

Lenoir Dining: The *First* Green-Certified Restaurant in Mississippi

Overview:

With the University of Mississippi (UM) being “Red, Blue, & Green,” it is only natural that the Department of Nutrition and Hospitality Management (NHM) move forward on gaining certification through the Green Restaurant Association (GRA) for Lenoir Dining, the student-operated restaurant in Lenoir Hall. Currently, there are no restaurants in the state of Mississippi that are green-certified. Other universities, including to Boston University, Harvard University, Northeastern University, University of Connecticut, Colorado University-Boulder, and University of New Hampshire, have green-certified restaurants through the GRA. By gaining and maintaining certification, Lenoir Dining will demonstrate *best-practices* for students entering the hospitality and nutrition industries. In addition to being an ideal teaching/learning tool for students, faculty, staff, industry, and visitors to the university will see *best practices in action* at the “Red, Blue, & Green” Lenoir Dining.

Purpose and Goals:

In an effort to teach best practices in the fields of hospitality management and nutrition, while conserving energy, water, and other resources, the purpose of the grant is to gain and maintain “two star” certification through the GRA for Lenoir Dining, <http://dinegreen.com/restaurants/standards.asp>. Lenoir Dining will be the *first* green certified restaurant in the state of Mississippi and only one of a small percentage of total restaurants certified in the country. The goal would be to begin the certification process upon receiving the grant, with the outcome of being certified within one year of grant receipt. The restaurant will need to make paradigm shifts in terms of procurement, waste management, energy conservation, sustainability, and other initiatives to meet and to adhere to the guidelines set forth by the GRA. In doing so, the restaurant will expand its ability to teach students in NHM best practices on foodservice operations with environmental considerations, keeping inline with UM’s focus on establishing a “Red, Blue, & Green” campus.

Details and Timeline:

The GRA certification process entails goals in five distinct areas of the operation; Water Efficiency, Waste Reduction and Recycling, Sustainable Furnishings and Building Materials (not applicable to existing operations), Sustainable Food, Energy, Disposables, and Chemical and Pollution Reduction. For an initial two star certification, a minimum of ten points must be earned in each area, with an additional 40 points from any of the areas on top of the ten point minimum. Based on a review of the facility, there are a number of capital improvements that must be completed for the facility to earn the certification. Fortunately, our existing operation will earn points for procedures that are all ready in place. However, there are a number of areas where improvement is needed.

Prior to the initial audit to be completed, upon acceptance of the grant, improvements will need to be completed as follows:

Water Efficiency:

Flow Rate adaptors on all sinks in the kitchen (5) and bathrooms (10)
Foot pedal controlled hand wash sinks (2)
High Efficiency Toilets (5)
Touchless Sensor Faucets in bathrooms (10)

Waste Reduction and Recycling:

The restaurant will need to adopt the recycling programs currently on campus for:

Plastic, glass, and aluminum
Cardboard and paper
Composting

In addition to adopting the recycling program, the vendor billing will need to become paperless if at all possible.

Sustainable Furnishings and Building Materials (not applicable to existing operations):

Because we are an existing facility, this category does not apply to our certification.

Sustainable Food:

To earn the minimum point requirement in this category, procurement will need to be revised to include local products whenever possible. There will not need to be any capital investments to revamp our procurement systems.

Energy:

Window to be covered in solar blocking film (1)
Energy Star ceiling fans for dining room (2)

Disposables:

We will need to change our procurement specifications to only use biodegradable take out containers, cups and tableware. There will be no capital investment requirements for this upgrade.

Chemical and Pollution Reduction:

Many of the universities transportation services cover this requirement including the shuttle service and our bike friendly campus
LEED standard fluorescent bulbs will need to be used in the facility using the existing lighting fixtures (40)
Vegetable based inks and toners for paper printing. There will be no capital investment for this change.

Prior to year three, to increase certification standards, improvements will need to be completed as follows:

- Upgrade all water heating systems for the restaurant to be tankless.
- Upgrade all cleaning supplies and hand soaps to meet GRA standards (no capital investment)

Prior to year six, to increase certification standards, improvements will need to be completed as follows:

- TBD
- Through student audits each semester, improvements will be identified and addressed to maximize GRA standards at a minimum cost investment.

Budget:

The department has agreed to fund GRA membership costs after the initial five-year membership, as well as 10% of all costs associated with capital improvements and initial GRA annual dues.

