



# ONE PLATE ONE PLANET

## R&DE Stanford Dining's Sustainable Food Program

R&DE Stanford Dining's award-winning Sustainable Food Program, One Plate, One Planet, collaborates on many aspects of complex global food systems—from equitable supply chains, climate-smart dining, and regenerative agriculture, to reducing food waste and shifting diets towards plant-forward options.

One Plate, One Planet represents these six pillars:

- climate-smart dining, especially food waste reduction and advancing plant-forward diets;
- racial equity and supporting Black businesses;
- curbing deforestation through supply chain pressure;
- thriving oceans;
- catalyzing a circular economy of food;
- and embracing systems thinking.

We believe that with each plate we serve, and each meal our students eat, we have the opportunity to create a better future for this planet together.

R&DE Stanford Dining demonstrates that sustainable, ethical, and healthy food systems can be deployed at scale, while simultaneously inspiring the next generation to improve how Earth's precious resources are managed.

Our Sustainable Food Ethos outlines the guiding principles and preferences behind our sourcing (learn more here: [bit.ly/RDESustainabilityEthos](https://bit.ly/RDESustainabilityEthos) or scan the QR code).

More broadly as an organization, in R&DE Stanford Dining, we know that sustainability means many different things to different people, and that as an institution we can choose to focus on different elements of sustainability over others.

With that context in mind: We work to leverage our purchasing power, thought leadership, menu design, culinary creativity and diversity, and our partnerships and collaborations throughout the food system to support the following six sustainability pillars.

**Learn more  
about our  
Sustainable Food Ethos**

*[bit.ly/RDESustainabilityEthos](https://bit.ly/RDESustainabilityEthos)*

*Or scan this QR code*



# 1 Climate-smart dining.

When it comes to sustainability, there is no imperative as important to address as climate change. Global warming is not a future hypothetical situation, but rather, our current reality. Wildfires. Floods. Record temperatures and life-threatening heat. More extreme weather conditions.

Our approach to climate-smart dining is rooted in the resounding message from climate scientists globally, which is that any actions taken to address the climate emergency must be exponential in nature; we are past the time when incremental change is enough. Given the scale of the climate crisis, scientists tell us it's not enough to minimize the carbon emissions from human activity, but rather, we must over time actually sequester more carbon than we collectively emit--ultimately working in parallel paths to advance strategies that can reverse global warming and the many dangerous effects it brings upon communities and ecosystems.

We are encouraged and motivated by the fact that food plays a critical role in many of these top strategies, from plant-forward menus to food waste reduction, as well as the positive potential impact of the physical spaces where we all eat and gather.

Climate-smart dining applies to everything from the ingredients we source and what we choose to put on the menu to the ways we design buildings and make decisions about energy use and equipment.



## 2

## Racial equity and supporting Black businesses.

Stanford Dining leverages its institutional purchasing power to help reverse the disappearance of Black farms. 98% of Black agricultural landowners have been dispossessed since the 1950s. **Today, less than one percent of all farmland is owned by Black farmers.**

By supporting Black-owned farms, Stanford Dining is committed to helping Black farmers overcome historical barriers--such as systemic racism in lending and access to land and capital--as well as the related inequities caused by these barriers, such as insufficient access to traditional markets and distribution channels.

Along the way, our vision is to study and share the purchasing model we develop, and disseminate toolkits widely among both Black farmers and college and university foodservice leaders, so that the model can be scaled across the campus dining sector.

Stanford has a particular interest in those farmers who are growing legumes, grains, produce, and other healthy, delicious, immune-supporting ingredients that are ingrained in the cultural heritage and cuisines of the African (Black) diaspora.

These crops are also central to Stanford's Red Skillet Kitchen dining program, which is led by celebrity chef Tanya Holland. This Black food program connects to Ujamaa, an ethnic theme house at Stanford that focuses on the histories, issues, and cultures of the African (Black) Diaspora for its student residents.

