’s Best

Partnerships allow us to purchase underutilized species of sustainable local fish instead of popular, over-fished species such as haddock and halibut

- At Northeastern -

We served 15,669 pounds of sustainable and/or local seafood from July 1, 2019 to June 30, 2020
Cows naturally produce bovine somatotropin (BST), a hormone associated with milk production. Cows injected with artificial rBST produce, on average, 15-20% more milk than untreated cows.

_Hood’s Farmers’ Pledge_

We serve only rBST-free milk on-campus from local dairy company HP Hood. Hood’s “Farmers’ Pledge” ensures that Hood is getting milk provided by farmers who do not use artificial growth hormones.

- **At Northeastern** - We served **20,098 gallons of rBST-free milk** from July 1, 2019 to June 30, 2020.
Northeastern Dining has served hamburgers made from naturally and humanely raised cattle since October 2012.

**Creekstone Farms Standards**

Premium beef program based on Black Angus cattle – known as the gold standard for premium beef. Creekstone Farms’ commitment to quality:

- Raised and grazed in the United States
- USDA certification
- Verifiable Black Angus genetics
- Humane animal treatment
- High quality, corn-based feed
Coalition of Immokalee Workers

The Immokalee region of Florida provides 95% of all U.S.-grown tomatoes eaten by Americans from October to June. Compass Group has partnered with the CIW as part of a company-wide “Fair Food” initiative. We pay an additional 1.5 cents per pound for all the tomatoes we purchase annually from Immokalee. One cent per pound is passed from the suppliers directly to the Immokalee harvesters.
Dining Green
INITIATIVE SPONSORED BY SGA & RSA

Residential dining locations—International Village, Levine Marketplace, and Food Hall at Stetson West—are trayless

Trayless Facts

Signage at the dish returns highlights sustainability facts related to trayless dining
Removing Plastic Straws

Doing our part to reduce campus plastic waste that goes to landfills

RESIDENTIAL DINING

We removed straws from our residential dining locations during the Spring 2018 semester

RETAIL DINING

We are working with our retail partners to transition from plastic-based straws to compostable versions in retail dining locations across campus
<table>
<thead>
<tr>
<th>Level 1 Certified</th>
<th>2 Star Certified</th>
<th>3 Star Certified</th>
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<tbody>
<tr>
<td>Popeyes Louisiana Kitchen Subway</td>
<td>Café716</td>
<td>International Village</td>
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<tr>
<td></td>
<td>Kigo Kitchen</td>
<td>Food Hall at Stetson West, Levine Marketplace, and Outtak</td>
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<tr>
<td></td>
<td>Faculty Club</td>
<td>Argo Tea</td>
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<td></td>
<td>Matthews Arena Concessions Starbucks</td>
<td>Café Crossing</td>
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<td>Sweet Tomatoes Pizza the Market</td>
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<td>U Burger</td>
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<td></td>
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<td>The West End</td>
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International Village

FIRST UNIVERSITY IN THE COUNTRY

Northeastern is the first college/university in the United States to have a dining facility earn both a 3 Star Certified Green Restaurant® distinction and LEED Gold status. International Village Dining is also the first restaurant in New England to earn the same GRA/LEED distinctions.
**COMPREHENSIVE SUSTAINABILITY DURING RENOVATIONS**

Complete renovation of dining area named “Best Renovation” in Food Management Magazine’s 2013 Best Concept Awards

Sustainability efforts during and after renovations ►

- Effort to introduce local restaurant brands using local products
- Compost bin located in seating area
- Energy-efficient LED lighting with daylight and occupancy sensors
- High efficiency, low-flow fixtures used in bathrooms
- Low-flow spray valves installed on turbo wash sinks and chemical dispensing system
- Energy Star rated equipment used when available
Northeastern University is one of 24 New England organizations that received a Regional Food Recovery Achievement Certificate for efforts in reducing food waste.
Recycling & Reusing
Campus Recycling

RECYCLING IN OUR KITCHENS

Since September 2010, all #10 food cans (~100 oz.) used in our kitchens are washed, crushed, and picked up for recycling.

