Sodexo practices Sustainability
Here are just a few sustainability initiatives Sodexo is implementing at MUSC:

SAVE A CUP, SAVE A BUCK
When you bring in your own (clean) reusable cup or mug to the ART or University Cafeteria, you get a $0.25 discount on your purchase from any fountain soda, tea, coffee or juice. Reusable cups are also for sale in the cafeteria, near the registers.

SUSTAINABLE SALAD CONTAINERS
Our salad bar has new salad containers. These containers are made from 100% plant materials of annually renewable sources, a more sustainable source than petroleum. Specifically, these containers are made of Ingeo™, a synthetic fiber made of corn and plants, which can also be used to make clothing, personal care items, electronics, etc. In addition to lowering fossil fuel use and green house emissions, natural plastics offer more disposal options. These containers are also compostable! MUSC hopes to start composting program this year.

MEATLESS MONDAYS
Meatless Monday is an international movement to help people reduce their meat consumption by 15% to improve personal health and the health of the planet. It is not an attempt to convert meat eaters to vegetarianism, but rather an aid in helping Americans reduce their meat consumption (which averages 45% above USDA guidelines daily) to help reduce the risk of chronic diseases like cancer, heart disease, diabetes and obesity, not to mention to improve the diet overall by helping to reduce intake of saturated fat and cholesterol. Eating less meat also helps the planet by limiting the carbon footprint, fossil fuel dependence and water demands of the diet. The ART and University cafeterias currently offer vegetarian options daily, including Gardenburgers® on the grill, and the salad bar, with other vegetarian options offered weekly including some soups and entrées on the hot line. Foods denoted with a "V" made out of two carrots are vegetarian. Every Monday, the cafeterias now serve a meatless entrée in addition to traditional offerings. While Monday is the typical day many choose to start a new healthy habit, any day or meal of the week where you can reduce your meat consumption will have a positive impact on your health and the health of the planet. If you would like more ideas, including recipes, on how to be meatless all Monday long, visit www.meatlessmonday.com.

WHAT’S BREWING AT ART – RAINFOREST ALLIANCE CERTIFIED COFFEE
The ART cafeteria is brewing up a cup of coffee that’s mmm! mmm! good for you and for the environment! Traditional, forested coffee farms are havens for tropical wildlife and support the local economies in the tropics for more than 25 million people. Newer farming systems, which involve the clearing of tropical forest and the heavy use of chemicals, have proven to be environmentally destructive and to produce economically unstable communities. Coffee with the rainforest alliance certification (just look for this little green frog) supports farmers learning to grow coffee using sustainable methods and provides farmers with leverage to enter a more global market. Currently, 1.3% of the world’s coffee is Rainforest Alliance Certified. To learn more about Rainforest Certified coffee as well as tea, fruit, cocoa and more, visit http://www.rainforest-alliance.org. To try a cup yourself, visit the ART cafeteria (hours are Monday – Friday, 6:30 AM – 7 PM).
SUSTAINABLE SEAFOOD
We are purchasing seafood with Marine Stewardship Council or Best Aquaculture Practices certifications. Sodexo’s has pledged to source only sustainably certified fish and seafood (100% by 2015).

WELLNESS & YOU
In an effort to provide a healthy food environment for staff and visitors, wellness core standards must be applied in all areas on campus where food and beverages are sold. The Sodexo Wellness & You (W&Y) program includes core standards for each serving station to ensure healthy options are available. The framework of the W&Y standards is based on leading health agencies, including the American Heart Association. In June, a ribbon cutting ceremony was conducted at ART and UH cafeterias to recognize the implementation of wellness standards at three (3) serving stations in each hospital. An example of wellness standards includes: offering 3 low fat meats at the Deli, low fat/ sugar free dessert options, and lean protein options on the salad bar. To encourage customers to eat healthier, all W&Y items will be offered at a lower cost, including diet sodas and bottled water. Look for the W&Y logo and start saving money and eating healthier today!

SINGLE PULL IS COOL
Smart Stock dispensing systems can help reduce usage (and waste!) by up to 25% and since each piece of cutlery is not individually wrapped, they reduce unnecessary packaging. Single pull napkins also prevent people from grabbing handfuls of paper that goes unused into the garbage. The waste prevented by these systems? Up to 30%! Better yet? Bring your own cutlery and cloth napkin from home (just wash your cloth napkin in cold water, as part of a full load, and air dry to maximize the environmental benefit!)

THIS LUNCH MATTERS
Lunch is the center of a controversial conversation – one about health, energy, economics, and water supply. Why does this lunch matter so much? Because we have lost touch with where our food comes from and we are using our resources faster than can be replenished. We need to think more about what’s on our plate. Learn more with this artful video at:
http://www.youtube.com/watch?v=kA61AcZIU

You can read MORE about our sustainable efforts at
www.muschealth.com/nutrition/sustainability