



Fall 2006 Goal Report For Sustainable Food System Practices

Service Locations:

Smith Memorial Student Union Food Court
Victor's at Ondine
LV's at University Place
Meetro

Recycling and Sustainability

PSU Dining is actively recycling glass, paper, cardboard, plastics, aluminum, tin cans and cooking oils at all service locations. The composting program started last year has been integrated into a part of our day to day practices. Taking the guess work out of what material can be composted - which can be confusing- has heightened awareness among the staff. Training and educational materials are provided to each employee upon hire to insure that we maximize our recycling and composting efforts. This allows us to not only educate and develop recycling and sustainable practices for our staff at PSU but it translates to their residences as well. We are now creating habits that are not only effective here but at home. In addition to recycling and composting, reusable food items are picked up by St. Vincent de Paul for use in their programs weekly.

As part of our Freshman Year Experience (FYE) rewards program, each FYE participant received a PSU recycle mug to make new students aware of recycling efforts at PSU. The mug was previously sold through PSU Recycles and the Office of Sustainability. In order to help educate the new Freshman, PSU Dining obtained permission to use the same design to familiarize new students with the school's commitment to sustainability. The mug contains the PSU Recycles logo as well as the websites for both the Recycling office and the Office of Sustainability. The mug was a popular gift and we are seeing it frequently utilized.

Fall quarter Midnight Breakfast was a totally compostable event. This function allows us to introduce a large population to alternative disposable products. It is well received by those students that participate in the function. In addition, we are now offering clients the option of having completely compostable catering events. Ariel Varney, our Catering Director, has developed unique signage available at each event to educate our clients on campus about the green products we are utilizing- paper, flatware,

Shepherds Grain bakery items, dairy, and coffee. Our coffee partner, Portland Roasting has also developed a table card promoting sustainability and canopy restoration efforts in Central America.

Portland Fresh, in SMSU, features coffee from Portland Roasting's Farm Friendly Direct program which initiates various community outreach projects in coffee-growing regions around the world. This program allows students as well as faculty and staff to make responsible decisions about their coffee choice. See attachment.

PSU Dining has actively explored the methods and requirements necessary in order to switch to Green Power since last March. As soon as we get kilowatt usage for our operations at the Smith Memorial Student Union from the appropriate PSU personnel, we will move forward in purchasing green power credits. Our goal is to purchase 100% sustainable energy prior to the end of Spring term keeping us actively in line with the University's mission of sustainability.

Utilize green cleaning products

Utilize 2 of Ecolab's Green Seal certified products – General Purpose Cleaner and Glass Cleaner.

Education efforts to promote awareness and understanding of sustainable food systems and nutrition

Jenice Powell is our resident dining director and Registered Dietitian for Victor's at Ondine. In addition to providing one on one nutrition consultations for students, she has created a lifestyles area in Victor's to promote wellness. Sodexo also has a company program called Balance, Mind, Body and Soul. It is a holistic and integrated approach to wellness and fitness that considers the whole person. Fitness and wellness are a balance of lifestyle choices and events- physical, mental and emotional. It is not about fads or fad diets. It is about maintaining balance in one's life. Balance, Mind, Body and Soul educates, energizes and inspires. Its message and offerings were developed with college students in mind.

- Fresh foods that are well balanced with vegetarian, vegan and carb-friendly options
- Educational materials such as table tents, flyers and posters are regularly distributed with fresh ideas.
- Nutritional information is provided with all food served.



Well balanced foods and recipes fit criteria based on recommendations by major health organizations for reduced calories, fat, cholesterol and sodium. An entrée may not contain more than 15 grams of fat, for example. Many vegetarian and vegan recipes also fit within the well balanced criteria.



The vegetarian label means lacto-ovo vegetarian. Vegetarian dishes may contain milk and/or eggs. Meats, meat products, seafood, fish and poultry are excluded.



