

Stanford Dining Sustainable Food Standards

R&DE Stanford Dining has developed a set of purchasing guidelines and preferences to establish a practical framework and an ongoing process to guide food purchasing decisions. These guidelines take into account the best interest of our environment, the social and economic systems on which our food depends, and the health of those to whom we serve food. Our guidelines are informed by the most current science and research available and draw upon the input and involvement of many stakeholders within our campus community with the goal of improving the overall health, safety, security and sustainability of our food supply. We seek to have a thoughtful food purchasing policy that prioritizes food that is healthy, fair, humane, and sustainable. This is a living document.

We prefer to purchase food that is:

- **Local:** We prefer food that is grown, raised or processed in California in order to sustain our local economies (especially supporting small and mid-sized farms and companies) and minimize transport, especially of fresh fruit and vegetables.
- **Direct:** We prefer to purchase food directly from independently-owned growers, producers and manufacturers. We value knowing who grows our food and having direct relationships with them so that we can improve and learn together.
- **Organic:** We prefer organically grown food to minimize exposure to harmful pesticides, herbicides, fungicides, and chemical fertilizers for both our customers, farmworkers, pollinators and wildlife, and the environment.
- **Agroecological:** We prefer to source from farms that plant a diverse number of crops, as opposed to a monoculture, and employ agroecological methods of farming that protect and enhance soil health, biodiversity, and protect and preserve ecosystems.
- **Humane:** We prefer meat and dairy products from animals that are treated humanely and allowed to express their natural behaviors.
- **Raised without Antibiotics & Hormones:** We prefer meat and dairy items from animals that were never given hormones or subtherapeutic antibiotics (unless sick and under the advice of a veterinarian).
- **Fair:** We prefer food that is grown in environments that treat their workers fairly and respectfully, comply with all labor laws, provide safe work environments, and do not employ slave labor.
- **Sustainable Fisheries:** Seafood must be sustainably raised in a way that allows the fishery to sustain itself for future generations without damaging the environment, overfishing, catching bycatch, or using slave labor. We prefer family fisheries that provide economic growth in their communities. We ensure that all of our seafood is Seafood Watch approved.

Produce

The way our produce is grown has profound effects on our water, air, land and soil, health, and the health of farmworkers and wildlife and is directly linked to climate change. Stanford Dining prefers to buy produce that is grown with agroecological methods, with preference given to direct relationships with local, organic farms.

Seasonal: We prefer fresh, delicious, seasonal produce that has not been treated with fungicides or chemicals during storage.

Organic: We prefer organic produce, especially for fruits and vegetables that are grown with large amounts of synthetic pesticides and fertilizers, highly toxic pesticides, or that have high amounts of pesticide residues on the produce. Due to bee population declines, we prefer not to buy produce grown with neonicotinoids. See Addendum for list of preferred organic produce.

Local: We prefer produce that is grown locally, as produce, as opposed to meat, is often shipped by truck, the most inefficient form of transport.

Agroecological: We prefer to source from farms that plant a diverse number of crops, as opposed to a monoculture, and employ agroecological methods of farming that protect and enhance soil health, biodiversity, and protect and preserve ecosystems.

Fair: We prefer to source from farms that treat and pay their farmworkers fairly and with respect and do not put their workers' health at risk. We will not buy produce that uses slave labor or similar practices.

Deliciously Imperfect: We prefer to source "deliciously imperfect" or "ugly" produce that does not have a market and is usually either plowed under or composted. Significant amounts of resources (water, seed, labor, compost, land, and/or chemicals) are poured into growing these items and it is much better for the environment for them to be used than to be composted. We launched our Deliciously Imperfect program in July 2015 with a group of 40 small to medium-sized local and organic farms and continue to expand the program.

Certifications: We prefer to work with farms that have the following third-party verifications:

- Certified Organic
- Fair Trade
- Food Justice Certified
- Food Alliance Certified

In alliance with the Menus of Change principles "Buy Fresh, Seasonal, Local, and Global" and "Reward Better Agricultural Practices" and "Think Produce First" we seek to increase our produce variety and options and to source thoughtfully and seasonally from local farms who have better agricultural practices.

Beef

- All beef used in entrees should be raised on pasture.
- All beef used in entrees should be raised without hormones or antibiotics.
- All beef should be produced humanely, ideally having a third party certification, such as GAP, AGA Certified Grassfed, Animal Welfare Approved, or Certified Humane Raised and Handled.
- All beef should be fully traceable to the farm it was raised on, as well as the slaughterhouses and processing plants.

