

**Food Sustainability at C.W. Post**  
**Project of GGR 11 – Conservation of Natural Environmental Resources**  
**December 2008**

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**Introduction by Prof. Scott Carlin**

Yale University’s new food sustainability initiatives have been very successful. The Earth and Environmental Science faculty have periodically wondered if C.W. Post couldn’t learn some valuable lessons from these efforts in New Haven, CT.<sup>1</sup>

This fall I volunteered to have my introductory students take a closer look at campus food practices. ARAMARK’s Monika Plonski visited our class mid-semester. She presented a lot of interesting information about how ARAMARK is already working hard to create a more sustainable food service program at C.W. Post.<sup>2</sup> Both of us were surprised by the barrage of student questions that followed her presentation. Students raised a wide variety of concerns regarding current practices.

As the semester progressed, we covered a wide range of topics in our environmental conservation class, but I wanted the students to return to the issues we had raised earlier in the semester. I wanted them to document what they had learned and what they hoped could change at C.W. Post.

What follows are their end of semester comments. Most facts and quotations marks are not referenced in this document, but are easy to track down on the internet. This report is less of a research document and more of a journal documenting current student concerns. It is a snapshot of C.W. Post’s student expectations and the need for the campus as a whole to do a better job of meeting those expectations.

Certain themes recur in the students’ short statements. The need for change extends across a wide spectrum of issues that includes the curriculum, campus land and waste management, off-campus relationships, and of course the food that students eat.

**Greening C.W. Post by Alessandra Manero**

Our school has taken a few steps towards becoming greener. Buildings are renovated to make them more energy efficient. The campus has started buying electric cars for the Department of Facilities Services. A new geothermal system helps cut energy costs for Winnick House. The dorm buildings are recycling paper and bottles. So, why should the dining halls be left out?

So much food is thrown out on a daily basis and nobody even thinks twice about what they are doing. Portion sizes should be smaller so that individuals are not throwing away so much food. That’s one reason why ARAMARK is now trayless in the Winnick Dining Hall. If the portion sizes are smaller and less food is wasted, then not nearly as

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<sup>1</sup> <http://www.yale.edu/sustainability/foodproject.htm>

<sup>2</sup> <http://www.campusdish.com/en-US/CSE/LIUCWPost/Sustainability/>

much food would have to be prepared. The school would also need to buy less food, which would save the school money.

Whatever organic waste is left over at the end of the day should be put into a compost pile so that the school could make its own fertilizer and not have to worry about using dangerous chemical fertilizers. If there is food left over that has not been cooked or used already, it should be packed up and sent to a local homeless shelter or soup kitchen. This would eliminate the amount of waste that the school has to get rid of. It also demolishes the problem of what to do with slightly older leftover food. Fruits can be made into pies or put into the compost once they start to get a little soft. This would solve the need to buy pre-made frozen pies and desserts that may have chemical preservatives in them.

C.W. Post has a long way to go on its green journey, but it has taken some important steps in the right direction. This report highlights many other things our campus should consider.



**C.W. Post Recycling Board**

### **Yale University goes Organic by Beau Zebrowski**

At Yale University, students looked around at their food services and realized they were not getting what they should. So changes were made. Students organized and worked with the college. One major focus was organic food. Yale now buys organic food from regional farms. The students benefit, Yale benefits, the farmers benefit, and so does the environment— a win, win, win, win!

By directly dealing with regional farmers, Yale can cut down on its carbon footprint – less food is shipped across the country. By supporting organic farmers, Yale is helping to reduce the use of pesticides and other chemicals that are put into food, local soils, and water systems.

Yale tends to avoid produce that is not grown in New England. While Yale may pay more for their produce and limit their choices of food, the overall benefits to local farmers and the earth outweigh the disadvantages. Yale also gets a lot of good public relations benefits by going green. Students love the organic food offerings and it's a great way to recruit new students.

Farmers benefit from the new business revenue they get. Yale has also helped farmers to buy new equipment. The economic benefits extend beyond the farmers because more money stays in the regional economy.

### **The Yale Sustainable Food Project by Dan Fazio**

The Yale Sustainable Food Project (YSFP) aims to “nourish a culture in which the interwoven pressures of growing, cooking, and sharing food become an integral part of each student’s experience at Yale.” Since 2003, the YSFP has offered an organic menu at Yale’s Berkeley College. Fresh greens, apples and pears, and naturally raised beef are brought to campus from various Connecticut locations.

