

Green Plan

Initiatives for a greener campus

2021-2022

Northeastern
Dining

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Menus of Change



Introducing Menu Principles

MENU MESSAGING & OPERATIONAL CHANGES

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 ►

MENUS^{of} CHANGE[®]
The Business of Healthy, Sustainable, Delicious Food Choices

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**



Chef's Table

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

MENUS OF CHANGE

EAT LOCAL

RESPONSIBLE
SOURCING

DINING GREEN

RECYCLING
& REUSING

BE GREEN

Research Collaborative

MENUS OF CHANGE UNIVERSITY RESEARCH COLLABORATIVE

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

MENUS^{of} CHANGE
The Business of Healthy, Sustainable, Delicious Food Choices



MCURC
THE MENUS OF CHANGE
UNIVERSITY RESEARCH COLLABORATIVE

MENUS OF CHANGE

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Eat Local



Local Produce

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 •

8.1% of all produce served in 2020—2021 was locally grown

Supporting Local Farms

2021-2022 is the 15th 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 farmland, 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

Supporting our Local Community

We are proud to serve items from local vendors at dining locations across campus, including La Marca & Sons Baking Co. in Malden, MA

New England Made

Zero waste applesauce made with locally grown produce is served in our residential and retail dining locations



Q's Nuts
Somerville, MA

La Marca & Sons Baking Co.
Malden, MA



Fatboy Foods
New England market
Works with local orchards, markets, and farms in the New England area

Responsible Sourcing



Kendall Foundation Grants

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



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Responsible Cooking Techniques

IMPERFECTLY DELICIOUS PRODUCE

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

We utilize Imperfectly Delicious Produce, including ►

Spinach

Broccoli

Potatoes

Carrots

Baby Chard

Cauliflower



Responsible Cooking Techniques

“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 BUTCHERY

Unique menu concept featuring rotisserie-roasted vegetables freshly sliced to order for our guests

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Sustainability Scorecard

TRACKING OUR 2020—2021 SUSTAINABLE PURCHASES





Cage-Free Eggs

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”

• **At Northeastern** •

We served **48,600 cage-free eggs** from July 1, 2020 to June 30, 2021

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Reduced Antibiotic Poultry

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 **197,729 pounds of reduced antibiotic poultry** from July 1, 2020 to June 30, 2021

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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 **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 **15,452 pounds of sustainable and/or local seafood** from July 1, 2020 to June 30, 2021

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rBST-Free Milk

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** [This photo by Unknown Author is licensed under CC BY](#) We served **12,217 gallons of rBST-free milk** from July 1, 2020 to June 30, 2021

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All-Natural Hamburgers

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



MENUS OF CHANGE

EAT LOCAL

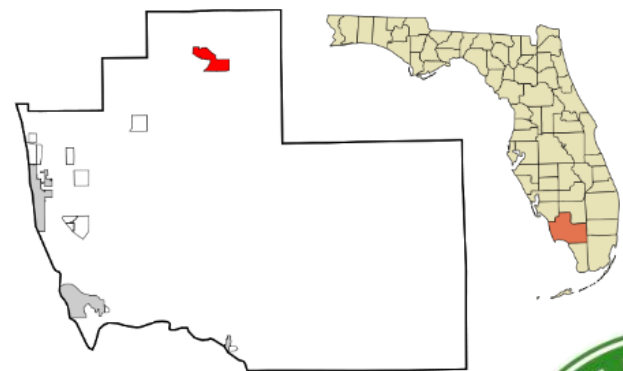
RESPONSIBLE SOURCING

DINING GREEN

RECYCLING & REUSING

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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.

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Dining Green



Trayless Dining

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

Certified Green Restaurants®

Level 1 Certified	2 Star Certified	3 Star Certified
<p>Popeyes Louisiana Kitchen</p> <p>Subway</p>	<p>Café716</p> <p>Kigo Kitchen</p> <p>Faculty Club</p> <p>Matthews Arena Concessions</p> <p>Starbucks</p>	<p>International Village</p> <p>Food Hall at Stetson West, Levine Marketplace, and Outtakes</p> <p>Argo Tea</p> <p>Café Crossing</p> <p>Sweet Tomatoes Pizza</p> <p>the Market</p> <p>Tú Taco</p>



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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



GREEN RESTAURANT® POINTS	
 International Village Dining at Northeastern University 3 Star Certified Green Restaurant®	
Environmental Category	Points
Energy	43.66
Food	29.32
Water	12.5
Waste	57.75
Disposables	19.07
Chemical & Pollution	24.9
Furnishing & Building	13.25
POINT TOTAL	200.45



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Curry Student Center

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

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EPA Recognition

FOOD RECOVERY CHALLENGE REGIONAL ACHIEVEMENT

Northeastern University is one of 24 New England organizations that received a Regional Food Recovery Achievement Certificate for efforts in reducing food waste



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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

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Organic Composting

COMPOST HERE

2021-2022 is the 14th year of our partnership with a local organic waste recycling company

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

The organic food waste is then transported 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

Lifecycle Renewables

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

Lifecycle Renewables SEPTEMBER 2010 — PRESENT

Location	Volume Donated (gallons WVO)
Curry	10,452 gallons
Churchill	8,097 gallons
Speare	4,975 gallons
Stetson	12,842 gallons
International Village	11,198 gallons
Total	47,564 gallons



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 were recycled across campus from July 1, 2020 to June 30, 2021

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Electric Delivery Van

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

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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





Cleaning Green

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

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