

# DO YOU KNOW HOW MUCH WATER TAKES TO *create* THE FOOD YOU EAT?



Burger Bun Top =  
**11 GALLONS**

Lettuce =  
**1.5 GALLONS**

Tomato Slice =  
**3 GALLONS**

Cheese Slice =  
**56 GALLONS**

Meat Patty =  
**616 GALLONS**

Burger Bun Bottom =  
**11 GALLONS**

**>> ANSWER:** It takes 699 GALLONS OF WATER to make a single cheeseburger!

**YOUR CHOICES MATTER.**

Consider choosing a vegetarian meal a few times per week.

Learn more about a Better Tomorrow at [tomorrowstarts2day.com](http://tomorrowstarts2day.com).

# RE-THINK

## REDUCE REUSE RECYCLE

### FOOD RECOVERY HIERARCHY

MOST PREFERRED

#### SOURCE REDUCTION

Trayless Dining and Taking Only What You're Going to Eat; Proper Portion Sizes

#### FEED HUNGRY PEOPLE

Donating to Food Banks

#### FEED ANIMALS

Using Food Scraps as Animal Feed

#### INDUSTRIAL USES

Recycling Used Cooking Oil for Biofuels

#### COMPOSTING

Composting Inedible Food Scraps and Coffee Grounds

LANDFILL  
INCINERATION  
Last Resort  
to Disposal

LEAST PREFERRED

As an EPA Food Recovery Challenge endorser, **we prioritize actions to prevent food waste and divert surplus food.**

A Better Tomorrow for Everyone

Learn more about a Better Tomorrow at <http://www.sodexo.com/home/corporate-responsibility.html>.

A better tomorrow starts today.

Compost is used in gardens and farms.



Ingredients are produced on the farm.



Partners deliver fresh ingredients to campus.



# Fresh Foods from Farm to Plate

Leftover food is responsibly used—donating to local food banks, or composting.



Students and customers enjoy!



Chefs chop, dice, bake and grill, all while conserving energy and reducing waste.



FOR YOUR PLANET

Learn more about a Better Tomorrow at [www.tomorrowstarts2day.com](http://www.tomorrowstarts2day.com)

sodexo  
QUALITY OF LIFE SERVICES

# SMALL ACTS CAN MAKE A **BIG** DIFFERENCE.



A Better  
Tomorrow for  
**Everyone**

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# EAT RIGHT TO REDUCE YOUR CARBON FOOTPRINT

1

Chicken has a much smaller carbon footprint compared to beef and sheep.

**EAT MORE CHICKEN OVER BEEF.**

**EAT MORE VEGETARIAN PROTEINS.**

Animal proteins produce larger amounts of carbon dioxide equivalents compared to vegetarian proteins. Go vegetarian for a meal and reduce your carbon footprint!

2

3

Local produce, not in season, comes from energy intensive greenhouses. Eat seasonal, local produce to reduce your carbon footprint!

**EAT SEASONALLY WHEN EATING LOCAL.**

**EAT HEALTHY PORTIONS.**

Consuming proper portions of food ensures that you are not taking in excess calories and that less greenhouse gases are formed. Eating proper portions = healthy body weight and a healthy planet!

4

5

Greenhouse gases are released in food production and released in landfills as food decomposes.

**WASTE LESS!**

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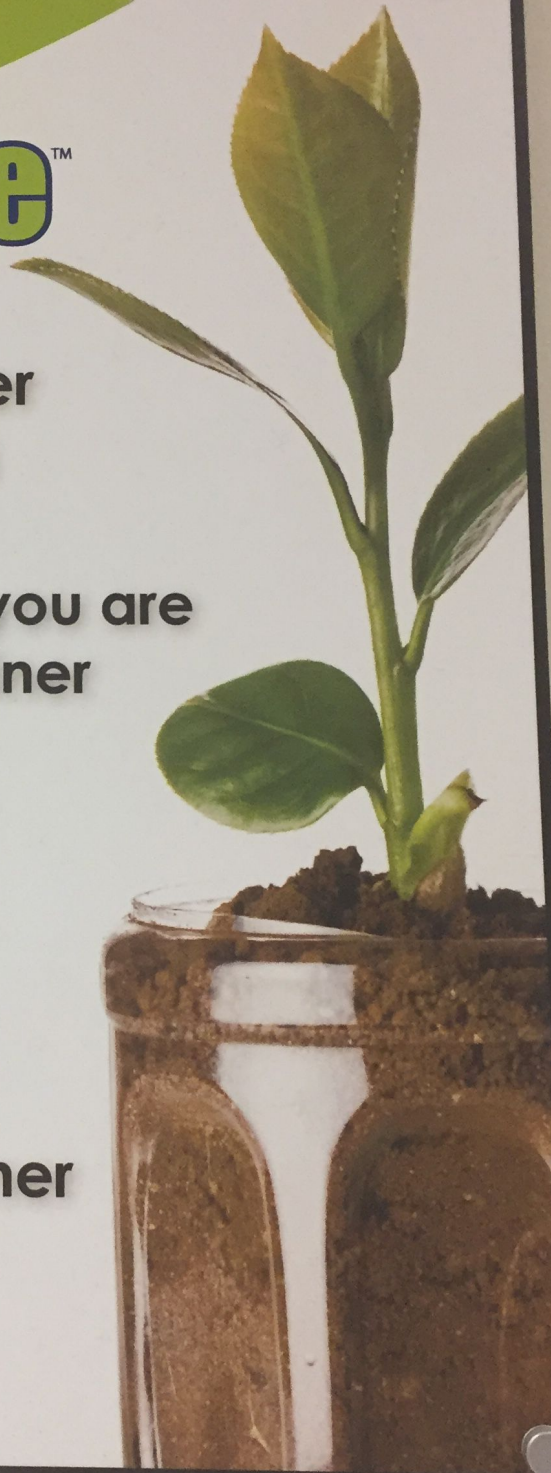
# Choose to Reuse™