The YSFP grew out of student efforts that began in 2000. The project was founded by a student group Food for the Earth. It took about a year for the program to take off. And it did require some funding sources. Chefs and cooks had to revamp their cooking styles and learn how to prepare unique and tasty meals with new organic ingredients. However the results were tremendous.

YSFP has not only brought organic, local options to the table, but also maintains a productive garden on campus and Yale offers new classes that teach about food and agriculture.

The student response has been tremendous: lines stretched across cafeterias and dining halls for months as students waited for the new organic entrees. Berkeley’s cafeteria could not produce grass-fed, hand-shaped burgers or chop onions fast enough to meet that demand. Students are happier and healthier.

C.W. Post should take note of what has happened at Yale. There are a few local farms nearby and many students at C.W. Post want more organic alternatives, whether it be as an entree or even as simple as a snack. C.W. Post must develop a culture around food, similar to what Yale has done.

### **Food Sustainability at The Evergreen State College by Christine Bruckner**

Evergreen State College of Olympia, Washington has a great program that connects students to local farms. The College purchases 32% of its food from local and organic sources annually. Evergreen’s goal is to exceed 40% by 2010.

Evergreen College also has an organic farm on their campus that is just less than one acre. The local farms are close to the campus and they also have a great farmers market which many farms belong to. The school’s own organic farm uses a crop rotational system, which allows the soil to rejuvenate after each growing season.

ARAMARK, which is a national food distributor, works with the Evergreen College and together they purchase and sell organic products in and around the area of Olympia, Washington. ARAMARK made a promise with Evergreen College stating that ARAMARK will purchase the school a tractor if they promise to allow ARAMARK to sell a portion of the products to their other customers. Everyone is benefitting from this arrangement. So, can ARAMARK do something similar at C.W. Post?

### A student food survey by Karl Wargo and Matt DiCarlo

In fall 2008 we tabulated survey results conducted by our classmates in GGR 11. We found that students want:

- organic and healthier food options
- to see recycling and composting on campus
- a campus farm with **college credit** for tending to it
- nutritional information about their food
- to buy locally grown produce
- more environmental classes at C.W. Post.

<u>Fall 2008 Survey</u>			
	Most Days	% Agree/ Strongly Agree	%Disagree/ Strongly Disagree
1	Salads look and taste fresh	33	26
2	Hot foods are not too greasy or oily	10	62
3	The plates, glasses, silverware are clean	33	30
4	<b>Serve more organic foods</b>	<b>66</b>	<b>6</b>
5	<b>Provide more Nutritional info</b>	<b>76</b>	<b>5</b>
6	<b>Serve healthier foods</b>	<b>85</b>	<b>0</b>
7	Student run farm on campus to provide fruits and vegetables	51	14
8	<b>Recycle bottles, cans, and plastic from food services</b>	<b>88</b>	<b>0</b>
9	<b>Compost its organic waste so waste doesn't go to landfill</b>	<b>77</b>	<b>6</b>
10	I would volunteer to help build a sustainable food service program	32	38
11	All students should be required to take Conservation/ Ecology class (ECO 1)	32	37
** The survey percentages are based on 120 students surveyed.			

**Likes:**

- Diverse types of food
- Large supply of food
- Subway & Java City
- French Fries
- Salad bar
- Fresh fruits
- Grilled chicken
- Breakfast
- Sushi
- Grill station
- Soup
- Coffee to go
- Buffet style at Winnick

**Dislikes:**

- Lack of recycling
- Limited daily variety
- Unfriendly staff
- Hillwood hours
- Hillwood costs
- Dirty silverware/plates
- Greasy foods
- Foods overcooked
- No nutritional info

**Healthier foods on campus, More:**

- Organic foods
- Non-processed foods
- Soy products
- Hormone free meat
- Real fish, not fish-sticks
- Healthier cereals for breakfast

**Summary Comments:**

- Students want more organic and healthier foods.
- Students overwhelmingly support expanding campus recycling.
- Students want access to more nutritional information.
- Students strongly support composting food wastes.