Stanford Dining will be collaborating with both Chef Tanya and Ujamaa to use the ingredients and dishes as springboards for education and campus community engagement around the history of Black farmers and Black chefs.

Our hope is for every volume foodservice purchasing department to think of equitable supply chains in the same way they think about local purchasing: the norm, just as it is to buy local.

Long term, the idea is to expand the purchasing model to support Black businesses more broadly and ultimately increase supply chain diversity across other important underrepresented groups.

## 3 Curbing deforestation through supply chain pressure.

Clearing forest for agricultural production, particularly livestock, is a concerning and unfortunately growing driver of climate change. It also relates to the transmission of dangerous viruses such as the novel coronavirus from humans to animals.

Through our sourcing decisions, we are committed to helping counter this unsettling trend to ensure the carbon-sequestering power of forests and the essential biodiversity they house remain intact.

Curbing deforestation through supply chain pressure can be an example of multi-solving, as it connects to many elements at once: reducing the total livestock footprint on the planet and the big protein shift that's needed for human and planetary health; reducing transmission of zoonotic diseases such as the novel coronavirus; reducing carbon emissions and the sequestration power of trees and forests; and protecting biodiversity.

Although one's first instinct may be to question how protecting biodiversity and feeding a growing global population can be mutually accomplished, in fact research suggests that returning strategic areas of farmland to nature can not only avert extinctions of animals and plants but also sequester carbon and retain current food production levels.

The paradigm shift is about using agricultural land in ways that are more effective and sustainable over the long term. Furthermore, just as a diverse financial portfolio reduces risk, so does diversity in nature and the food supply reduce risk in the face of shocks such as COVID-19 and climate change.

## 4 Thriving oceans.

Done right, to feed a growing global population, we can actually grow the food supply from the sea more than we can relative to the food supply from land.

Partnering with leading academic researchers across the Stanford campus can give us the tools to source sustainably and actively play a role in the global supply chain to support sustainable fisheries management, responsible aquaculture, emerging technologies, and an abundance of delicious, nutritious, biodiverse plant-based foods from the sea.



## 5 Catalyzing a circular economy of food.

It's not enough to recycle, or even to compost.

We embrace the principles of a circular economy, which are: design out waste and pollution; keep products and materials in use; and regenerate natural systems.

We aim to design operations and physical spaces and purchase products with these principles in mind. We aim to channel resources toward circularity especially as it relates to the twin crises of an industry-wide over-reliance on single-use plastics and an unacceptably high rate of food waste.

Addressing these issues poses tremendous opportunity for impact in terms of climate change--and for habitat health and thriving oceans in the case of the former, and for nutrition security in the case of the latter.

## 6 Embracing systems thinking, upstream thinking, and minimizing unintended consequences.

Food systems are not linear. They are complex, intricate webs of players and levers, sub-systems and multi-directional relationships. We believe in the potential of multi-solving: addressing multiple imperatives--from human health and nutrition to racial justice and gender equity, from water footprint and carbon footprint to animal welfare and workplace conditions--through strategic shifts in our operations.



Before pursuing any major sustainability decision, as an organization, we undertake the research needed to think upstream and understand the full set of impacts and ripple effects our decision may have. We know this is of great importance because of the power of our scale and of our thought leadership throughout the foodservice industry as a whole.

