

Real Food Campus Commitment Action Plan

*Macalester College
Spring 2014*

ABSTRACT

Through becoming the tenth signatory of the Real Food Campus Commitment in October of 2012, Macalester College voiced its support for a vibrant food system that provides fair conditions for workers, humane treatment of animals, ecologically sound growing methods, and supports local communities. This plan outlines the food sustainability and food justice priorities of the campus; specifically the strategies used to increase purchasing of Real Food, awareness of food systems issues, and systematically track progress.

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INTRODUCTION

In October 2012, Macalester College became the tenth signatory of the Real Food Campus Commitment and the first signatory in the Midwest. Through this pledge, Macalester committed to support fair conditions for workers, humane treatment of animals, ecologically sound growing methods, and local communities in the food system. This Real Food Campus Commitment Action Plan articulates Macalester's plans for implementing the Real Food Campus Commitment three goals of:

- a) Increasing procurement of 'real food'—defined as local/community-based, fair, ecologically sound, and/or humane by the Real Food Calculator
- b) Increasing awareness about ecologically sustainable, humane and socially equitable food systems, and
- c) Establishing a transparent reporting system.

This action plan is organized into three sections that address each step of the commitment. Section I, "Operations: Dining Service" outlines Macalester College's Real Food purchasing benchmarks and the additional steps Macalester will take to support an environmentally and socially sustainable food service on campus. The following section, "Education" describes current and future programs and initiatives to promote learning about the food system both inside and outside of the classroom. Section III, "Tracking and Implementation" sets guidelines and delegates responsibilities for carrying out this Action Plan, and ultimately incorporating this plan into Macalester College's current Sustainability Plan.

Throughout the plan, charts are used to break goals into tasks [following the format of the sustainability plan]. Each task has a designated department(s) responsible for fulfilling the task, often with a corresponding leader/facilitator and primary resource. Due to fast student turn over leaders/facilitators who are students are named in parentheses after the title of their position while staff and faculty are directly named. The status of the task and a benchmark for completion are listed at the end of each chart record the progress and the timeline for finishing each task.

SECTION I OPERATIONS: DINING SERVICES

I. Food Procurement Priorities

- a. **Food Purchasing** Macalester will prioritize food that is sustainably and justly produced. Following the guidelines of the Real Food Challenge definition of “real food,” Macalester will focus on increasing food from socially fair, ecologically sound, humane, and community-based sources. Taking into account the ease of replacement and cost, fair trade products will be prioritized.

(SAMPLE Chart: actual goals will be developed upon completion of 2013-2014 Real Food Calculation)

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
Freeze local produce for the winter months	Bon Appetit		in progress	
Increase local procurement of produce to 35 percent of produce in the fall	Bon Appetit	Chef Matt		

- b. **Dietary Restrictions** Dining services should provide food that meets the dietary needs of all members of the campus community. Gluten free, vegetarian, vegan, and will be prioritized at dining venues throughout campus.

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
Offer special arrangements for unique dietary requirements for students required to be on a full meal plan	Residential Life? Bon Appetit	Keith Edwards, Paul Tonkinson	Ongoing?	
Provide gluten free options at all and prevent contamination of gluten to main gluten free options	Bon Appetit	Paul Tonkinson	ongoing	

Offer vegan and vegetarian protein options during all meals in Café Mac	Bon Appetit	Paul Tonkinson	ongoing	
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- c. **Culturally Appropriate Foods** Meals served in Cafe Mac will meet the diverse student body that includes students who are citizens of over 90 countries and 49 states. Meals will also meet religious needs of students.

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
survey international students and feature their recipes Cafe Mac	Food Hub? Bon Appetit	Paul Tonkinson		
Offer food options during Jewish, Muslim holidays	Bon Appetit	Paul Tonkinson	completed?	ongoing

- d. **Dining Hall Outreach and Awareness** Dining services will label the food meeting guidelines stated above. Additionally Macalester College will foster awareness about food operations by featuring dining service workers and sustainability programs.