**Student Comments edited by Kamila Seidemetova**

A lot of the students that I talked to agreed that there should be more recycling bins on campus and that Aramark should improve food quality and offer a better variety of foods. Students also complained that Winnick should have longer hours. Students cannot always get there during meal times because of their class schedules. Another big concern is that too often vegetables and salads do not look fresh. The lettuce is often brown and unappealing.

### **The Freshman 15 by Eric Morris**

When students go to college, do they know how to eat healthy and remain active? High school seniors often believe that the "freshmen 15" is a common myth. But without a balanced diet and proper exercise, students generally gain weight in college. On average, 6% of freshmen gain an additional 15 pounds, according to a recent CBS News survey.

It is important for students to be educated about how to eat properly starting in high school. Specifically, students should be informed about balanced and healthy diets, caloric content, and how to find this information. Many students struggle with their weight at C.W. Post. They are away from home for the first time; they get into bad routines and don't eat nutritious foods.

One way to change this is to have all incoming freshmen learn about nutrition. Students should meet with a school nutritionist so that they can design their own individualized meal plan.

Here at Long Island University: C.W. Post Campus, ARAMARK should better address the needs of vegetarians and vegans. They need to work on having more varied meal choices that are healthy and taste good. ARAMARK should improve the way they posts nutritional information. ARAMARK could also do a marketing campaign to encourage students to eat the healthier choices to promote better student health.

### **ECO 101 for Freshman by Kelly Grandinette**

Oberlin College Professor David Orr poses the question "What is Education For?" It isn't just a means for getting a job and making money, an assembly line for the marketplace. Education must be ecological and environmental. Our challenge, as faculty and students of C.W. Post, is to require a curriculum that encourages environmental literacy.

A required freshman course in "Ecology 101" will prepare students for building a sustainable world – and that's essential for our planetary survival. Otherwise, isn't our diploma incomplete and insufficient? We need ECO 101 to become self-actualized, purposeful, learned men and women of the future. A diploma from an institution that does not offer this form of environmental awareness is really just more planned obsolescence that we encourage too much of in our society. Now, we are the ones threatened with obsolescence!

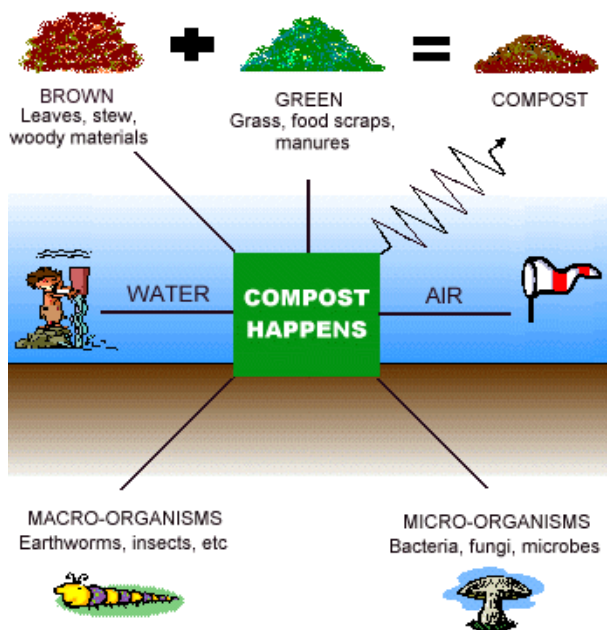
The Story of Stuff (watch it out online) by Annie Leonard describes the planned obsolescence of many products. These goods are produced with the knowledge that in a relatively short period of time they will become outdated and require replacement. This type of disposable product renders only 1% of the items produced still viable six months after production. Cell phones, computers, DVDs, and dare I say it, diplomas that don't incorporate environmental education, are all destined for the dump.

One way to ensure that a diploma from C.W. Post outfits the student for the future is to educate freshmen and teachers about sustainability, food and agriculture, and the environment. Requiring freshman to take classes that are designed to educate students about the benefits of sustainable development and its interconnectedness to agriculture and campus food services would pave the way for acceptance of a campus commitment to adopt a program of sustainable organic food services.

David Orr contends that a good education should require agriculture and farming experience. A well-rounded curriculum would broaden our awareness of agriculture and its impact on the environment. A simple way to reflect these values will be to revamp campus food services to offer organic locally-grown foods. In order to adopt these changes, students first need to be educated as to why this policy change makes sense.

