

## Foodprint Labels



*UCI is the first campus to label residential dining entrees' carbon footprints*

## Eating “Green”



*Easy ways to eat healthy and reduce your impact on the environment*

## Did You Know?

On average, red meat is around 150% more greenhouse gas (GHG)-intensive than chicken or fish.<sup>1</sup>

A 22-year study conducted by the Rodale Institute determined that organic farming operations use 30% less energy than conventional farms.<sup>2</sup>

A typical carrot has to travel 1,838 miles to reach your dinner table.<sup>3</sup>

## Eating “Green” is as easy as 1, 2, 3

### 1. Reduce Your Carbon Footprint

- Shifting one day per week’s calories from red meat to chicken/fish/eggs is equivalent to driving 760 fewer miles per year
- An “all local” diet is equivalent to driving 1,000 fewer miles per year
- Shifting one day per week’s calories from red meat to a vegetable-based diet is equivalent to driving 1,160 fewer miles per year
- Giving up red meat and dairy in favor of chicken/fish/eggs is equivalent to driving 5,340 fewer miles per year
- Switching to a completely vegan diet is equivalent to driving 8,100 fewer miles per year<sup>4</sup>

### 2. Eat Organic

- Buy items that bear the USDA "Certified Organic" seal (means item contains 95-100% organic ingredients)
- Shop at stores, restaurants, small farms, and farmers markets that sell sustainable and organic meat, eggs and dairy
- Know your brands — learn which ones are organic and sustainable<sup>2</sup>

### 3. Buy Local, In-Season Foods

- By purchasing local, in-season foods, you reduce the environmental damage caused by transportation, your food dollar goes directly to the farmer, and



UCI Dining food label

you will be able to enjoy the health benefits of eating fresh, unprocessed fruits and vegetables.<sup>3</sup>

## General Resources

- <http://www.localharvest.org/> to locate farms and farmers markets near you
- <http://www.eatwellguide.org/i.php?pd=Home> for a national listing of stores, restaurants and small farms
- [http://www.cornucopia.org/dairy\\_brand\\_ratings/](http://www.cornucopia.org/dairy_brand_ratings/) to find out which milk and dairy brands are both organic and sustainable
- <http://www.sustainabletable.org/kitchen/> for recipes, cookbook reviews, tips, and other culinary tidbits

## Campus Resources

For information about sustainable dining at UCI, visit

- <http://www.ucidining.com>
- <http://www.sustainability.uci.edu/>

## Catering

To serve a sustainable meal at your next event, contact (949) 824-1423 or visit: <http://www.ucicatering.catertrax.com>.

## UCI Dining

Meals prepared with local food are available at UCI Dining locations (when in season). Fresh organic food is served in residential dining and the West Food Court. Frozen organic foods are available at Zot n’ Go and Cyber A Café.



UCI West Food Court

To learn more, check out the events on the Real Food Challenge website at <http://ucirealfoodchallenge.weebly.com/>. The Real Food Challenge at UCI is a student group committed to community-based, ecologically-sound, fair, and humane food purchasing.

<sup>1</sup> Food-Miles and the Relative Climate Impacts of Food Choices in the United States, <http://pubs.acs.org/doi/abs/10.1021/es702969f>

<sup>2</sup> Sustainable Table, <http://www.sustainabletable.org/issues/organic/>

<sup>3</sup> Sustainable Table, <http://www.sustainabletable.org/issues/eatlocal/>

<sup>4</sup> Fighting Climate Change: Food Miles vs. Food Choices, <http://www.ethicurean.com/2008/06/23/food-miles-vs-food-choices/>