



# the guide to good food

presented by the  
Sustainability Program of  
Brown University Dining Services

Half a century after the so-called “Green Revolution” in agriculture, nearly a billion people are still struggling to feed themselves. Ironically, many of the hungriest people in the world are farmers and farm-workers.

More and more people are growing up in places that do not produce their own food, places where the joys and perils of agriculture are hidden from view. But there is a movement afoot to reunite consumers with producers, to give back to the people and places that feed us, and to balance the planetary cycles of matter and energy that sustain life as we know it.

## So, what is good food?

It knows where it comes from - and where it's going.

It nourishes every link in the food chain, from soil to stomach.

It leaves us physically and emotionally satisfied, but never bloated.

It is produced, prepared, and eaten with care, with joy, and with thanks.

Brown is proud to support responsible agriculture and to serve healthy, delicious, ethical food. We're excited to learn more about the past and present of food production and to shape its future. And we're thankful to have enough good food to share.

The projects in this guide are collaborations between students, academic departments, Dining Services, Facilities Management, and community organizations.

Visit [brown.edu/food/sustainability](http://brown.edu/food/sustainability) and [empowerbrown.org](http://empowerbrown.org) to learn more.



**Prof. Ross Cheit** teaches The Politics of Food, which examines politics and policy around the farm bill, nutrition programs, and various health and food safety issues. It evolved out of his academic background in regulation and government agencies, his personal background in Berkeley, California, and his clear sense that there was an enormous student interest and energy around food issues.

**Favorite food:** Oysters

**Is there a food crisis?**

"I am wary of the word crisis. I think our food system is fragile, problematic, and, in some ways, quite remarkable."

**Is there a food movement?**

"Yes, there is a food movement. Its greatest promise involves food quality and safety; its greatest weaknesses are food price and agricultural labor issues."

**How can Brown become a leader in food issues?**

"Brown is best at interdisciplinary work. A chair in Food Studies that connected several departments would help advance course offerings and research."

**Other food-related courses** include Sustenance & Sustainability; Plants, Food, & People; Eating Cultures: Food and Society; and Foragers, Farmers, Feasts, and Famines: An Anthropology of Food.



**Dr. Kim Gans** teaches Designing and Evaluating Public Health Interventions, which helps students design behavior change interventions in many areas of public health including nutrition and obesity prevention. Her current research includes bringing affordable produce to workplaces, community organizations and subsidized housing projects in RI, MA and CT and studies dietary change.

**Favorite food:** Pizza

"Globally, I think there is a food crisis. Food prices are currently pretty high, so food insecurity is increasing in many countries. The greatest challenge is probably to find a way for all countries (and regions within countries) to produce more of their own food locally so they are less dependent on other countries for food and less affected by globalization.

I think there is a movement towards sustainable agriculture and eating more local foods and a 'slow food' movement away from fast food and towards more traditional foods. But the challenge is to create systems such that these foods become affordable and available to everyone, not just the people that are educated or willing to pay higher prices for local or organic food. If these movements really take hold, I think their greatest promise is better health."

"Brown can become a leader by sponsoring research, courses, and discussions on food and nutrition issues, by hiring faculty with expertise in food issues, by encouraging students and faculty to get involved locally and nationally on these issues, and by providing healthy, local foods on campus."

The **Sustainable Food Initiative (SuFI)** tends an organic garden on Hope Street that sells produce directly to consumers and to Dining Services. In the spring, volunteers prepare the garden. In the summer, it blooms from arugula to zucchini. Want to start growing? Email [brown.sufi@gmail.com](mailto:brown.sufi@gmail.com).

**Nourish International** partners with community organizations to end hunger and poverty. Brown's chapter raises funds through ventures like Pancakes for Poverty and Hunger Breakfasts, in conjunction with Providence fair-trade coffee roaster Coffee Exchange. In the summer of 2010, students from Brown and Cornell traveled to El Salvador to work with local non-profit FUNDAHMER. Together they expanded food security by helping to establish three organic community gardens. Across the United States, there are 22 chapters of Nourish International, comprising over 500 students fighting for food sovereignty around the world. For more information on Brown's chapter, search for **Brown University Nourish International on facebook**.