ARAMARK's Campus Marketing Manager, Monika Plonski, came to our class and presented a list of changes that have already taken place on campus - trayless in Winnick, green bulletin boards, bulk buying, the sale of reusable mugs, and healthier menu choices. However, we can go much further.

Any journey begins with a first step and a good moral compass. If we are to find our way out of the impending environmental disaster and embrace a sustainable world view, shouldn't we begin with the simple step of a freshman "Ecology 101" class? Maybe the road less travelled is the road that needs to be explored. Isn't this what education is for?



Source: [torfaen.gov.uk/EnvironmentAndPlanning/RubbishWasteAndRecycling/Composting/Home.aspx](http://torfaen.gov.uk/EnvironmentAndPlanning/RubbishWasteAndRecycling/Composting/Home.aspx)

### A New Food Curriculum by Caitlin Esposito

Building a food curriculum at C. W. Post will lead to better food services on campus. It will allow students to be more aware of how the food on campus is being handled. The food curriculum could start by teaching the students how to grow and handle food. The students would learn the proper care that is needed for growing their own food. They would then take part in growing food on a campus "farm" to be used by the dining services. The students would benefit from knowing where and how the campus food is being grown.

Students on campus can then go on to learn how to prepare the food properly. They will learn how to use organic food to prepare healthier and better tasting meals for themselves and the other students. This would not only benefit the students,

but the campus as well. Having the students grow a majority of the food being used on campus will allow the campus to save money. Since this would be part of a curriculum, the students would care for the food as a project. The disposal of the food would also be made easier for the campus. Instead of having the excess food thrown away, the students could use it as composting. This circular motion will cause a use and reuse affect allowing the campus to take a step towards being a green campus.

Many students may be interested in a food curriculum on campus simply because they have the opportunity to control what they eat. College students are becoming more and more interested in "going green" and this is a great way for some of them to get started. This would reduce the campus' need to rely on other farmers to provide food to the campus. It would also reduce the amount of pollution in the air by eliminating at least one delivery truck's visit to the campus. Building a food curriculum at C.W. Post provides more benefits than just growing organic food. It can lead to many other changes on the campus.

### **Creating a Campus Composting Program by Nicole Bischof**

*"At Middlebury College, composting used for soil amendments and fertilizer has generated a \$600,000-a-year savings"*

Composting is the practice of using the decomposition of plant remains and other once-living materials to make a soil addition for plants and gardens. It is actually not a new idea; in fact it takes place in the natural world every day. As leaves begin to decay in forests they are returned to the soil where tree roots finish the recycling process. Composting is the way to recycle yard and kitchen wastes as well as reduce the volume of garbage which is sent to landfills. It not only helps the environment but saves money and helps landscape grow naturally. All products used for composting would be added to waste when they can create better fertilizers and soil products to be sold or used on campus.

Americans generate over 210 million tons of solid waste each year, but are able to recover 45 million tons through composting and recycling according to an article on the Greening of Campus Dining. Composting as a whole has been rapidly expanding in the United States and in other countries because of the scarcity of landfill space and the impact on the environment. CW Post has both the land and many of the resources to implement a composting station on campus. Food Services has claimed to be investigating the necessary components, yet nothing has been done to show progress in the right direction. Composting can be done with very limited space, even in personal back yards, so there is no reason for Long Island University to delay the process.

The first step in composting is to identify the type of waste which will be utilized. There are three different possible sources: cafeterias and food production areas on campus, landscape or grounds waste, and agricultural or animal waste. Hillwood and Winnick can contribute many various sources to composting based on the food they are preparing and products they are using. Waxed cardboard boxes, egg shells, coffee grinds and fruit and vegetable shavings can be used from both cafeterias. Considering the type of campus CW Post is, they are also a myriad of different landscaping resources available due to the many trees and shrubs planted around. Fallen leaves, grass clippings, and

other wood shavings can be used from landscaping and grounds keeping. Lastly, the manure and bedding used in the equestrian stables can also serve as a source for composting. Once the campus commits to the type of composting they will be doing, it can then choose the method. Seeing as CW Post is a campus located close to both farms and industrialized areas, it has a number of options.

Funding is the foremost concern when it comes to implementing new projects on college campuses. While university funding is an easy way to start a program like this it is also the hardest to come by. A few sources include research grants from various departments or even the student government. Grants can also come from the government at local, state and federal levels. If enough composting is done on campus, the compost could be sold to local gardeners and farmers. Collaborations across academic programs and with off campus groups could raise enough revenue to jump-start a program like this which will return its initial costs within a few years.