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
Label all dining hall foods as “gluten free,” “vegan,” “vegetarian”	Bon Appetit	Kimberly Driesch?	ongoing	2015
Label ingredients meeting RFC guidelines for “real food”	Bon Appetit	Café Mac Food Sustainability Worker		2020
Display educational posters (waste streams, local farmers, ect)			s	

Write monthly features a Café Mac employees in the MacWeekly	Food Sustainability Worker, Food Hub, MacWeekly staff?	Student Food Sustainability Worker (Laura Humes)		
Host annual Café Mac Worker Appreciation dinners	DML, Food Hub?	Chris McDonald Dennis?	Not started	

II. **Dining Service Employees** Dining service employees at Macalester College should be provided safe working conditions, fair compensation for their work, and a voice in their workplace. Macalester College also values career development opportunities

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
Provide living wages to employees	Bon Appetit		ongoing	
Provide health care to employees	Bon Appetit			
Provide employees to have free/reduced cost access to Leonard Center Facilities and the health specialist	Bon Appetit			not started?
Support right to freedom of association	Bon Appetit			
Provide professional development opportunities (workshops on food systems issues, kitchen skill trainings, local farm visits, ect)	Bon Appetit	Kimberly Driesch		

III. **Environmental Sustainability/Waste Reduction** Macalester College will continue to prioritize environmental sustainability in dining services, campus life, academic departments through waste reduction and efficiency initiatives.

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
Explore having a tray free	Bon Appetit, Sustainability Office	Kimberly Driesch	ongoing	
Provide compostable dishware for all catering	Bon Appetit, Sustainability Office	Kimberly Driesch	Ongoing?	
Serve food only in compostable/reusable dishware at the Grill	Bon Appetit, Sustainability Office		ongoing	
Provide EcoClams and discounts for Reusable mugs at the Grill	Bon Appetit, Sustainability		completed	
Provide a leftover station to use leftover at Café Mac	Bon Appetit, Sustainability	Paul Tonkinson?		
Investigate opportunities to convert used fryer oil to biodiesel	Bon Appetit, Sustainability		not yet started?	
Develop a program or partnership to reduce and recycle stretch wrap and styrofoam	Zero Waste Committee	Zero Waste Coordinator (Gabby Queenen), Food and Agriculture Coordinator (Karen Weldon)	in progress	
Send Bon Appetit food waste to hog farms	Bon Appetit, Sustainability Office?		ongoing	
Raise awareness about post-consumer food waste through weekly Clean Plate Days	Sustainability Office, Bon Appetit	Zero Waste Coordinator (Gabby Queenen), Food Sustainability Assistant (Laura Humes)	ongoing	

Explore the possibility of participating in the Food Recovery Network/Campus Kitchens to further decrease waste	Bon Appetit, Sustainability, Food Hub	(Amanda Wareham)	Not started?	
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SECTION II EDUCATION

- I. **Academics** Macalester College supports opportunities for students to explore the food systems through their coursework.

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
Identify and support classes that cover food systems issues	Academic Departments		ongoing	2020?
Increase opportunities for using the dining hall as teach tool	Sustainability Office		ongoing	
Offer a Food Systems core in Environmental Studies	Environmental studies		In progress	Fall 2014
Provide research opportunities (Honors, summer research) in food systems	ES, Geography, Sociology,		ongoing	----
Explore the possibility of increasing faculty with a focus in food systems			not yet started	2020?
Identify programs and opportunities to explore food systems during study abroad	International Center	Katie Pratt?	not yet started	

- II. **Campus Life/Extra Curricular (Education outside the classroom)** Macalester supports campus extracurriculars and resources as a way to learn about food sustainability, justice,

and health, specifically through living options, organizations and departments, and special events.