Beef should be raised with these standards:

	Minimum Requirement	Preferred
Environment/Housing	<p>Outdoor group housing with shade and or shelter as required depending on climate.</p> <p>Adequate shade must be provided in hot climates.</p> <p>Grass-fed/Pasture-raised</p>	<p>Grass-fed/Pasture-raised</p> <p>Majority of life on pasture.</p> <p>Indoor group housing only during wet/icy weather where pasture is unsuitable for grazing.</p> <p>Straw bedding provided indoors.</p>
Stocking Density	<p>Outdoor group housing:</p> <p>Paved area- 4.7 m² per cattle</p> <p>Unpaved area- 23.2 m² per cattle</p>	<p>When in indoor housing:</p> <p>3.3 m²/cattle <100kg</p> <p>8.5 m²/cattle <600kg</p> <p>11 m²/cattle <800kg</p>
Livestock Management	<p>No added hormones.</p> <p>No tethering.</p> <p>No routine mutilations.</p> <p>No animal byproducts in feed.</p> <p>No electric goads.</p> <p>Maximum one transportation on a truck prior to slaughter, excluding transport to slaughter.</p>	<p>See minimum requirement.</p>
Transport & Slaughter	<p>Transport and slaughter should take place with consideration of animal welfare (ideally less than 4</p>	<p>See minimum requirement.</p>

	hours) Design of slaughter facilities should minimize stress to the animals; see Temple Grandin designs. All animals should be stunned prior to slaughter.	
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In alliance with the Menus of Change principles “Serve Less Red Meat, Less Often” and “Reward Better Agricultural Practices” we seek to buy better (pastured and humanely raised), but less beef.

Pork

- All pork used in entrees should be raised humanely, outside for the majority of their lives, and without antibiotics.
- We will not purchase pork from farms that use gestation crates or farrowing crates.

	Minimum Requirement	Preferred
Environment/Housing	Indoor or outdoor group housing, but must have access to outdoors. No sow stalls/gestation crates. No farrowing crates. Sows must be given space to move through free farrowing, with nesting and bedding material provided. All indoor housing must have manipulable material such as straw bales. All pigs must have access to straw bedding.	Largely outdoors for majority of life. Permanent outdoor free-range access for sows and meat pigs, with ground suitable for rooting, shade/shelter, and wallowing in hot weather.
Stocking Density	For both indoor and outdoor production, gestating sows should	See minimum requirement.

	<p>have a minimum floor space of 3.5 m², with a minimum lying area of 1.5 m².</p> <p>Meat pigs should have the minimum space allowance as follows:</p> <table border="1"> <thead> <tr> <th>Live Weight (kg)</th> <th>Bedded Lying Area (m²)</th> <th>Total Area (m²)</th> </tr> </thead> <tbody> <tr><td>10</td><td>0.10</td><td>0.15</td></tr> <tr><td>20</td><td>0.15</td><td>0.225</td></tr> <tr><td>30</td><td>0.20</td><td>0.30</td></tr> <tr><td>40</td><td>0.26</td><td>0.40</td></tr> <tr><td>50</td><td>0.31</td><td>0.47</td></tr> <tr><td>60</td><td>0.36</td><td>0.55</td></tr> <tr><td>70</td><td>0.41</td><td>0.61</td></tr> <tr><td>80</td><td>0.45</td><td>0.675</td></tr> <tr><td>90</td><td>0.475</td><td>0.715</td></tr> <tr><td>100</td><td>0.50</td><td>0.75</td></tr> <tr><td>110</td><td>0.53</td><td>0.80</td></tr> </tbody> </table>	Live Weight (kg)	Bedded Lying Area (m ²)	Total Area (m ²)	10	0.10	0.15	20	0.15	0.225	30	0.20	0.30	40	0.26	0.40	50	0.31	0.47	60	0.36	0.55	70	0.41	0.61	80	0.45	0.675	90	0.475	0.715	100	0.50	0.75	110	0.53	0.80	
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Livestock Management	<p>No routine mutilations, including teeth grinding or tail clipping.</p> <p>No castration without anesthetic.</p> <p>No animal byproducts in feed.</p> <p>No electric goads.</p>	See minimum requirement.																																				
Manure Management	<p>Farms should have a manure management plan that does not pollute groundwater or rivers or streams.</p>	See minimum requirement.																																				
Slaughter	<p>Must be effectively stunned prior to slaughter.</p> <p>Traceability must be maintained from farm through to meat product.</p>	See minimum requirement.																																				

In alliance with the Menus of Change principles “Reward Better Agricultural Practices” we seek to buy better (pastured and humanely raised), but less pork.