Many different colleges around the world have been using composting on their campuses and CW Post would do very well to follow their example. Examples of schools like this include: UC Davis' "Project Compost" ([www.projectcompost.ucdavis.edu](http://www.projectcompost.ucdavis.edu)), UC Berkeley's "Berkeley Worms" ([www.ocf.berkeley.edu/~compost](http://www.ocf.berkeley.edu/~compost)), Dartmouth College ([www.dartmouth.edu/~esd/fall/compost.html](http://www.dartmouth.edu/~esd/fall/compost.html)) Cornell University ([www.cfe.cornell.edu/compost/schools.html](http://www.cfe.cornell.edu/compost/schools.html)), Oregon State University and North Carolina State.

In order for composting to be a reasonable addition to the CW Post campus, students must want to be involved. If enough students raise awareness of the environmental factors composting effects, administrators will be forced to take notice. Students may also be required to work the composting stations at various times, which could possibly either be used for credit or as a paying job. Campuses have many options when it comes to composting, and even if it is not put on campus, resources can be sent out and used where it is applied. As in many things, once more people become involved in composting it will become very easy to get the ball rolling.



Source: <http://lpmpjogja.diknas.go.id/kc/c/composting/composting.htm>

## **Water Conservation and Dishwashers by Brian Bissinger**

It is no secret to tea and coffee connoisseurs that clean water makes a difference in taste. Water is precious, water is life, and without water we would not be able to survive. But for many, clean water isn't an option at all. Yet too often we take water for granted. Think about your daily routines, and think about how many times during the day you interact with water. Undeniably the average American household uses more water in one year than someone from a developing country would use in ten years.

Water also has many other facets. In our GGR 11 class Spiritual Ecologist, Peter Maniscalco demonstrated the importance of water through seminars and exercises. We humans are 70% water; we have a very personal relationship with H<sub>2</sub>O. Water is also a great way to connect to our “ecological identity.” As Maniscalco explains:

*“Storytelling guides this adventure of rediscovering our ecological identity and ability to reconnect with nature. Framing our lives as tales empowers us – we are each heroes/heroines of our own dramas to reconnect with nature. By sharing experiences, we can help each other integrate ecological knowledge and reclaim the power of our stories.”*

But our stories are too often about waste. A typical dishwasher uses up to 14.0 gallons per load. The average bathtub is about 34.0 gallons. Every time you run that dishwasher you are using almost half a bathtub of water. And think about how many times a week a family of 4 uses the dishwasher. A lot of water is used – or should I say wasted.

One solution is to install energy efficient dishwashers. Water-efficient dishwashers use 7.0 gallons of water per load. Energy Star dishwashers use much less water than conventional models; at least 41% less energy than federal minimum standards. Upgrading to an Energy Star dishwasher would save you \$1,000 per year in water, gas and electric use. Even if you purchased the most expensive Energy Star dishwasher at Best Buy, it would only take around a year and a half for the dishwasher to pay for itself.

At C.W. Post many students complained that the dishwashers used by ARAMARK aren't working well. The “clean” dishes aren't always so clean. Kind of gross. Well, C.W. Post could save money, make students happier, and help protect the environment all at the same time by purchasing better quality dishwashers. If the College advertised this investment to students, then students would also be encouraged to spread the word and upgrade at home to energy efficient dishwashers – saving more money, energy, and water.

There are many other ways to conserve water using water-efficient showerheads, flush toilets, and cloths washers. It is our obligation as a society to give greater attention to comprehensive responsibility for sustainable development and for the consistent implementation of the principles of responsible care for our planet. Even if you don't have an “ecological identity” yet, you can still save a lot of money being Earth smart.

## **Garbage and Recycling by Billy Karavasilis**

Humans consume a lot of natural resources – especially on Long Island. Here's one example - EPA estimates that each of us uses one 100-foot-tall Douglas fir tree in paper

and wood products per year. The other side of consumption is food waste, landfills, air pollution, and wastewater. With all that waste, we need to adopt ecologically-sound alternatives – fast!

