



**There are many ways to make your recipe sustainable and healthy!
 Use this checklist to guide you whether you make it at UIC or home.**

Every time you apply a sustainable practice, you can earn more points. Try to earn 21-30 points and your recipe will be UIC Office of Sustainability certified! 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 sustainability@uic.edu or 312-996-3043 and we'll help you!

(Still overwhelmed? Go to a trusted store like your local Whole Foods or the Green Grocer that are filled with amazing resources!)

Ingredient List

“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)

Is your recipe healthy?

- Yes, my recipe has almost no added salts, fats, and/or sugars. (3 points)
- My recipe is low in salts, fats, and sugars. (2 points)
- My recipe has a moderate amount of salts, fats, and sugars. (1 point)
- No- I loaded up on salt, fat, and sugar to clog your arteries and help you on your way to Type II Diabetes. (0 points)

Is your recipe vegetarian or vegan?

- Vegan (3 points)
- Vegetarian (2 points)
- Mostly vegetarian, just some meat/ eggs/ dairy products (1 point)
- No- I use meat, meat, and more meat - all of Noah's Ark, really. (0 points)

If your recipe contains meat or dairy products, were the animals raised without artificial growth hormones or antibiotics?

- Not applicable, my recipe 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 free of artificial growth hormones/ antibiotics. (1 point)
- No, all of the meat comes from artificially beefed up animals- the kind that haunt your dreams. (0 points)



**Avoid
Meat Products**



**Incorporate
Vegan Foods**

sum of points from page 1 _____

Is your recipe 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)

Does your recipe 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)

Does your recipe use non-heavily processed foods with minimal packaging?

- Yes, all of the 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 with ingredients like "potassium sorbate", "sodium benzoate", "propylene glycol", and "calcium disodium EDTA." They also have layers and layers of landfill-bound plastic or paper packaging.

Does your recipe 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)



Look for the label

Social Justice

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 the ingredients are certified as Fair Trade. (2 points)
- I'm pretty sure that all ingredients come from places where the farmers and workers are treated badly. (0 points)

sum of points from page 2 _____

Waste Minimization

Does your recipe require minimal serving ware?

- Yes, my recipe can be eaten with your hands, and only requires at most a napkin, toothpick and/or skewer. (3 points)
- My recipe requires a small plate/bowl OR a fork/spoon. (2 points)
- My recipe requires at most a small plate/ bowl and a fork/ spoon. (1 point)
- My recipe requires a plate/ bowl that is unnecessarily large for what we are serving. (0 points)

Are you serving your recipe with items that can be composted or recycled?

(Remember, plastic plates and utensils are NOT recyclable. Paper plates and wax-lined cups are also not recyclable. It's a bummer, we know.)

- Yes, all serving ware and dishes can be composted or recycled. (3 points)
- At least half of the serving ware 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)



Avoid using
#6 PS plastic



Use recyclable #1 - #5,
#7 or compostable plastic

sum of points from page 3 _____

TOTAL POINTS _____

Level Achieved

- GOLD = 21 - 30 POINTS
- SILVER = 10 - 20 POINTS



sustainability@uic.edu



(312) 413-9816



www.sustainability.uic.edu

Sustainable Recipe Fact Sheet

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.

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.)

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.

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.

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>

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.

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!

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 | f. | Nuts |
| b. | Dried fruits & vegetables | g. | Olives & olive oil |
| c. | Fresh fruit and vegetables | h. | Quinoa, soy and pulses |
| d. | Fruit juices | i. | Spices & herbs |
| e. | Honey and sugar | j. | Wine |

See more at <http://befair.org>

WASTE MINIMAZATION Reducing the amount of plates, bowls, forks, and spoons will reduce the amount of trash being sent to the landfill.

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>.