



November 2011

Have an idea to make nuCuisine more sustainable? Let us know! [Email the Sustainability Intern](#).

Eco Tip of The Month:

Bring your own mug and save! Bringing your own mug for coffee at any of our retail locations can help keep waste out of landfills and gets you a discount!

Welcome to our first newsletter!

Hello, Northwestern! Welcome to our first edition of Sustainability@nuCuisine. As the Sustainability Intern, I will be sending out updates on what we've been doing at nuCuisine to promote sustainability including new initiatives, upcoming events, and tips on being sustainable in the dining halls. In this issue, check out the latest sustainable additions to our menu, learn more about Meatless Mondays, and see what we've been working on with some environmental student groups.

If you have any questions about our initiatives or want to share an idea, please feel free to contact me at Paige.Humecki@sodexo.com.

Recent Events

Thanksgiving Dinner: Wednesday, November, 17 Dining halls featured a sustainable Thanksgiving feast in your dining hall! Menu will include free-range turkey, locally grown potatoes and squash, vegan "turkeyless turkey", and Michigan apple crisp.

Sustainable Meals Find sustainable local foods every Thursday at our resident dining locations.

In the News

- [nuCuisine, student groups bring national Food Day to Northwestern](#): On October 24, nuCuisine and student groups from across Northwestern brought a range of events to campus in celebration of national **Food Day**. Students organized a garden workday, a speaker panel which featuring nuCuisine cooks, and a screening of the documentary *Grow while nuCuisine* featured a Fresh Market and sustainable meals through out the day.
- [NU dining halls compete for peta2 prize](#): After winning the title last year, Northwestern is once again in the running for **peta2's Most Vegan-Friendly College**. Peta2 credits our success to the large selection of vegetarian and vegan options available as well as our new Meatless Monday program. Show your support by voting [here](#) (click "Small Schools"). We're currently in the Finals!
- [SEED proposes new, eco-friendly tray cleaning system for dining halls](#): Members of Students for Ecological and Environmental Development and Design for America are working on a proposal that will help save water in the dining halls. The "Right Angle" tray system makes it intuitive for students to scrape the food from their plates. This reduces the need for water to spray excess food off the plates before they enter the dishwasher. The groups tested their tray system in Sargent on Thursday, November 17. For more information on this project, or to get involved, contact Thea at theakleinmayer2012@u.northwestern.edu

Produce from the nuCuisine Farm now available

Our first harvest from the **nuCuisine Farm** in northern Wisconsin is now available in the dining halls! The food on the farm is grown naturally, without pesticides or fertilizers. Produce grown on the farm includes green beans, yellow beans, cabbage, sweet corn, green bell pepper, cucumbers potatoes, green zucchini. Look for this label in the dining halls to try some!





Celebrate Meatless Mondays!

Join the international Meatless Monday campaign! In a continuing effort to reduce our carbon footprint, nuCuisine is now promoting Meatless Mondays in the dining halls by serving a larger variety of vegan and vegetarian items. According to the UN, meat production contributes to one-fifth of all green house gases. Meatless Mondays are good for your body, too. According to the Meatless Monday website, "Going meatless once a week may reduce your risk of chronic preventable conditions like cancer, cardiovascular disease, diabetes and obesity. "

"Being a Green Student" Presentations

Want to learn more about living a sustainable life in college? Our Sustainability Intern is available to give a "Being a Green Student" presentation for your student organization or dorm. The presentation will cover sustainability as it relates to many aspects of student life, including waste reduction, energy savings, and sustainable food choices. If you are interested in setting up or attending one of these presentations, email paige.humecki@sodexo.com.

Cage-Free Eggs in the Dining Halls

In our continuing effort to promote animal welfare, all shelled eggs used in the dining halls are now sourced from cage-free facilities. According to the Human Society, chickens raised in cage-free facilities enjoy a much higher quality of life than those raised in conventional battery cage facilities.

Questions or comments? Need to be removed from this list? Please contact Paige.Humecki@sodexo.com