Why Eat Local?

Nutrition • Origin • Money

OM NOM NOM!

Image By: Amanda Lehtinen

Local meals  Save Money
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
Dirty Dozen

Produce with the highest pesticide loads

- Apples
- Strawberries
- Grapes
- Celery
- Peaches
- Spinach
- Sweet Bell Peppers
- Nectarines - imported
- Cucumbers
- Potatoes
- Cherry Tomatoes
- Hot Peppers
- Kale/Collard Greens
- Summer Squash

Clean Fifteen

Produce least likely to hold pesticide residues

- Sweet Corn
- Onions
- Pineapples
- Avocado
- Cabbage
- Sweet Peas - frozen
- Papayas
- Mangos
- Asparagus
- Eggplant
- Kiwi
- Grapefruit
- Cantaloupe
- Sweet Potatoes
- Mushrooms
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


These values vary based on location
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.

1 pound of wheat takes 25 gallons.

Meatless Options

Want to eat less meat but need your protein fix?

Tip: Start with having meatless Mondays!


http://www.akshaychopra.org/articles/can-protein-convert-to-body-fat/
"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)
WHAT DOES IT TAKE TO GET PROTEIN ON YOUR PLATE?

Click on Grain, Land or CO$_2$ 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

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

VEG

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

"THE BEST SERVING THE BEST"