- a. **Specialty Housing** With three on-campus living establishments Macalester currently provide space for 30-35 students to explore food issues through diet and communal living each year.
- b. **MULCH** Macalester Urban Land Change and Community Health MULCH, a student run organic gardening organization, has two x by x plots of land that are used for students to produce vegetables and market to them to dining services. Since 2011, MULCH also has facilities to raise chickens.
- c. **Food Hub** Macalester's Food Hub additionally provides students, faculty and staff interested in food issues a venue to share ideas, projects, resources to further food sustainability, justice and health issues.
- d. **Health and Wellness Center** Additionally, departments such as the Health and Wellness and Sustainability support events and provide resources regarding food sustainability and health throughout the year.

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
Provide food, composting, and health training to first year students	Sustainability Office, Campus Programs, Health and Wellness		ongoing	
Sell student grown Greenhouse greens to dining services year round	MULCH, Bon Appetit	MULCH leaders (AJ Zozulin), Chef Matt?		Spring 2014
Establish an annual Food Week for students, faculty and staff to explore food systems issues	Food Hub, MULCH,			Fall 2014
Charter the Macalester Food Hub to unite students, staff and faculty for food systems project collaboration	Food Hub,	Food Hub leaders (Abbie Shain, Emily Walls)	In progress	Spring 2014
Support summer farmer's market truck and trips to farmer's markets	MCSG, campus programs, Sustainability, Food Hub		In progress	

Provide on-campus living options focused on just and sustainable food	Residential Life	Emily Stuber	ongoing	
Document food systems exploration of specialty housing.	Sustainability, Residential Life	Food and Agriculture Coordinator (Karen Weldon)	In progress	First report: spring 2014
Provide services to staff and faculty on healthy and sustainable lifestyles	Health and Wellness	Wellness Coach	ongoing	

III. Community Engagement Upholding its value in service to society, Macalester supports opportunities for students to get involved in food systems work beyond the campus through internships, work-study positions, and volunteer opportunities. Macalester will also provide opportunities for the Twin Cities community to learn more about food sustainability and food justice.

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
Increase internships where students engage in the food systems	Internship Program, Food Hub?		ongoing	
Increase number of students participating in food systems volunteer activities	CEC	Environmental Taskforce CEC student coordinator (Julia Gay?)	ongoing	
Increase number of off campus work study options in food systems work			ongoing	
Support Live It! Funds applicants and other Macalester grants for food and agriculture related projects	Institute for Global Citizenship		ongoing	

Host one food and agriculture event annually geared toward the greater Twin Cities community	CEC, Food Hub			
Increase opportunities to leverage alumni engagement and connect with students around food systems.	Sustainability Office, Alumni Office, Career Development Center		ongoing	
Support students looking for jobs in food systems careers	Career Development Center, Sustainability Office		ongoing	

SECTION III IMPLEMENTATION AND TRACKING

- I. ***Food Systems Working Group:*** The Food System’s working group is an extension of the pre-existing Dining Services-Campus Life meeting that will convene for one additional hour after this meeting every other month. Beyond the members of the group already meeting, this group will include the Executive Chef and four to five students, including the Food Sustainability Worker and a representative of the Food Hub. Led by the Food Sustainability Student Worker of Bon Appetit and the Food and Agriculture Student Coordinator in the Sustainability Office, this meeting will be to vet proposals and action plans, with the majority of work towards the Real Food Campus Commitment being performed by students outside the meeting. As a subcommittee of the Sustainable Advisory Committee, several members of the Sustainable advisory committee will meet with the Food Systems Working Group to examine progress on educational goals outlined in the this plan.

Data Collection The Bon Appetit Food Sustainability Assistant will be responsible for collecting data on progress on implementing this plan in dining. Specifically, the Sustainability Assistant will be responsible for coordinating the collection of dining service food purchasing for the Real Food Calculator for on spring month and one fall month each academic year. Additionally this student worker will in charge of collecting data on regarding progress on other food purchasing priorities and labeling.

Annual Progress Report The Food and Agriculture Student Coordinator will be responsible for creating the annual progress report, as designated by the Real Food Campus Commitment. This report will be incorporated into the Sustainability Plan update on a bi-annual basis.

