



OCTOBER 21-24, 2014

“Food should be healthy, affordable, and produced with care for the environment, animals, and the women and men who grow, harvest and serve it.”

(www.FoodDay.org)

There are many ways to make your dish(es) sustainable and healthy! [The Office of Sustainability](#) has a checklist to guide you to help make your dish an official Food Day™ dish! So rack up those points! Every time you apply a sustainable practice, you can earn more points. Earn 21-30 points and your dish is a UIC Office of Sustainability Food Day certified dish! Earn 10-20 points and you are well on your way to having a sustainable dish.

Some check points are easy to determine (meat v. veggies) but some can be difficult (non GMO? Fair Trade?) There is a reference guide at the end of this checklist to help you figure it out. You can also contact the Office of Sustainability at lsanze1@uic.edu or 312-996-3043 and we'll help you!

(Still overwhelmed? Go to a trusted store like [Whole Foods](#) or the [Green Grocer](#)- they'll help you!)

1. Is your dish healthy?
 - Yes, our dish has almost no added salts, fats, and/or sugars (3points)
 - Our dish is low in salts, fats, and sugars (2 points)
 - Our dish has a moderate amount of salts, fats, and sugars (1 point)
 - No- we load up on salt, fat, and sugar to clog your arteries and help you on your way to Type II Diabetes (0 points)
2. Is your dish vegetarian or vegan?
 - Vegan (3 points)
 - Vegetarian (2 points)
 - Mostly vegetarian, just some meat/ eggs/ dairy products (1 point)
 - No- we are serving meat, meat, and more meat (0 points)
3. If your dish contains meat or dairy products, were the animals raised without artificial growth hormones or antibiotics?
 - Not applicable, our dish is vegetarian/ vegan (3 points)
 - Yes, all meat products are free of artificial growth hormones/ antibiotics (2 points)
 - At least half of the meat products are artificial growth hormones/ antibiotic free (1 point)
 - No, all of our meat comes from artificially beefed up animals- the kind that haunt your dreams. (0 points)

4. Is your dish made with ingredients from an organic farm and does not use pesticides?
 - Yes, all ingredients are organic (3 points)
 - At least half of the ingredients are organic (2 points)
 - At least 1 ingredient is organic (1 point)
 - I don't know OR All ingredients have been dipped in a vat of pesticides. (0 points)
5. Does your dish use local/seasonal ingredients?
 - Yes, all ingredients are local/seasonal (3 points)
 - At least half of the ingredients are local /seasonal (2 points)
 - At least 1 ingredient is local /seasonal (1 point)
 - I don't know OR All ingredients come from far, far away, and also perhaps a long time ago (0 points)
6. Does your dish use non-heavily processed foods with minimal packaging?
 - Yes, all of our ingredients are fresh, non-processed with minimal packaging. (3 points)
 - At least half of the ingredients are non-heavily processed with minimal packaging (2 points)
 - At least 1 ingredient is non-processed with minimal packaging (1 point)
 - I don't know OR all of our ingredients are processed, and have ingredients that sound more like an Organic Chemistry quiz than food items like "potassium sorbate", "sodium benzoate", "propylene glycol", and "calcium disodium EDTA." And have layers and layers of landfill-bound plastic, or paper packaging.
7. Does your dish avoid using GMO foods?
 - Yes, all ingredients are non-GMO (3 points)
 - I'm not sure, I hope so! (2 points)
 - We made sure that all ingredients have been genetically modified as we apparently have stock in the Monsanto Corporation (0 points)
8. Were the ingredients sourced using Fair Trade practices?
 - Yes, all of the applicable ingredients are fair trade/ sourced sustainably (3 points)
 - I don't know/ most of our ingredients are certified as Fair Trade. (2 points)
 - We made sure that all ingredients come from places where the farmers and workers are treated badly. (0 points)
9. Does your dish require minimal serving ware?
 - Yes, our dish can be eaten with your hands, and only requires at most a napkin, toothpick and/or skewer. (3 points)
 - Our dish requires a small plate/bowl OR a fork/spoon (2 points)
 - Our dish requires at most a small plate/ bowl and a fork/ spoon (1 point)
 - Our dish requires a plate/ bowl that is unnecessarily large for what we are serving
10. Are you serving you dish with items that can be composted or recycled? (remember, plastic plates and utensils are NOT recyclable. Paper plates and cups are also not recyclable. Bummer, I know.)
 - Yes, all serving utensils and dishes can be composted or recycled. (3 points)
 - At least half of the serving utensils and dishes can be composted or recycled. (2 points)
 - One of the serving utensils and dishes can be composted or recycled. (2 points)
 - I don't know OR Everything will be put in the landfill and rot for 1000's of years! (0 points)

