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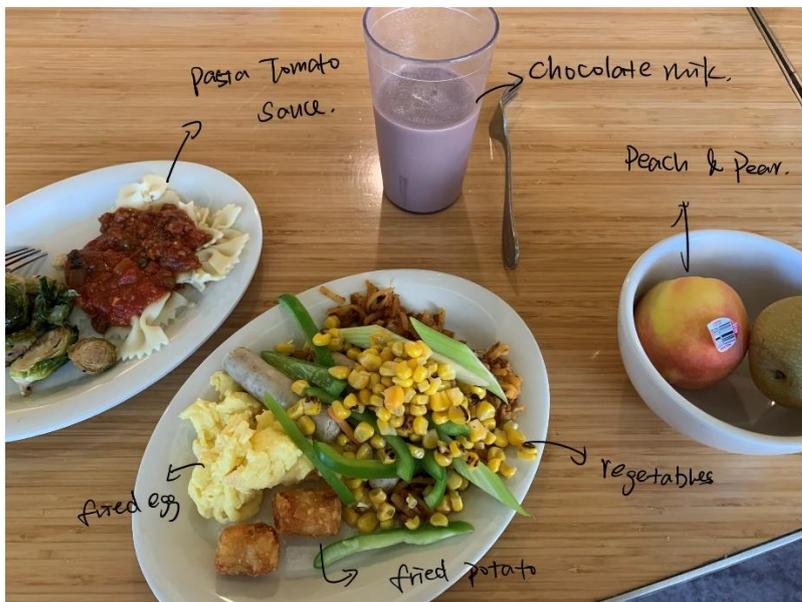
School: University of California at Berkeley

Since I am a freshman living in the dormitory, I don't have the access to the kitchen, nor any cooking tool. So I decided to record my dinners in the canteen for the past week. I also searched on the school website where did the ingredients they choose come from and why do they choose them. Finally, I will comment on the overall sustainability of the school canteen.

Dinner recorded:







The sustainability:

Cal Dining prioritizes ingredients from producers that practice environmental and social responsibility. Cal dining adheres to the principles of Menu of Change including:

1. Be transparent
2. 2. Fresh and seasonal, both local and global
3. Plant-forward
4. Focus on whole, minimally processed foods.

The canteen lists some companies that tightly connect with the school canteen.



Locally raised in Sanger and Certified Humane, Mary's Chicken is served in all four dining commons, including the halal chicken served at Café 3.



Tofu used in Cal Dining is organic and made with soybeans grown on small family farms in the midwest. Hodo Soy Tofu is hand-crafted in Oakland, just 5 miles from the UC Berkeley campus.



Next Generation Foods aggregates and distributes local and sustainably grown foods. Find rice and beans from Next Generation Foods at the Bear Fit station.

Monterey Bay Aquarium Seafood Watch



Most seafood served throughout Cal Dining is listed on the Monterey Bay Aquarium's Seafood Watch Guide's best choice or good alternative list. The Seafood Watch program helps consumers and businesses choose seafood that's fished or farmed in ways that protect sea life and habitats

My comments:

Overall, the school canteen and the foods it provides are green and sustainable. The canteen buys ingredients locally to reduce food miles. And it also underlines the importance of buying vegetables that are fresh and seasonal. The canteen also encourages the students to change to a vegetable-based diet. Besides, the canteen buys foods in bulk and focuses on the minimally processed foods.

Social media post:



gold_tiger_eye

58秒前

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