College campuses around the United States are working hard to reduce their garbage flows. Here at C.W. Post, we generate a substantial amount of garbage. Recycling is just beginning here. We want to make C.W. Post stand out as a shining example for other campuses by practicing more efficient waste management. But right now, all that students can see is that there are no recycling bins on campus.

But we need to take this to a higher level by placing recycling bins around campus and making sure they stand-out from normal trash bins. Everyone understands that we need to cut the amount of waste we produce, cut the costs of sending our trash to out of state landfills, and use our natural resources more efficiently. But it definitely starts right here at our beloved C.W. Post campus! The money Post saves from recycling should be allocated to develop other ecologically sound activities to “green” the campus further. Only if we all pitch in can we make our campus the beacon we want C.W. Post of Long Island University to be.

At nearby Stony Brook University things operate a little differently. They implemented a waste management program in 1987 when the governor of New York made an executive order to reduce New York State’s garbage. In the plan, Long Island’s goal was to reduce garbage by 50%.<sup>3</sup> Clearly, we are not there yet.

If the students here at C.W. Post wish to see their college campus meet the goals of modern standards, major programs will need to be placed into effect immediately. It starts here. It starts now. In order to secure our future and keep Earth the planet we love clean, healthy, and environmentally safe, it *must* begin.

### **A Recycling Proposal by Adriana Ithier**

Colleges around the country are reevaluating their food service programs to offer students healthier and more environmentally sound food programs. That should include recycling – which is not too prominent at C.W. Post’s dining areas. By making a few changes our campus would save money, enhance the environment, and improve the student's quality of life. This is occurring at many other colleges, so its now time for C.W. Post to get on board.

Recycling really matters. It helps cut down on waste production. Most of the trash is plastic and glass bottles, cans, and paper products. That stuff is easy to recycle. Hillwood and Winnick should also compost food that is normally thrown out. This is eco-friendly, saves tons of money, and creates fertilizer for our beautiful campus. Students might want to trade in all of the cans, glass and plastic bottles - 5 cent deposits add up to a nice fundraiser for a campus club or for book money.

Evergreen State College has implemented a Food Plus Recycling Program." This program will reduce Evergreen's landfill waste through increased composting and recycling. It is estimated that Evergreen's landfill waste will be reduced by half through this program."

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<sup>3</sup> SUNY Stony Brook University; <http://www.sunysb.edu/centralservices/recycling/4rs.shtml>

### **More thoughts on recycling by Joseph Fricione**

Our C.W. Post campus is a beautiful campus - one of the more magnificent college campuses in our area. Even with all of our great new age technology, some of our major concerns have been overlooked. Our campus food waste and recycling services have not been on the top of the priority list. We do not have adequate recycling bins in our cafeterias, halls, and dormitories. It could be just a simple green trash can labeled for recyclables. We all need that positive reinforcement. If LIU doesn't believe in recycling, why should I? How many students say that to themselves when they throw their garbage away?

Waste reduction services are a valuable asset to C.W. Post. Evergreen College implemented a food plus recycling program which reduces their landfill waste. They placed recycle bins in the dining halls and labeled them compostable and non-compostable. **It is estimated that Evergreen's landfill waste will be reduced by half through this program.**

A program like this at C.W. Post can help the College save money and reduce waste and pollution. It takes a lot of energy to haul our wastes to landfills in distant states. That also improves air quality and helps reduce global warming. These solutions are very cost efficient and can easily be implemented on campus. There is no major construction requiring millions of dollars to be spent. We just need to start with a few labeled recycling bins and expand the program from there.



Source: <http://www.warren-wilson.edu/>

### **Student Recycling Comments edited by Kamila Seidemetova**

Students want there to be a more effective Recycling Awareness Week. Posters posted all over the campus will be very helpful. C.W. Post has been hosting recycling contests, but these can be expanded in the future. It would be great to get more of the dorms involved in the recycling.

Right now, too many students do not know that C.W. Post recycles. As one student put it, “I don’t know about Post’s recycling program, but if I knew about it, I would definitely participate.” So we need to do a better job on advertising and expanding our recycling programs. Of course not all students agree. Another student said, “I know about Post’s recycling program, but I am not very interested in participating in it.” But a lot of students want to have bins in places like Hillwood. They don’t want to carry garbage with them across campus. Recycling should be a lot easier at C.W. Post.

Paper is another issue on campus; we should encourage staff and faculty members use both sides of paper. We should also cut on distributing unnecessary memo papers and flyers. Email works much better anyway.