Throughout the year, seasonal produce is available on campus. In the fall, you can visit the **Wriston Farmers' Market** on Wednesday mornings. In the fall, winter, and spring, you can order a **Market Share** from [sufi.market.shares@gmail.com](mailto:sufi.market.shares@gmail.com) including fruits, veggies, bread, and cheese. SuFI and Dining Services are now working to start a spring farmer's market. If you're interested in helping out, email [brown.sufi@gmail.com](mailto:brown.sufi@gmail.com).

**West House** (91 Brown Street) has been Brown's Environmental Program House and a vegetarian co-op since 1985. About 30 dine at the co-op on food that is fresh, local, seasonal, bought in bulk, and served with love. West House has a garden and composts, taking from the earth but also giving back to it. Some of its food comes from Seven Stars bakery and Farm Fresh RI's Market Mobile, and all of it comes from Red Sox territory.

The **Real Food Initiative** brings local, ecological, fairly-traded, and humanely-raised foods to Brown dining halls. Real Food is healthy, delicious, and ethical, and with our support it's becoming more accessible throughout New England (see map on the next page). We're currently working on cage-free eggs and sustainable seafood. By 2014, we hope that 35% of our food will fulfill at least one Real Food category.

At the **Blue Room** we've already topped 50%! Brown is one of over 340 Real Food institutions across the country, and one of the first to use the Real Food Calculator to track our progress. Email us at [brownrealfood@gmail.com](mailto:brownrealfood@gmail.com).

Every year, Brown Dining Services presents two Mindful Meals - a local harvest dinner in the fall and an Earth Day dinner in the spring. But if you get hungry for good food between these meals, here's where to find it:

Many students are surprised to learn that, in spite of its long winters, Rhode Island is full of agriculture. Our tiny state is home to over 1,200 farms, and that number is growing! Still, Rhode Island imports 99% of its food. For many years, Brown has been committed to rebuilding local food systems.



**real food initiative**

**Farm Fresh RI**, founded in 2004 by Brown alums Louella Hill '04 and Noah Fulmer '05, is Rhode Island's local food hub. They're revitalizing the Ocean State's agriculture and food distribution networks, bringing fresh food from farms to schools, restaurants, food banks, grocery stores, and farmers' markets. They also coordinate the annual Local Food Forum with the Division of Agriculture and Brown Dining Services. [farmfreshri.org](http://farmfreshri.org)



# PROVIDENCE

The **Environmental Justice League**, co-founded by sociology professor Phil Brown in 2007, tackles a wide array of issues including contamination, food access, and environmental awareness. The relationship between the EJE and Brown has always been strong, and it is still growing with new programs like the Community Environmental University, which spawned the Healthy Corner Store Initiative (see reverse). [ejlri.wordpress.com](http://ejlri.wordpress.com)

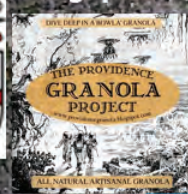


In 2006, Brown alum Louella Hill '04 created Divine Providence, Rhode Island's first artisanal cheese, based on techniques she learned in Tuscany, New York, and Maine. Today, **Narragansett Creamery** in Olneyville makes ten kinds of cheeses and yogurt with local milk, and sells to markets and restaurants around the state as well as to Brown Dining Services. [www.richeeses.com](http://www.richeeses.com)



**Southside Community Land Trust** is nationally renowned as a leader in urban agriculture and education. Over 220 families grow food in its 13 urban gardens. Students in Sustenance & Sustainability volunteer with this organization, which celebrates its 30th anniversary in 2011. [www.southsideclt.org](http://www.southsideclt.org)

At Amos House community kitchen, the **Providence Granola Project** provides jobs for refugees from Burundi, Myanmar, Sudan, and Iraq. The granola, made with mostly organic ingredients, is available at Brown's Campus Market. [providencegranola.blogspot.com](http://providencegranola.blogspot.com)



In addition to three vegan chili recipes, **Manhattan Chili Co.** makes non-vegetarian chili using humane and sustainable meats: beef from Niman Ranch, turkey from Plainsville Farms in New York, and FreeBird Chicken from Amish country in Pennsylvania. All of these farms adhere to strict quality control guidelines because they know that happy, healthy animals are safer, more nutritious, and more delicious than factory-farmed meat.



## What is a foodshed?

Our foodshed is our edible footprint - the people and places that create, prepare, and transport our food. These two maps show part of our local and regional foodsheds.