- 1 LET CASHIER KNOW YOU ARE RETURNING A CONTAINER
- 2 DEPOSIT CONTAINER
- 3 RECEIVE TOKEN FROM CASHIER
- 4 GET A NEW CONTAINER WITH NEXT ORDER

# **Choose to Reuse™**

## **To Go Container Return Station**

- 1.) Let cashier know you are returning a container**
- 2.) Deposit container**
- 3.) Receive token from cashier**
- 4.) Get a new container with next order**



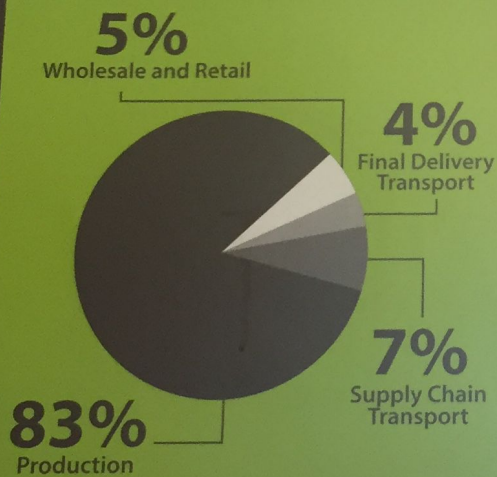


# ENERGY feeds US

**7 BILLION**  
PEOPLE TO FEED TODAY

**9 BILLION**  
IN 2050

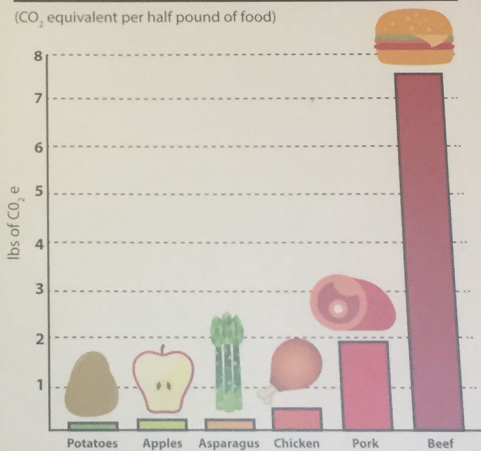
FOOD PRODUCTION  
CONTRIBUTES THE MAJORITY OF  
GREENHOUSE GAS EMISSIONS



Source: Weber and Matthews, 2008

GREENHOUSE GAS EMISSIONS  
RELEASED BY PRODUCING  
YOUR FAVORITE FOODS

(CO<sub>2</sub> equivalent per half pound of food)



Graphic adapted from N. Fiala.  
"The Greenhouse Hamburger: How Our Diet Matters More Than Our Cars."  
Scientific American, February 2009.

Source: NRDC, 2010

## YOUR CHOICES MATTER.

Consider choosing a low-carbon meal a few times a week.

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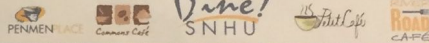
# Upcoming Events

The black versa bowls & lids can be reused or recycled. Please place them on the dish return or in a recycling bin, rather than in the trash.



Bring in your reusable mug for 99¢ refills on regular or decaf hot coffee

(up to 24 oz., not valid on iced or specialty drinks)



Congratulations  
Class of 2018!



Shine  
a  
Light



on Food Allergies

Save the date!

Food Allergy Awareness Week 2018  
May 13 - 19  
[foodallergyweek.org](http://foodallergyweek.org)

#TeaTakeover