Year	Item	Labor Estimate	Capital Investment	Total
1	Five-year Membership to the GRA	0	2500	2500
	Flow Rate Adaptors	200	200	400
	Foot Pedal Controls for Hand Wash Sink	200	900	1100
	Touchless sensors for Bathroom Faucets	500	2500	3000
	Window Solar Blocking Film	50	75	125
	Energy Star Ceiling Fans	50	200	250
	LEED Standard Bulbs	20	80	100
2	Tankless water heating systems	400	1800	2200
3	None			0
4	None			0
5	TBD- \$1000 Capital Investment fund to be returned if not required	0	1000	1000
			Total	10675

Student Engagement:

Because the lab is student-operated by students in both Nutrition and Dietetics and Hospitality Management undergraduate programs, along with graduate students as either learners (Dietitian Education students completing a “Fine Dining and Staff Relief” Rotation) or teaching assistants, all undergraduate students earning a degree and all graduate students in the Dietitian Education Program will learn firsthand what is required to achieve, maintain, and improve green and sustainable restaurant practices on a daily basis. Students will need to design menus and recipes that adhere to the “sustainable food” requirements of the certification. Additionally, operational improvements from an ecological and financial perspective will be incorporated into the classroom lectures and laboratory experiences. Students will assist in the evaluation and planning process to increase “GreenPoints” each semester.

Product Evaluation:

The proposal will be evaluated on an annual basis with the goal of obtaining the GRA requirement of 160 GreenPoints after six years.

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| Year 1: | Achieve “Two Star” Certification through the GRA by maintaining a minimum of 100 GreenPoints through their certification standards |
| Year 2 | Adopt initiatives to be at a minimum of 115 GreenPoints working toward the three-year requirement of 130 GreenPoints |
| Year 3 | Continue with operational improvements to meet the 130 GreenPoint requirements to maintain certification |
| Year 4 | Adopt initiatives to be at a minimum of 140 GreenPoints working toward the six-year requirement of 160 GreenPoints |
| Year 5 | Adopt initiatives to be at a minimum of 150 GreenPoints working toward the six-year requirement of 160 GreenPoints |
| Year 6 | Reach the 160-point requirement to maintain GRA certification. |

Proposal Contacts:

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Conflict of Interest:

To my knowledge, there is not a conflict of interest by any of the participants of the proposal.

2016 Course Dates

Master Educator

May 18—22	Frontcountry
July 20-24	Backpacking
August 10-14	Canoeing
September 1 – 5	Backpacking

Trainer

June 4—5	Backpacking
August 6—7	Backpacking

Adirondack Mountain Club

PO Box 867 Lake Placid, NY 12946

Contact: Ryan Doyle, Outdoor Leadership
Coordinator

(518) 523-3480 ext. 19

workshops@adk.org



www.adk.org



What is Leave No Trace?

The member-driven Leave No Trace Center for Outdoor Ethics teaches people of all ages how to enjoy the outdoors responsibly, and is the most widely accepted outdoor ethics program used on public lands. Through relevant and targeted education, research and outreach, the Center ensures the long-term health of our natural world. In its simplest form, Leave No Trace is about making good decisions to protect the world around you - the world we all **enjoy. Do your part to pass our nation's** heritage of outdoor recreation to future generations by joining us.

Why take a course?

Take a Leave No Trace course to:

- Heighten your skills and ethics
- Improve as an outdoor and/or environmental education instructor
- Enhance your career opportunities; this training is recognized and valued throughout the industry
- Become a steward of the land
- Illustrate a commitment to protecting your wild lands

What is a Master Educator course?

The Master Educator is a five-day course is designed for individuals who are actively teaching others backcountry skills or providing recreation information to the public. Through classroom discussions, lectures, and a four-day canoe or backpacking trip, this course will incorporate the seven Leave No Trace principles with the tools and techniques for disseminating low-impact skills to other users of the backcountry. This course is ideal for federal agency partners, educators, outdoor retailers, youth group and outing club leaders, and other individuals actively teaching outdoor skills. Upon completion of the course, you will be qualified to teach Leave No Trace Trainer courses.

What is a Trainer course?

The Trainer course is a vital component of the nationwide Leave No Trace program. Participants receive introductory training in Leave No Trace skills and ethics in a condensed two-day format. The Trainer Course assists the student participants in learning more about the seven principles and techniques for disseminating these low impact skills.

