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 and empowerbrown.org to learn more.
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.

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 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.

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, and organic. 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.
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 role within it?"

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

Vermont Soy turns locally grown, organic, non-GMO soybeans into tofu, soy milk, 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."

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 - $2 million - to community sustainability initiatives.

Equal Exchange began importing fair trade coffee in defiance of the Reagan administration’s embargo against Nicaragua. They outlasted Reagan, and today trade with cooperatives around the world with a guaranteed minimum price floor to protect against the fluctuations of the global commodities market. Equal Exchange 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 having to work in the field, and each bean is traceable all the way to the field of origin.

In addition to three vegan chili recipes, Manhattan Chill 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.

Stonyfield Farm is a leader in urban agriculture and education. Over 200 families grow food in its 13 urban gardens. Students in Sustenance & Sustainability will partner with this organization, which celebrates its 30th anniversary in 2011.

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 R.I., and Kids First R.I. These groups are now tracking the stores’ progress and working on policy to improve access to healthy food. Email engage@brown.edu to get involved with the EJ League.

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 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.scare@gmail.com.

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.

- just bite.wordpress.com

Growing

Donating

Composting