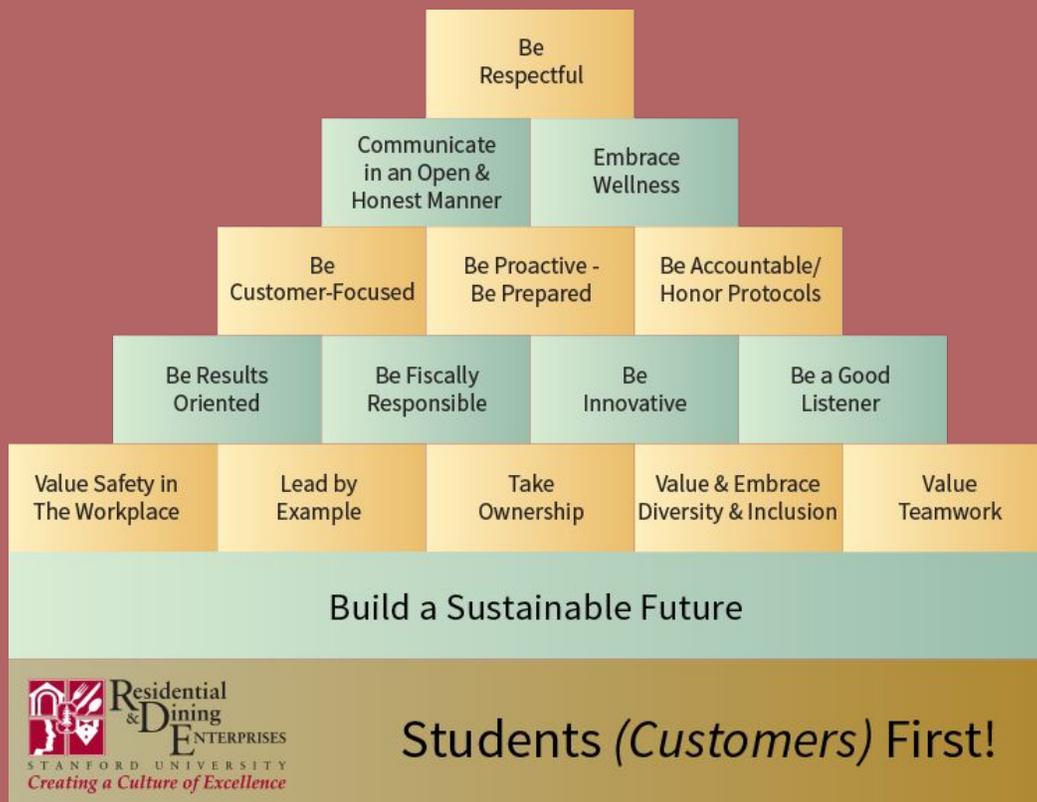
## Central to One Plate, One Planet are three fundamental ideas:

### #1 - The importance of cross-campus collaboration

We know that Stanford Dining does not operate in a vacuum, but rather, will be most effective in achieving its long-term sustainability vision through expanding and deepening relationships with other mission-aligned initiatives across the Stanford campus--from individual faculty with relevant subject matter expertise and the Faculty Senate's strong voice in favor of fossil fuel divestment and ambitious net-zero greenhouse gas targets to the Office of Sustainability and the university's new, forthcoming school focused on climate solutions.

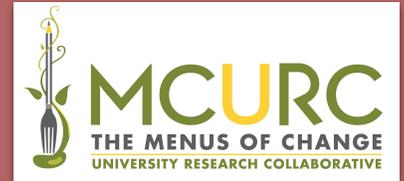
### #2 - R&DE's core values

At the very base of these values is "Students (Customers) First." Students are the center of everything we do, including working day in, day out toward a campus, a state, a country, and a planet whose natural resources, farm land, clean air, and clean water can truly be sustained for generations to come. Because just one step below that foundational statement about students is the core value to "Build a Sustainable Future." Woven across the brand tenets you will see many other specific values of R&DE ring true, from "Value & Embrace Diversity & Inclusion" to "Be Results Oriented."



### #3 - The power of partnership.

Stanford Residential & Dining Enterprises is a proud member of the Menus of Change University Research Collaborative (MCURC), co-founded and jointly led by Stanford University and The Culinary Institute of America. The MCURC is a collaboration of forward-thinking scholars, food service leaders, executive chefs, and administrators for colleges and universities who are accelerating efforts to move people toward healthier, more sustainable, and delicious foods using evidence-based research, education, and innovation.