Task	Department	Possible leaders, facilitators, resources	Status (tracking/local)	Timeline
Form a food systems working group that meets bi-monthly	Sustainability, Campus Life, Bon Appetit	Food and Agriculture Coordinator (Karen Weldon)	beginning	Spring 2014
Run the Real Food Calculator for two months annually	Bon Appetit, Food Hub	Food Sustainability Student Worker (Laura Humes)	beginning	Spring 2014
Perform an internal review this action plan by relevant departments and the student body	Sustainability Office, Food Hub	Food and Agriculture Coordinator (Karen Weldon)	not yet started	Spring 2014
Perform an external review of this action plan by community members	Sustainability Office, Food Hub	Food and Agriculture Coordinator (Karen Weldon)	not yet started	Spring 2014
Establish a permanent Food and Agriculture Student Coordinator work study position	Sustainability Office	Food and Agriculture Coordinator (Karen Weldon)	not yet started	Spring 2014
Incorporate this Real Food Action plan into the Macalester Sustainability Plan	Sustainability Office	Food and Agriculture Coordinator (Karen Weldon)	not yet started	Summer 2014
Create an annual progress report in conjunction with annual Sustainability Plan updates (which are once every other year?)	Sustainability Office	Food and Agriculture Coordinator (Karen Weldon)	not yet started	Spring 2015

Publicize major accomplishments made to further Real Food Challenge goals through the Macalester Website, Mac Weekly, and other venues	Sustainability Office, Bon Appetit, Food Hub	Food and Agriculture Coordinator (Karen Weldon), Food Sustainability Student Worker (Laura Humes)	not yet started	Spring 2015
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Appendix A: History of Bon Appétit

Bon Appétit Management Company

Macalester has contracted out its dining services for approximately 25 years. Bon Appétit Management Company came to Macalester in 1995 and Macalester is currently in year four of a 10-year contract with Bon Appétit. So far, Macalester administration has been satisfied with the company's work and finds that the company's values and ethics align with those of the school. As a member of the Compass Group largest foodservice company in the world since 2002, Bon Appétit distinguishes itself as a leading food service provider through a variety of sustainability initiatives and commitments to fresh, cooked-from-scratch food.

Since 1999, Bon Appétit has been making a commitment to sustainability. Currently the company has several sustainable purchasing initiatives already in place:

- Sourcing chickens and turkeys that are raised without the use of antibiotics as a routine feed additive.
- Hamburgers are made from natural ground beef with no antibiotics or added growth hormones.
- The seafood purchases follow the sustainability guidelines of the Monterey Bay Aquarium's Seafood Watch program.
- All the shell eggs are produced cage free and are Certified Humane.
- They serve milk and yogurt from cows not treated with artificial Bovine Growth Hormone.

Appendix B: Operations Overview of Macalester's Dining Service

Macalester has one main dining hall along with three smaller venues dining venues on campus. Cafe Mac, the central dining hall, consists of five main stations serving a variety of homestyle and ethnic foods, and a salad bar. The Atrium Market, a lunch time sub shop, serves to-go sandwiches during the lunch hour, while the Café Mac Grill and the Leonard Center Juice Bar offer a larger range of entrees, snacks, and drinks throughout the day.

Due to on campus living policy, nearly all first years and sophomores and ?? percent of upperclassmen have full board meal plans, that provide a variety of dining options on campus. These plans range from 19 meals a week in Café Mac to 1,200 in Flex dollars that can be used to purchase food at any of the Macalester's dining facilities. Students living off campus and in specialty housing on campus have the option of purchasing a commuter plan of 5 meals a week.

Dining plans are listed below.

- A Plan - 19 meals per week
- B Plan - 14 meals per week + \$125 Flex dollars per semester
- C Plan - 10 meals per week + \$200 Flex dollars per semester
- D Plan - All Flex - \$1,200 Flex dollars per semester
- Commuter Plan – 75 meals per semester + \$75 Flex dollars per semester