And let’s not forget energy consumption. As a student who lives on campus, I notice that too many departments do not switch their computers off (or put them in sleep mode). We can probably find ways to use less lighting in the library and other buildings like Tilles and the Little Theatre. These lights are often on after these buildings are closed, but no one is in them. Why?

### **Connecting with local farms by James Post**

The first change that C.W. Post can make is to purchase foods through local farms on Long Island. A small enquiry on the Internet will lead you to wonderful local farms that grow fresh local produce. For example, Young's Farm-The Annex is located in Brookville at Hegemans Lane in Glen Head. C.W. Post can support local farmers, the local economy, and satisfy the wishes of C.W. Post students who would like to see campus dining go green. The change would lead to healthier food for students, positive press for C.W. Post University, and help to create a more localized economy which many financial analysts believe will help stabilize our markets.

Cornell University instituted its own version called “Cornell’s farm to school program”. The Cornell Farm to School Program, established in 2002, provides many benefits to that region. *“Increasingly, school, college, and institution cafeteria managers are looking at how they can improve the health of each child, student, employee, or customer served by tapping into fresh wholesome locally produced foods. School food service directors are being asked to lead the charge against childhood obesity.”*

Here on Long Island and throughout the Northeast region, we’ve been losing one of our most vital assets – farmland and farmers. Colleges and schools can now help rebuild our farms for a more sustainable future.

### **Growing Our Own Food by Walter Meehan**

C.W Post needs its own farm! Our campus community is unlike any other on Long Island. If we are going to develop a sustainable lifestyle why not start here. Many campuses around the country have had great success with their environmental programs and farming. Yale, Portland, and Evergreen have all implemented farming and gardening on their campus as a part of their rich environmental programs. These farms provide a healthy and environmentally sound source of food to the universities. They also create a real working environment to enrich environmental education programs on the campus.

As with any proposal surely the number one concern will be cost. The great thing about a program like this is that if it is implemented correctly the overall cost should be nil. Student tuition would take care of a large percentage of the costs. Plus ARAMARK saves money by buying less food and using campus grown food. Food could also be sold or donated to outside organizations. A new composting program would cut down on waste. The food would be organic, eliminating the cost of pesticides. As the program developed other possibilities could be realized. Imagine a gray water system for the dorms and campus buildings to reduce demands on water resources. This would yield more cost savings over time.

If we start to focus on these projects, then the natural world will become the ultimate classroom. It would be green and interdisciplinary. It would incorporate everything from business to science and how they relate to public policy. We'd save money and natural resources at the same time. If education is an investment in the future then I can see no better way to invest in the future than by developing and encouraging a sustainable relationship with our natural world.

### **Better Breakfast Menu by Lindsey Allen**

The breakfast menu here at CW Post seems to consist of foods soaked in butter and oil. For example, a December series of Breakfast menus were as follows: French toast, Chocolate Chip Pancakes, Omelet's, Home fries, Bacon, Pork Links, Grits, Turkey Sausage or Bacon, Oatmeal, and Cream of Wheat/Farina. The only breakfast foods which seem somewhat healthy are the turkey bacon and sausage, and oatmeal. The other foods are saturated in butter and fat and are fried.

While the public majority may be satisfied with these breakfast food choices, they do not seem to be "fresh and healthy", which ARAMARK's communication campaign suggests. On the CW Post Website, ARAMARK's focus states:

*"At ARAMARK Higher Education, we understand ... that our food choices have a significant impact on our health, culture, environment, and local and global economies. We are committed to fostering new connections from field to fork and changing the culture of food by nourishing our guests with menus that emphasize fresh whole foods that are raised, grown, harvested and produced locally and/or sustainably wherever possible, and prepared in ways that respect and maintain quality, freshness and pureness."*

This commitment states ARAMARK understands how food impacts our daily lives and impacts our health, but these foods are loaded with refined flours, simple sugars, and unhealthy fats. Breakfast shouldn't contribute to raising your cholesterol and blood pressure. That's not healthy at all!

Worse, where are the nutritional facts? People have no idea what they are putting into their bodies. I would not consider one item on the Breakfast menu to be fresh or pure for that matter. The only fresh, pure items are the fruits in the fruit basket.