"What is eaten by the great majority of North Americans comes from a global everywhere, yet from nowhere that they know in particular. . . How can we understand the implications of our own participation in the global food system when those processes are located elsewhere and so are obscured from us? How can we act responsibly and effectively for change if we do not understand how the food system works and our own role within it?"

from Kloppenburg et al. 1996, *Coming into the Foodshed*



With minimal processing, **Vermont Soy** turns locally-grown organic, non-GMO soybeans into tofu, soymilk, and toasted soy nuts. This up-and-coming regional business was founded in 2007 in Hardwick, VT, the place immortalized by Ben Hewitt in the 2010 book "The Town that Food Saved."



Founded in 1790, **King Arthur Flour** is America's oldest flour company. Since 1996, the company has been owned and operated by its employees. They are a founding member of B Corporation, a group of companies committed providing a living wage and health insurance for workers, lessening their impact on the environment, and giving back to the community. King Arthur Flour is used in the Ratty Bake Shop.



**Stonyfield Farm** was the first dairy processor to guarantee its milk free of recombinant bovine growth hormone (rBGH). They make yogurt with milk from Organic Valley, a nationwide cooperative. Since 1993, they have donated 10% of their profits - \$12 million - to community sustainability initiatives.



In 1986, **Equal Exchange** began importing fair-trade coffee in defiance of the Reagan administration's embargo against Nicaragua. They outlasted Reagan, and today trade tea, chocolate, and fruit from cooperatives around the world with a guaranteed minimum price floor to protect against the fluctuations of the global commodities market. Equal Exchange also operates as a democratic cooperative.



**Sun Coffee Roasters** uses eco-friendly packaging and energy-efficient roasting equipment. But more importantly, Sun Coffee is certified fair trade by TransFair USA and UTZ Good Inside. This means workers get clean drinking water and decent housing, farmers can afford to send their children to school instead of to work in the field, and each bean is traceable all the way to the field of origin.



Since 2008, **Newport Biodiesel** has partnered with over 700 restaurants and institutions in Rhode Island and Massachusetts to produce over 500 thousand gallons of clean-burning, local biodiesel. Their goal is to produce one million gallons to offset a portion of the one billion gallons of petroleum Rhode Island imports each year.

Starting in the summer of 2009, Providence high school students attended environmental justice classes taught by Brown students and the Environmental Justice League of Rhode Island (see map on reverse). Their final project, the Healthy Corner Store Initiative, brought fresh,



affordable produce to the forefront of three stores with help from the Department of Health, Farm Fresh RI, and Kids First RI. These groups are now tracking the stores' progress and working on policy to improve access to healthy food. Email [engage@brown.edu](mailto:engage@brown.edu) to get involved with the EJ League.



*Growing*

Before I started this Food Justice program, my thoughts on it were, "Oh great, a bunch of health nuts trying to force their views and ideas onto me." I kept an open mind though... boy, did I quickly learn I was wrong! This class isn't about anyone's ideas or opinions, it was about having access to the truth. We learn where our food really comes from, and how it gets to us. We learn why certain food may be cheaper than others and what the meaning of organic is. Most of all, though, we are learning that everyone is entitled to their own opinions. This food justice class isn't about telling you what you should and shouldn't eat or do. It is about informing people on subjects they don't normally think about.

- [justbite.wordpress.com](http://justbite.wordpress.com)

**How does Brown give back?** Every way we can. Since 2005, Dining Services has **donated over 8,000 pounds of food** to organizations like the Rhode Island Community Food Bank. We also recycle fry-oil with Newport Biodiesel (see map on page 3).



The best way to reduce waste is to create less. Brown students are buying less bottled water - **44% less** from 2009 to 2010 - and we're working to reduce plastic bottle waste during Spring Weekend and commencement. To get involved, email [beyondthebottle@gmail.com](mailto:beyondthebottle@gmail.com) or come to **emPower** every Sunday from 8-10pm in Wilson Hall 101. We're saving water, too (**155,000 gallons** a year) by going trayless in our dining halls. Trayless dining reduces food waste by as much as 25%!



Of course we recycle, and we're **composting** more and more. Dining hall scraps go to local pigs and Earth Care Farm, the biggest compost pile in Rhode Island. SCRAP (Student Composting to Rejuvenate Agriculture around Providence) is installing 5 compost bins at Brown by 2012. We already have 3 bins around campus: at the SuFI garden, the Center for Environmental Studies, and West House. To learn more, come to emPower or email [compost.with.scrap@gmail.com](mailto:compost.with.scrap@gmail.com).