What students are saying

“The significant increase in my feeling connected to the outdoors is owed directly to the instructors. They effectively communicated the ideas and skills related to Leave No Trace, but more importantly they helped me get emotionally attached to **these ideas. The instructors’ passion for the outdoors is infectious.** The program has enhanced my outdoors experiences by making me aware of ways I can decrease my impact and increase my connection to the wild lands I visit. It has also given me the enthusiasm and knowledge to help expose **others to Leave No Trace ethics.**”

Paul Gallery, Master Educator participant

“The course provided me with the science, knowledge of the principles, and with the mindset to discuss wildland ethics with others. I understand, now more than ever, why I do the things that I do and why I should do even more to reduce my impacts. I acquired many new activities and learned new critique styles. These will be very helpful in teaching Leave No Trace, but also **other courses and programs.**”

Charles Williams, adjunct professor at AdventureSports Institute

““The instructors were both excellent...easy to approach and passionate about the subject. Everything was amazing...the people were great and the material was fun.” Leann Huey, Outdoor Program Manager Girl Scouts of Western NY

Educational Scholarships Available

If Master Educator Course tuition costs are deterring you, the Center has scholarships to help. Master Educator Scholarships are designed to provide partial course tuition to individuals enrolled in an approved Master Educator Course. Scholarships cover up to half of course tuition and do not include travel costs or other related expenses.

Consideration is given to those individuals demonstrating a need for Leave No Trace education in their region as well as those who have specific Leave No Trace related outreach/educational goals upon course completion. Thank you to [Outdoor Research](#) for providing additional generous funding to support the Master Educator Course Scholarships program. More info at: Int.org/teach/master-educator-course-scholarships

Custom Courses

If you have a group of at least five people who cannot attend a currently scheduled course, contact ADK about setting up a custom Master Educator course. You pick the dates, location, and help set up logistics, and we'll offer the course at a discounted rate to your group.

Successful completion of the Master Educator course qualifies you to offer and teach two-day Leave No Trace Trainer courses and Leave No Trace Awareness Workshops.

Join the movement!



Corporate Partners

Adventure Film Festival
American Backcountry
Aspen Meadow Veterinary Specialists
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Backpacker Magazine
Backroads
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Bushnell Outdoor Products
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Crazy Creek Products, Inc.
eGrips
Enerlia Trail Foods
Grand Teton Lodge Company
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Small Business Partners

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eco.vi inc.
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Guide & Outfitter Partners

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American Alpine Institute
Arctic Adventures
Arizona Climbing and Adventure School
Arizona Outback Adventures
Arizona Outdoor Fun
Arizona River Runners
Benegas Brothers Expeditions
Blue Moon Ascents
Bld Earth Teen Adventures
Call of the Wild Adventures, Inc.
Canoe Experience Sweden
Channel Islands Outfitters
Clear Water Outdoor LLC
Climb Alaska
Climbing Life Guides
Colorado Mountain School
Colorado River & Trail Expeditions Inc.
Desert Adventures Eco-Tours
Devils Lake Climbing Guides
E-Trip Africa (Worldwide Travel Group, LLC)
Echo River Trips

ESI Outdoors
Hennessey Hammock
Hillsberg The Tentmaker
Honey Stinger
Horny Toad Activewear
Industrial Revolution, Inc.
JanSport, Inc.
Johnson Outdoors
Leisure Systems, Inc.
Leki USA
Marmot Mountain LLC
Marshmallow Fun Company
Moss Under Canvas
Mountain Hardwear
Napier Enterprises
National Geographic Maps
One Earth Designs
Osprey Packs
Outdoor Research

FORGE Racing
GiroVal.com
Glacier Guides Inc. / Montana Raft Co.
Great Lakes Cultural Camps
Green Peak Promotions
GrubHub USA
Happy Paddler Kayak Tours & EcoVentures
Hyperlite Mountain Gear Inc.
Iron Gate Survival Supplies
Kayak Power, Inc.
KOA - Twin Mountain
Mormon Lake Lodge
mysyncdrives.com
Northerly Outfitters
Outfitters Supply Inc.
PACK OUT GEAR
Packit Gourmet
Peak to Peak Travel
Pearson Outdoor Education

