Why Eat Local?

Nutrition · Origin · Money

Image By: Amanda Lehtinen
Nutrition

Feel good about the food you put in your body!

• Avoid processed food with added chemicals

• Choose nutrient dense foods grown nearby
  – kale, blueberries, tomatoes, and carrots

• Look out for GMOs

Source: http://ualr.edu/health/nutrition-consultations/
Buying local…

- Reduces pollution from transportation
- Gives produce less time to lose nutrients
- Strengthens local economies

Worried about local options being too expensive?

• Local food options don’t have to be more expensive. Many times they are at or below store prices. And you get more nutritional value when you buy local!

• Focus local purchasing on the dirty dozen.
  – These are items that absorbed more pesticides
<table>
<thead>
<tr>
<th>DIRTY Dozen</th>
<th>CLEAN Fifteen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Sweet Corn</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Onions</td>
</tr>
<tr>
<td>Grapes</td>
<td>Pineapples</td>
</tr>
<tr>
<td>Celery</td>
<td>Avocado</td>
</tr>
<tr>
<td>Peaches</td>
<td>Cabbage</td>
</tr>
<tr>
<td>Spinach</td>
<td>Sweet Peas- frozen</td>
</tr>
<tr>
<td>Sweet Bell Peppers</td>
<td>Papayas</td>
</tr>
<tr>
<td>Nectarines- imported</td>
<td>Mangos</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>Asparagus</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Eggplant</td>
</tr>
<tr>
<td>Cherry Tomatoes</td>
<td>Kiwi</td>
</tr>
<tr>
<td>Hot Peppers</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Kale/Collard Greens</td>
<td>Cantaloupe</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>Sweet Potatoes</td>
</tr>
<tr>
<td></td>
<td>Mushrooms</td>
</tr>
</tbody>
</table>
On Campus Options

- Meatless Dining Options
- Fair Trade items
- Community Supported Agriculture
  - Sign up on the Villanova Dining website

Visit Villanova’s sustainability website at:
www.Villanova.edu/Sustainability
Community Supported Agriculture

- Payment made to farmers before season
- Receive weekly share of crops (veggie and fruit)
- Pick up at 2nd Storey Market
- Available for Summer Fall and Spring seasons
Fall is the perfect time to **EXPAND your veggie GAME!**

**WHAT IS A CSA?** Community Supported Agriculture, or “CSA,” is a mutually-beneficial arrangement between community members and local farms in which the farmers provide produce and other farm products during the growing season in exchange for payment before the season begins. Each week, the farmer harvests the mature crops and divides the offerings into “shares,” which typically is one share for each member of the CSA program.

Villanova Dining Services has teamed up with Lancaster Farm Fresh Cooperative to bring the CSA to the Villanova community. Villanova’s CSA is coordinated through the 2nd Storey Market in St. Mary’s Hall. All Villanova students, faculty, and staff will have the opportunity to purchase and support a sustainable food system.

**SHARES AVAILABLE FOR PURCHASE**

Vegetable Share  Herbal Tea Share  Beverage Share  Picnic Share  Medicinal Herb Share

Bread Share  Fruit Share  Coffee Share  Flour Share  Egg Share  Cheese Share

8 Weekly Deliveries from October 30 through December 18

**HOW CAN I SIGN UP?**


**REGISTRATION DEADLINE:** Friday, October 20, 2017

Get $10 off a Medium Share  Use code at checkout: 10mediumfall17

Get $15 off a Medium Share  Use code at checkout: 15largefall17
Surprising Impacts of Meat Production

• Did you know that the meat industry is a large contributor to GHG emissions, and land and water use?

• Also, producing feed for animals incorporates land use, water consumption and the potential for nitrogen pollution from fertilizers.

