



# Northwestern Dining Sustainable Options Checklist

## Food

- Ask for sustainable menu options with local, seasonal and organic meats, fruits and vegetables.
- Specify that you would like sustainably harvested seafood and/or free range meats.
- Specify condiments in bulk (sugar, salt, pepper, ketchup, mustard, mayonnaise, peanut butter, jam, cream cheese, and butter) rather than individually packaged portions.
- Request pitchers of tap water and rather than bottled water.
- Request organic, shade-grown coffee and tea.
- Always request Fair Trade products. Fair Trade products include coffee, tea, sugar, cocoa products, and bananas.
- If possible, donate leftover food to NU Campus Kitchens, an NU student led hunger relief organization.

## Waste

- Specify reusable (non-disposable) cutlery, mugs, glasses, and dishes.
- Request linen napkins and tablecloths.
- Provide recycling at your events and consider whether composting is an option. For help with recycling or composting, email [j-cahillane@northwestern.edu](mailto:j-cahillane@northwestern.edu) and provide your event title, time, location, menu, and expected number of attendees.
- If disposable plates and utensils must be used, avoid Styrofoam and consider recyclable options. If composting is an option, specify compostable dishes and cups.
- Ensure that food is served in a way that minimizes waste (i.e. buffet style instead of individually wrapped meals or boxed lunches).
- Provide signage educating attendees about sustainable food choices, recycling, and composting.

## For More Information

Northwestern Dining is partnering with Real Food at NU (NURF) to offer more sustainable food in through University's dining halls, catering services, and restaurants. Visit their websites to learn more.

**Northwestern Dining:** <https://northwestern.sodexomyway.com/>

**Real Food at NU:** <http://realfoodnu.wix.com/realfoodnu>