Escape Adventures, Inc.
Expedition Backcountry Adventures
Fjällaktiv Lappland
Film Guide Service AS
FOS Open Scouting
Golden Circle Guides
Grand Canyon Hikes
Hatch River Expeditions
Himalayan Glacial Trekking
Howard Jeffs Coaching
Hudson River Recreation
Icicle Mountaineering, Ltd.
International Alpine Guides
International Mountain Guides, LLC
Jackson Hole Mountain Guides
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Kayote Tours
Kayak Adventures Worldwide
King Mountain Guides
LeadClimb Mountaineering & Resource Center
Maine Windjammer Association
Mountain Madness
Mountain Trip
Mountain Whitewater Descents
Naturalists at Large
Nature Discovery Ltd.
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O.A.R.S. Whitewater Rafting
Patagonia Ancestral Routes
Peak Mountain Guides, LLC
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Rommel Outdoors
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Sea to Summit
Stonewear Designs
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The Festy Experience
The Globe Pequot Press/Falcon Guides
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Trailspice.com
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National Canvas Events
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Yellowstone Under Canvas
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Pentapitch
Pisgah Map Company, LLC
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slatipic.com
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Sunrftt Adventures
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TET Travel Export Technologies GmbH
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The Catalyst Center for ADHD
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Trail Guides Yellowstone
Trail House
Trek Travel
Zero One Vintners
Zip Zone Tours

Rockbrook Summer Camp for Girls
ROW Adventures
Santa Barbara Adventure Co. LLC
Signal Mountain Lodge, LLC
Sports Basement
Step Outdoors
Summit Expeditions & Nomadic Experience
Sierra Wilderness Seminars Inc.
Terraflora Expeditions
The Backpacker
The Coastal Adventure Company
The Explorer's Passage
Treeline Expeditions LLC
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Two Rivers Adventures
Ultimate Kilimanjaro
Valley to Summit, LLC
Wet Planet Rafting, Inc.
Whitaker Mountaineering
Wilderness Scotland Ltd.
Wilderness Ventures / Scout Gear
Wildland Trekking Company
Winding Waters River Expeditions
Wyegonic Camps
Y Explore LLC
Yellowstone Mountain Club, LLC
Yellowstone Vacations
yLoop Road Trips
Yosemite Mountaineering School
YourCause, LLC
Zion Mountain School

Nonprofit Partners

Abraham Path Institute
Adamah Adventures
American Canoe Association
American Conservation Experience
American Hiking Society
American Mountain Guides Association
An Urmerja
Appalachian Trail Conservancy
Arkansas Climbers Association
Backcountry Horsemen of Utah
Backcountry Horsemen of California
Backcountry Horsemen of California Mid Valley Unit
Backcountry Horsemen of East Tennessee
Birmingham Zoo, Inc.
Boy Scout Troop 47, Littleton, CO
Bradford Woods
BSA Northwest Suburban Council
BAS Troop 0311, Latrobe, PA
BSA Winnebago Council #173
Caleva Inc.
Camp Dudley
Camp Dudley at Kiniva YMCA
Camptown, Inc.
Catskill Mountain Club Inc.
City of North Little (Parks & Recreation)
Colorado Discover Ability
Colorado Fourteeners Initiative
Continental Divide Trail Coalition
DC Firefighters Burn Foundation
Estes Park Center Summer Day Camp
Eugene, Cascades & Coast-Travel Lane County
Florida Trail Association
Foothills Equestrian Nature Center, Inc.
Friends of Black Rock High Rock
Friends of Camp Silver Fir
Friends of Nature
Friends of Nevada Wilderness
Friends of Panthertown
Friends of the Wichitas
Girl Scout Troop 2106
Girl Scouts Heart of Central California
Girl Scouts of Greater Los Angeles

Educational Partners

Adirondack Mountain Club
AdventureSports Institute of Garrett College
Alzar School
Appalachian Mountain Club
Arkansas Tech University
Aspiro
ASU Outdoors Club
Auburn Outdoors
Baiguarte Training Team
Blue Planet Pups
BLUEFIELDS
Breckenridge Outdoor Education Center
Brevard College
Camp Jak
Camp Magnolia, LLC
Campus Recreation—CSUSM
Central Michigan University/RPL
Chewonki Foundation
Chungbuk Alpine School
Colorado Christian University
Colorado State University—Pueblo
Colvig Silver Camps
Conserve School
Corpo Nacional de Escutas—Escutismo
Catalco Portugues
Creepy Valley Adventure Center
Crossroads of America Council, BSA
CSUSB Outdoors
CSUSB Recreational Sports
Deer Lake Wilderness School
Gateway Academy, LLC
Global Adventure Travel Ltd.
Gold Arrow Camp