Each dining location has its own corrugated cardboard compactor and approach 100% for cardboard recycling.

RECYCLABLE BOTTLES & CANS

Recycle bins are located at all retail dining locations and collected by the University for campus-wide recycling.

- At Northeastern

663.4 tons of single-stream mixed recyclables were recycled across campus.
2020-2021 is the 13th year of our partnership with local organic waste recycling company Herb’s Organic Food Disposal.

Kitchen and plate food waste is collected at all campus dining facilities in specially labeled compost bins.

Herb’s Disposal transports the organic food waste to an approved Massachusetts Department of Environmental Protection active composting site.

- At Northeastern -

759.8 tons of food waste was collected across campus for organic composting.
RECYCLING OUR USED FRYOLATOR OIL

Local company Lifecycle Renewables converts used vegetable oil from our retail and residential dining locations into a biomass fuel. This year's contributions were used as a renewable heating oil replacement in schools and hospitals in southern New England. The biomass fuel represents an 80%+ reduction in greenhouse gas emissions relative to traditional heating oil.

<table>
<thead>
<tr>
<th>Location</th>
<th>Volume Donated (gallons WVO)</th>
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<tbody>
<tr>
<td>Curry</td>
<td>5,735 gallons</td>
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<tr>
<td>Churchill</td>
<td>1,011 gallons</td>
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<tr>
<td>Speare</td>
<td>1,685 gallons</td>
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<tr>
<td>Stetson</td>
<td>5,805 gallons</td>
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<tr>
<td>International Village</td>
<td>6,935 gallons</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>21,171 gallons</strong></td>
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Kitchen Grease

BROWN KITCHEN TRAP GREASE

Recycling brown grease is important because there is no demand for the grease and it would otherwise be dumped in a land fill.

Our trap grease is recycled at a local treatment plant and converted into either: solids used for composting or digesters; or #6 biofuel for large manufacturing plants that qualifies them for Green Credits.

- At Northeastern -

19.3 tons of fryolator grease and 175 tons of brown kitchen trap grease were recycled by Northeastern.
Be Green
POLARIS GEM eL-XD ELECTRIC UTILITY VEHICLE

Zero-emission design is functional indoors and out

72-volt battery system with onboard charger system is capable of driving up to 40 miles on a single charge

REDUCTION OF GASOLINE USAGE

Allows for quicker and more environmentally efficient transport of catering deliveries on- and off-campus
Be Green Promotional Items

ENVIRONMENTALLY-CONSCIOUS GIVEAWAYS

Our branded giveaways include several eco-friendly products, including:

- Organic wool t-shirts
- Sustainable bamboo cutlery packs and cutting boards
- Umbrellas made from recyclable materials
- Reusable water bottles and coffee mugs
Redirecting Waste

CHANGING DISPOSAL BEHAVIOR

Branded signage across campus is designed to change disposal behaviors of our guests ►

By directing guests to dispose certain items in certain containers, we are not only redirecting our compostable and recyclable waste from general trash facilities but also educating our guests on the importance of separating waste
Paper Products

PAPER TOWEL DISPENSERS

Automated touch-less paper towel dispensers are used in the front and back of house at all dining locations.

NAPKINS

100% recycled and compostable napkins are used at all residential and retail dining locations across campus.

Specially designed dispensers discourage guests from taking excessive napkins.
DISHWASHERS

Dishwashers are Energy Star rated and use curtains that reduce water and energy use up to 3%

CLEANING CHEMICALS

Dishwasher detergents are 99.7% phosphate and phosphorus free
Rinse additives comply with FDA Food Code criteria
Manual detergents and presoaks are 100% phosphate and phosphorus free
We have an ongoing commitment to “greening” the Northeastern campus and we are proud to be a part of the University’s comprehensive Green Plan.

Northeastern Dining

Follow us online

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