Breakfast is said to be the most important meal of the day, and the breakfast choices provided at CW Post are mostly fried and saturated in oil and butter. Instead of chocolate chip pancakes and French toast, whole grain pancakes or French toast with fresh fruit could be substituted. Whole grains are better for your heart, blood pressure, and digestive system. Also, instead of serving omelet's fried in butter and cheese everyday, students should have the option of choosing lower cholesterol egg whites, or poached eggs. And none of the items on the menu seem to be organic.

If ARAMARK's commitment is to nourish their guests with foods which maintain quality, freshness, and pureness, they need to reevaluate the breakfast menu. Healthy breakfast should be more nutritious and emphasize organic foods. ARAMARK's web site says the right thing, now let's implement that philosophy where we eat.

### **Better Dinner Menus by Abrom Shepard**

The dinner menu in the Arnold S. Winnick Residential Restaurant is behind many colleges in quality, variety and healthy choices of food. Unlike many other colleges C.W. Post doesn't offer much healthy food in the cafeteria during dinner time. "The food is often oily and greasy at times and we aren't allowed much of a choice to eat" (TuQwan Ashley, student at C.W. Post). The food at Winnick should be healthier and fresh. "Food from the organic farm is consumed in Evergreen's cafeteria, sold from a farm-stand on Red Square, and available to the Olympia residents through a Community Supported Agriculture (CSA) program. Any excess food is given to the Thurston County Food Bank, local charities, or is composted" (Evergreen's Sustainable Food Practices). That's the model C.W. Post should follow! Only by offering better and wider range of food can students eat well.

### **Improving Food Quality: Less Fats and Oils at C.W. Post by Stephen Solecki**

The amount of oil and fat used by ARAMARK is a problem. Foods are not prepared in a healthy way. Most of the food comes out greasy – a lot of food is fried. It is now 2009! ARAMARK needs to raise the bar on health and nutrition. Right now, no one knows what our food is being fried in. Are nutritional facts available to read? If so, they are certainly hard to find. What ingredients are used? Too much of the food is processed. So, a number of changes need to be instituted:

- First, a list of ingredients for all food products should be available to students. Students have a right to know what kind of fats and oils are in their food. More polyunsaturated fats, like sunflower oil, and monounsaturated fats, like olive oil, should be used. These oils have been found to help with weight loss and lower the risk of heart attacks.
- The school should also minimize their use of commercially packaged foods which contain high amounts of trans-fats. Trans-fats can raise bad cholesterol levels and decrease good cholesterol levels. Trans-fat free alternatives should be used. For

example, packages of French fries should be replaced with sliced potato wedges, which can be baked.

- Foods low in fat, and rich in protein, like tofu, should also be served.
  - Meals that are made from scratch contain less fat and oil because a person can control what ingredients they use and in what amounts.
  - Saturated fats, found in animal products, need to be replaced with low fat versions of dairy product such as with 1% milk or skim milk instead of whole milk.
- Additionally, excess fat should be trimmed off from meat products.

Students need to be made aware of the fats and oils contained in foods.

### **Improving Food Quality: More Nutritional Information by Lauren Brown**

Lots of health problems such as heart disease, obesity, and high cholesterol conditions can be prevented by healthy eating. These are problems that occur over time through unhealthy diets and not enough exercise. Since college students live very sedentary lifestyles, we need to be aware of what we are eating. Providing nutritional information on food choices is one of the easiest ways to promote healthy eating.

Nutritional information will also be a helpful tool for diabetics and people with food allergies and intolerances to avoid a problem. For diabetics, sugar intake can cause problems so campus food services should provide information on how much sugar foods contain or do not contain in order to help diabetics make more informed decisions on the foods they choose.

The foods that are being served on campus should also display food allergy warnings of any type in order to prevent what could be a potentially deadly situation for some. Some people have a low tolerance for dairy products. It is just common sense that school would provide this information in more visible ways.

Once more nutritional information is provided, students will be better educated. This can be especially helpful for people who want to eat organic foods. Lots of students would prefer to not consume pesticides in their foods.

Nutritional information is helpful to students who are watching their weight, on a weight loss plan, or just trying to eat healthy. After all college is for learning and becoming more educated on a variety of subjects and this would be an easy way of helping to do this. It will help them make more informed decisions and the choices they want to make that will best fit their lifestyles.



Composting in Australia

Source: <http://www.breakitdown.com.au/>