Parks & Municipalities Partners

Arkansas State Parks
Aichafalaya National Heritage Area
Birmingham Township
Boone County Conservation District
Cantigny Park
Charleston County Park & Recreation Commission
City of Austin Parks & Recreation Department
City of Fayetteville
City of Garland Texas, Parks Recreation & Cultural Arts

Green River Club
Green River Preserve
Green Valleys Watershed Association
High Meadows School, Inc.
High Sierra Volunteer Trail Crew
Hong Kong Air Cadet Corps
Ice Age Trail Alliance
IGLU.CH-Leben im Schnee
Independence Farm Inc.
Industrial Evangelistic Fellowship
Kandersteg International Scout Centre
Kennesaw Mountain Trail Club
Kern River Conservancy
Lindley Educational Trust
Longs Peak Council, BSA
Maine Boys to Men
Maine Island Trail Association
Maine Trail Finder
Mecklenburg County Council BSA
Montana Pilots' Association
Mount Nitanny Conservancy
Mt. Diablo Silverado Council, BSA
Nevada Outdoor School
New York/New Jersey Trail Conference
North America Outdoor Institute
North American Bushcraft School
North Carolina Outward Bound School
Northern Forest Canoe Trail
Ohio Climbers Coalition
Outaouais Environmental Campus
Outdoor Industry Association
Outward Bound Canada
Outward Bound Hong Kong
Outward Bound Korea
Ozark Society
Pacific Crest Trail Association
Paddle Taxi
Paddle4Tomorrow
Paul M. Busch Foundation for the Outdoors
Pinadale Aquatic Center
Potawatomi Area Council
Potomac Appalachian Trail Club/NPS
Potomac Pathways
Poudre Wilderness Volunteers
Presumpscot Regional Land Trust

Hampshire College
High Mountain Institute
Incline Elementary School
Indiana University Outdoor Adventures
Joi Adventure Camps
Kieve-Wavus Education, Inc.
La Vida Center / Gordon College
Landmark Learning
Lasting Adventures, Inc.
Lynchburg College Outdoor
Lyon College
Missouri State University
Montreat College Outdoor Education Department
Mount Washington Observatory
Mt. Hood Community College—Wilderness Leadership and Experiential Education
National Outdoor Leadership School
NAU Outdoors
New Mexico State Outdoor Recreation Program
North County Camps
North Greenville University Dept. of Outdoor Leadership
Old Dominion University
Ole Miss Outdoors
Oregon State University College Forests
Outdoor Adventure—University of Central Florida
Outdoor Kids, Inc.
Outdoor Project
Outposts Ltd.
Ozarks Outdoors / University of the Ozarks
Saint Mary's University of Minnesota
San Juan College—OLER

New York State Department of Env. Cons.—Division of Lands & Forests
Niobrara Council
North Dakota Parks and Recreation Department
O Parks Wildlife and Recreation
Orion Township Community Programs
Outdoor Chattanooga
Pennsylvania State Parks
Piano Parks & Recreation Dept.
Red Oak Nature Center
San Juan County Parks Department
Tennessee Valley Authority
Town of Springdale
Town of Unicoi Parks and Recreation Department
Vermont Department of Forests, Parks and Recreation

Santa Rosa Clean Community System
SCSU Outdoor Adventures
Senior Field Studies
Sentinel Outdoor Institute
Shaver's Creek Environmental Center
Sierra Nevada College
Snow College Outdoor Leadership & Entrepreneurship Program
Southern Illinois University
Stout Association of Outdoor Recreation and Education
Student Conservation Association
The National Center for Outdoor and Adventure Education
The Ohio State University Outdoor Adventure Center
The Sustainable Schools Foundation
The Western Maryland 4-H Education Center
University of Florida—Travel and Recreation Program (TRIP)
University of Montana Outdoor Program
University of Wisconsin—River Falls Outdoor Education Center/St. Croix Institute for Sustainable Community Development
University of Wisconsin—La Crosse
USF Outdoor Recreation—University of South Florida
Warren Wilson College
Washington & Lee University
Washington State University Outdoor Rec.
Western Oregon University
Western State Colorado University Rec & Outdoor Education
Wilkes University