



# DINING WITH A CONSCIENCE™

*Feeding the future with our choices today.*

*“When one tugs at a single thing in nature, he finds it attached to the rest of the world.”*

*- John Muir*

# Why?

Food services are notorious for waste but through our choices we can be more sustainable.

## MENU SENSIBILITIES

- Our menu system is designed to serve balanced, variety-filled selections each day.
- It simplifies the planning process, allowing more time for sourcing.
- It's easily customizable so we can incorporate local ingredients, as available.

## SCRATCH COOKING

- Defined as “from the beginning,” this means less processed foods and less waste.
- Good food wasted is a major offense at Meriwether Godsey!

## LOCAL

- Our seasonal availability chart helps us source items, year-round.
- We develop relationships with growers so we know what they have on hand.
- Local items and ingredients are identified with signage.

## NATURAL AND ORGANIC

We have an array of “all natural” or organic ingredients including salad dressings, vegetables, soups, dairy products and meats.

## SEAFOOD

- We promote Monterey Bay Aquarium’s Seafood Watch Guidelines.
- All of our tuna is from sources that have “dolphin-safe policies.”

## “LOCAL” MONOTONY BREAKERS

In addition to regular monotony breakers, we promote awareness and gratitude through two events each year- Earth Day in April and our own signature event, Feed the Difference in October. Both are celebrations of local foods and sustainability.

## MEAT MINDFULNESS

- Many of our communities support the Meatless Monday initiative.
- All locations balance meat offerings with plant-based foods. Why? Better for our hearts and the environment.
- One acre of beef creates 20 pounds of protein, while one acre of soy beans produces 365 pounds of protein.

## BIOFUEL

Over 90% of MG locations donate or repurpose fryer grease for use as biofuel.

## REDUCING WASTE

Rule #1- Don't overproduce!

- Re-use what is safe and desirable
- Donate left-overs to local charity
- Compost

## LESS DISPOSABLES

- Wherever possible, we use washable wares.
- Our “Ugly Mug” Program started in 2004, encourages members of our client communities to contribute mismatched mugs to our coffee stations.
- We favor sustainable disposables, made from natural, compostable or recycled materials.

## TRAYLESS

- Nearly all of our locations are trayless.
- This helps reduce chemicals, water, energy and food waste.

## RECYCLING

- All MG locations recycle cardboard, and many recycle aluminum, glass and plastic.

## COMPOSTING

- Many kitchens are composting preconsumer material.
- Resulting compost is used for fertilizer.



**THANK YOU**  
by reading this  
you are helping us  
raise awareness



facebook.com/MeriwetherGodsey



twitter.com/MG\_Dining



merig.com