Vegan contains only plant-based ingredients. Excludes all meats and meat byproducts, excludes all poultry, all fish, all seafood, all dairy, all eggs and egg products, all honey.



Carb friendly recipes and foods contain 20 grams of carbohydrates or less. This criteria does not abandon the healthy good carbs - fruits, vegetables and whole grains

For more information on Balance, Mind, Body and Soul; nutrition; recipes and balanced links for the a list of organizations, go to www.balancemindbodysoul.com
You can also "Ask the Dietician" for additional questions.

Food procurement, labeling and marketing

Compliance goals

(Local Procurement)

32% Total cost of sales

32% Fruits & Vegetables

This fall we began purchasing produce from our new vendor, Duck Delivery. When possible they provide us with fruit and vegetables that are Food Alliance certified, sustainable and local. We continue to incorporate local, seasonally available produce in our menus at all locations.

100% Milk & Dairy products

Curly's (Wilcox Family Farms) and Sunshine Dairy are our vendors for milk and dairy products. This fall, Curly's through an agreement with Spring Valley Dairy now provides us with rBST (recombinant Bovine Somatotropin) free milk. Milk at all locations, Smith, Ondine, Meetro and University Place is now rBST free. Cheese products for Noah's and Pizza & Pasta come from brand distributor and cannot be considered local. We have incorporated Tillamook cheeses at Portland Fresh, PSU Grill, Ondine and University Place.

100% Eggs

Fresh egg purchases from Sysco, by local Oregon Washington growers. Scrambled egg mix purchased is pasteurized to insure product safety from Salmonella. We now have an agreement with Spring Valley Dairy (Local dairy vendor) to purchase pasteurized scrambled egg mix. This pasteurized egg mix is available at all locations.

50% Flour, increasing when economically viable

Flour purchased through Sysco is Shepherd's Grain – Food Alliance certified.

50% Beef, increasing when economically viable

Beef purchases are through Sysco distribution of St. Helens Beef. This fall we introduced the Country Natural Beef hamburger at the Grill in SMSU and other CNB products for University Place.

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+ metro

15% Poultry, increasing when economically viable

Local poultry is currently being purchased through our agreement with Sysco in Wilsonville. - whole fryers

100% Salmon & Tuna

Pacific Seafood group and Sysco are our approved vendors for seafood products for all campus locations. We purchase only products from the Best Choice or Good Alternatives list from the Monterey Bay Aquarium Seafood Watch list. These products include: Fresh salmon (wild caught from Alaska, Oregon, Washington or California), smoked scallops, shrimp (US farmed), and sturgeon (wild caught from Oregon, Washington). University Place utilizes Dungeness crab, fresh mussels, scallops and cod from Northwest producers.

30% Pork, increasing when economically viable

Pork supplier - Carlton Farms for use at University Place. Sysco at all other locations.

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negotiating w/Carlton

Organic Sales

Our Portland Fresh location in SMSU has substantially increased the offerings of local and organic products. Our new contract with United Foods International (Kent, WA) gives us a source for a variety of new products that we will be testing throughout the year. In addition to organic fruit, we now offer: Silk soy milk, Nancy's yogurt and puddings, Amy's organic pocket sandwiches, Garden of Eatin Organic Chips, and Boulder Canyon Natural chips. We continue to offer Kettle Chips (Salem, OR) as our primary chip supplier for the food court and Ondine.

Paper products

Sysco provides Chinnet post consumer pressed paper pulp products for take out and catering use. Catering has eliminated all petroleum based plastic products, except for take out catering trays. Cereplast cutlery products that are heat tolerant and compostable are available for catering events. Fall term we introduced Cereplast clear cups for water to replace the clear plastic cups we used previously. PSU's contract with Pepsi requires use of Pepsi cups for soda. These cups are also compostable. We now offer compostable packaging for some products in Smith Food Court, but our goal is to transition all packaging to be compostable.