POINTS

1. HEALTHY ___
2. VEGAN & VEGETARIAN ___
3. ANTIBIOTIC/ rBGH FREE ___
4. ORGANIC ___
5. LOCAL/ SEASONAL ___

6. NON- PROCESSED ___
7. NON-GMO ___
8. FAIR TRADE ___
9. WASTE MINIMAZATION ___
10. RECYCLABILITY ___

TOTAL POINTS

Resources and References

1. **HEALTHY** This is a broad term that covers many different nutritional profiles, but here we consider healthy to be foods without unnecessary added sugar, fats, and salts.
2. **VEGAN & VEGETARIAN FOODS** Fruits and vegetables require less energy to produce than animal products (since you have to grow more food to feed the animals). Vegetarian means no meat (including cows, pigs, chickens, fish, ducks, unicorns, etc.) Vegan means no eat or animal by-products (milk, eggs, fish oil, etc.)
3. **ANTIBIOTICS/ GROWTH HORMONES AND LIVE STOCK** Since the types of antibiotics used in animals are often the same used to treat humans, antibiotic use on farms is an important public health issue. Vast quantities of antibiotics are given to factory farmed animals; in fact, approximately 80% of all antibiotics sold in the US are administered to farm animals, primarily to promote growth and compensate for crowded, stressful, unsanitary conditions in factory farms. This high level of antibiotic use promotes the development of antibiotic-resistant bacteria, which have been found in air, water, and soil around factory farms, and in the foods these operations produce.
4. **ORGANICS V. PESTICIDES** Organic production improves soil health, which in turn improves plants' root systems and the ability to absorb vital nutrients. In addition, organic fertilizers provide a wider range of micronutrients that the plant can take up through its root system. Pesticides used in the production and processing of conventionally grown fruit, vegetables, and grains are a significant health concern. Pesticides have been linked to a number of health problems, including neurologic and psychological problems, cancer, and other diseases. These health risks are borne not only by consumers, but by farmworkers and communities near industrial farms. In children, pesticide exposure can cause delayed development; disruptions to the reproductive, endocrine, and immune systems; cancer; and damage to other organs. Check the label and also <http://www.organic.org/home/faq> to see if a food is organic.
5. **LOCAL** Fruit and vegetables that are in-season, harvested closer to their peak ripeness, and transported shorter distances (as is common with sustainably grown, locally sourced food) retain more nutrients. Industrially produced fruits and vegetables are frequently picked unripe, then artificially ripened, which decreases vitamin C content and other nutrients. Long storage and long-distance transportation also decreases vital nutrients through bruising and temperature fluctuation. Local foods decrease the amount of gasoline, or other carbon-based fuels needed to transport the items. The USDA considers local to be within 400 miles. UIC Dining Services consider local to be from a 250-mile radius. Here's a list of seasonal produce for the Chicagoland area. <http://www.chicagocooks.com/about/foodGuide.aspx>
6. **PROCESSED/ PACKAGED FOOD** Many foods are "processed", but in this case, we are talking about highly processed foods that have ingredients that

sound more like an Organic Chemistry quiz than food items. Typically, these ingredients are preservatives like “potassium sorbate”, “sodium benzoate”, “propylene glycol”, and “calcium disodium EDTA.” Packaging goes hand-in-hand with processed foods. If the food has limited packaging, you can be assured that it was only minimally processed. Also, more packaging means more waste. Try to recycle the packaging, but sometimes the packaging must be thrown in the landfill.

7. **GENETICALLY MODIFIED ORGANISMS (GMOs)** These foods are created by introducing specific traits (genes), either synthetically created or from an existing organism, into a different plant or animal. As of 2011, 88 % of US corn, 94% of soybeans, and 90% of cotton grown in the US is genetically modified (additional GMO crops are currently on the market or in the development process). Many GMO crops are grown to address problems that arise from large-scale industrial crop production, such as vulnerability to weeds and insects. There is a great deal of debate in the scientific literature as to whether the studies conducted by the major corporations promoting GMOs are sufficient to prove that they are safe for human consumption. Some studies conducted on animals indicate that GMO feed may cause toxic effects, especially in the renal (kidney) and hepatic (liver) systems. Some countries have chosen to apply the precautionary principle to GMOs – i.e., in the absence of scientific consensus or proof that GMOs are safe, they are assumed to be unsafe until proven otherwise. Finally, there is evidence that GMO corn, soybeans, and cotton production has increased pesticide use (the adverse health effects of which are discussed above) primarily due to the rise in herbicide-resistant weeds. In the U.S., companies are not required to label if their product contains any GMOs. However, if a company knowingly uses non-GMO products, they will happily label it!
8. **FAIR TRADE** This is a movement whose goal is to help producers in developing countries to get a fair price for their products so as to reduce poverty, provides for the ethical treatment of workers and farmers, and promote environmentally sustainable practices. Here is the current list of fair trade product categories:
 - a. Coffee, tea and cocoa
 - b. Dried fruits & vegetables
 - c. Fresh fruit and vegetables
 - d. Fruit juices
 - e. Honey and sugar
 - f. Nuts
 - g. Olives & olive oil
 - h. Quinoa, soy and pulses
 - i. Spices & herbs
 - j. WineSee more at <http://befair.org/>
9. **WASTE MINIMAZATION** Reducing the amount of plates, bowls, forks, and spoons will reduce the amount of trash being sent to the landfill.
10. **RECYCABLE** These items can be recycled: Aluminum cans, Steel cans, Plastic bottles (numbers 1 to 5, and 7), Glass bottles, Aluminum foil (not heavily soiled), Juice boxes, unsoiled paper. Can be composted: toothpicks, wooden skewers, paper napkins and other plant-based materials. Can NOT be recycled: plastic cutlery like spoons, forks and knives, plastic plates and bowls, anything Styrofoam, plastic wrap and plastic bags. See more at <http://sustainability.uic.edu/recycling/>