Together, we are working to find best practices and operational innovations that support the MCURC's vision:

**cultivating the long-term well-being of all the people and the planet  
—one student, one meal at a time.**

On our own campus, at every meal and in every unit of Stanford Dining, we strive to operationalize the Menus of Change Principles of Healthy, Sustainable Menus: a holistic, evidence-based framework for menu concepts, operations, foods, and ingredients that is put forward by The Culinary Institute of America and Harvard T.H. Chan School of Public Health. Furthermore, the Collaborative's Collective Impact Initiative has set a collective target across member institutions' combined protein purchases to reduce food-related greenhouse gas emissions by 25% by 2030. Stanford Dining both learns from and contributes to impactful initiatives such as this within the MCURC.

MENU CONCEPTS AND GENERAL OPERATIONS

## PRINCIPLES

### OF HEALTHY, SUSTAINABLE MENUS

**MENUS OF CHANGE**  
The Business of Healthy, Sustainable, Delicious Food Choices

THE CULINARY INSTITUTE OF AMERICA

HARVARD T.H. CHAN  
SCHOOL OF PUBLIC HEALTH  
Department of Nutrition

BE TRANSPARENT ABOUT SOURCING AND PREPARATION

BUY

Fresh

SEASONAL

LOCAL

GLOBAL

REWARD BETTER AGRICULTURAL PRACTICES

LEVERAGE GLOBALLY INSPIRED, PLANT-FORWARD CULINARY STRATEGIES

FOCUS ON WHOLE, MINIMALLY PROCESSED FOODS

**GROW EVERYDAY OPTIONS,**  
WHILE HONORING SPECIAL OCCASION TRADITIONS

LEAD WITH **MENU MESSAGING AROUND FLAVOR**

REDUCE PORTIONS, EMPHASIZING CALORIE QUALITY OVER QUANTITY

DESIGN HEALTH AND SUSTAINABILITY INTO OPERATIONS AND DINING SPACES

THINK PRODUCE FIRST

MAKE WHOLE, INTACT GRAINS THE NEW NORM

MOVE LEGUMES AND NUTS TO THE CENTER OF THE PLATE

LIMIT POTATOES

CHOOSE HEALTHIER OILS

GO "GOOD FAT," NOT "LOW FAT"

REIMAGINE DAIRY IN A SUPPORTING ROLE

SERVE MORE KINDS OF SEAFOOD, MORE OFTEN

USE POULTRY AND EGGS IN MODERATION

REDUCE ADDED SUGAR

CUT THE SALT: RETHINK FLAVOR DEVELOPMENT FROM THE GROUND UP

SERVE LESS RED MEAT, LESS OFTEN

SUBSTANTIALLY REDUCE SUGARY BEVERAGES. INNOVATE REPLACEMENTS

DRINK HEALTHY: FROM WATER, COFFEE, AND TEA TO (WITH CAVEATS) BEVERAGE ALCOHOL

FOODS AND INGREDIENTS

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DESIGNED BY  
J WRIGHT DESIGN

Stanford Dining's history of sustainability-inspired partnerships and collaborations spans its membership in the Google Food Lab, Bay Area Sustainable Sourcing Group, and World Resources Institute's Better Buying Lab.



Building on this history, **Stanford Dining has recently joined Drawdown Labs, a consortium of private sector partners working to scale climate solutions.** Stanford Dining is the **first university-based member** to be part of Drawdown Labs' network of bold business leaders taking accelerated climate action. Members include Google, IDEO, Allbirds, Impossible, Intuit, and others.



Project Drawdown ranks reducing food waste the #1 solution for reversing global warming. With our membership announcement in Drawdown Labs, we are building on our long-standing initiatives reducing food waste by **committing to further reduce Stanford Dining's food waste by 25% by the end of 2022.** Our partnership in Drawdown Labs will help us learn and shape not only long-term food waste targets but broader food-related climate targets over the months to come.



We have also recently joined **REGEN1, a consortium of food system leaders in Northern California supporting farmers who are employing regenerative agriculture principles that improve air, water, and soil quality, enhance biodiversity, and prioritize greater inclusion and equity for all.**



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