*This is not meant to denounce meat eaters, only to encourage lower consumption

[Image: What It Takes To Make A Quarter-Pound Hamburger]

- feed: 6.7 Pounds of grains and forage
- water: 52.8 Gallons for drinking water and irrigating feed crops
- land: 74.5 Square feet for grazing and growing feed crops
- fossil fuel energy: 1,036 Btus for feed production and transport. That's enough to power a typical microwave for 18 minutes.

Credit: Producers: Eliza Barclay, Jessica Stoler-Conrad; Designer: Kevin Uhrmacher/NPR


These values vary based on location.
A THIRSTY INDUSTRY

Nearly half of all water used in the United States goes to raising animals for food.

It takes more than 2,400 gallons of water to produce 1 pound of meat.

2,400 gallons = 1 lb. of meat

VS.

1 pound of wheat takes 25 gallons.

25 gallons = 1 lb. of wheat

Meatless Options

Want to eat less meat but need your protein fix?

Tip: Start with having meatless Mondays!

<table>
<thead>
<tr>
<th>NUTS</th>
<th>LEGUMES</th>
<th>GRAINS</th>
<th>DAIRY</th>
<th>SOY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanuts: 9g</td>
<td>Black beans: 15g*</td>
<td>Whole Wheat Bread: 4g/slice</td>
<td>Swiss cheese: 8g*</td>
<td>Edamame: 29g/cup</td>
</tr>
<tr>
<td>Walnuts: 4g</td>
<td>Chickpeas: 15g*</td>
<td>Oats: 6g*</td>
<td>Fat-Free Yogurt: 14g/cup</td>
<td>Tempeh: 21g*</td>
</tr>
<tr>
<td>Pistachios: 6g</td>
<td>Lentils: 18g*</td>
<td>Buckwheat: 6g*</td>
<td>Cheddar cheese: 7g*</td>
<td>Tofu: 9g*</td>
</tr>
<tr>
<td></td>
<td>*Per 1/4 cup</td>
<td>*Per 1 cup, cooked</td>
<td>*Per ounce</td>
<td>*Per 4 ounces</td>
</tr>
</tbody>
</table>

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http://www.akshaychopra.org/articles/can-protein-convert-to-body-fat/
Getting Out What We’re Putting In

“The world’s cattle alone consume a quantity of food equal to the caloric needs of 8.7 billion people—more than the entire human population on Earth” (“The Global Benefits of Eating Less Meat” by Mark Gold and Jonathon Porritt)

http://govconnect.alachuacounty.us/committees/ECSC/Strategies/wei/Shared%20Documents/EdFoodSection.pdf

WHAT DOES IT TAKE TO GET PROTEIN ON YOUR PLATE?

Click on Grain, Land or CO₂ to see the surprising impact of 1 kg of protein.

http://planetsave.com/2013/03/29/bill-gates-advocating-for-big-cut-in-meat-consumption/
Villanova Dining Services
Commitment to Sustainability

Cage Free Eggs
Compostable Disposables
Cafe Nova Law School Cafe
The Energy Zone

Fair Trade Coffee, Tea, Chocolate, Bananas & Sugar
Compost Program

Locally Grown Produce
Partnership with Facilities to Recycle Food Packaging and Containers

Sustainable Seafood
Partnership with the Monterey Bay Aquarium

Reusable Tote Bags and Mugs
Recycled Napkin Program

Non-GMO Canola Oil, Tofu and Soy Sauce
Trayless Service

Organic Salad Bar in the Belle Air Terrace
Fresh Herb Gardening on Campus

Aquahealth Renewable Water Program

YOU are the KEY to making this work!
Villanova Dining Services Proudly Presents

VEG

VILLANOVA EATS GREAT

Make Sustainable Choices - Good for you and our Planet!

MAKE FRUIT & VEGETABLES THE CENTER OF YOUR PLATE
INCREASE WATER & REDUCE SUGARY BEVERAGE INTAKE

Increase Your Nutrition!
Follow these 4 concepts

DECREASE YOUR ANIMAL PROTEIN INTAKE
INCREASE YOUR WHOLE GRAIN INTAKE