Chicken & Poultry

The U.S. produces almost 9 billion chickens a year, 99% of which are raised in factory farms. Most factory farmed chickens are given subtherapeutic antibiotics to keep them healthy and to grow faster, although the market is starting to change. In fact, 80% of antibiotics in the U.S. are used for livestock, which has led to the emergence of drug-resistant superbugs. At the same time, factory farms are one of the biggest sources of pollution on the planet.

- All poultry used in entrees should be raised humanely and without antibiotics.
- We prefer poultry that is third party certified- either GAP, Certified Humane, or Animal Welfare Approved standards.
- We prefer chickens that are not fed animal byproducts and is given outdoor access.
- We prefer chickens that are slower-growing breeds than industry standards.

	Minimum Requirement	Preferred
Environment/Housing	Indoor with natural light and environmental enrichments (perching, pecking objects, straw bales, etc.)	Indoor with natural light and environmental enrichments (perching, pecking objects, straw bales, etc.) + Outdoor access for ½ of life, natural cover/woodland or alternative outdoor cover.
Stocking Density	Chicken: 30kg/m ² or less in house	Chicken: 27.5kg/m ² or less in house + 1 m ² per bird outdoors
Livestock Management	Intermediate growth rate breeds or fast growth rate breeds with a leg health plan. No animal byproducts in feed.	Slow growth breeds.
Manure Management	Farms should have a manure management plan that does not pollute groundwater or rivers or streams.	See minimum requirement.

Slaughter	Must be effectively stunned prior to slaughter. Traceability must be maintained from farm through to meat product.	See minimum requirement.
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In alliance with the Menus of Change principles “Use Poultry and Eggs in Moderation” and “Reward Better Agricultural Practices” we seek to buy better (antibiotic free and humanely raised), chicken in moderation.

Eggs

- All eggs, liquid and whole, must be raised without cages and comply with California’s Proposition 2.
- Antibiotics should only be given to treat illness, not subtherapeutically.
- We prefer eggs that are Certified Humane, Animal Welfare Approved, or Food Alliance standards.
- We prefer eggs from chickens that are allowed to range freely outside.
- We prefer eggs from chickens that are fed organic feed.

	Minimum Requirement	Preferred
Environment/Housing	Cage-free Nest boxes (1 per 7 hens) May be with or without natural light, with a minimum of 10 lux throughout the house Chickens must be given a minimum of six hours of darkness every 24 hours. Chickens should be able to express their natural behaviors and should be given perches, litter, scratching areas, and nest boxes.	Indoor with natural light and environmental enrichments (perching, pecking objects, straw bales, etc.) + Outdoor access for ½ of life, natural cover/woodland or alternative outdoor cover.
Stocking Density	Stocking density should be less than 9 hens per square meter inside.	Chicken: 27.5kg/m ² or less in house +

		1 m ² per bird outdoors
Livestock Management	Intermediate growth rate breeds or fast growth rate breeds with a leg health plan. No animal byproducts in feed. No forced molting or beak trimming after 10 days.	
Manure Management	Farms should have a manure management plan that does not pollute groundwater or rivers or streams.	

In alliance with the Menus of Change principles “Use Poultry and Eggs in Moderation” and “Reward Better Agricultural Practices” we seek to buy better (cage free and humanely raised) eggs in moderation.

Milk

- All milk (except chocolate milk) must be pasture-raised for the majority of their lives.
- All milk (except chocolate milk) must be organic.
- Local milk is preferred.
- Subtherapeutic antibiotics and growth hormones are prohibited.

Dairy cows should be raised with these standards:

	Minimum Requirement	Preferred
Environment/Housing	Pasture-based for majority of their lives. When indoors, cows must have access to a bedded lying area sufficient to avoid discomfort.	See minimum requirement.
Livestock Management	No tethering. Active program to regularly monitor and reduce lameness, mastitis, poor body condition, and	Male calves born to dairy cows must be utilized for humanely raised veal or beef.

	<p>improve longevity.</p> <p>Animals should be given antibiotics if recommended by a veterinarian for health issues.</p>	
Certifications	Certified Organic	Certified Humane Animal Welfare Approved GAP Step 4 or above

Dairy Products (Butter, Yogurt, Cheese, etc.)

- Pasture-raised dairy products are preferred.
- Organic dairy products are preferred.
- Local dairy products are preferred.
- The use of subtherapeutic antibiotics and growth hormones is not preferred.

Dairy cows should be raised with these standards:

	Minimum Requirement	Preferred
Environment/Housing		<p>Pasture-based for majority of their lives.</p> <p>When indoors, cows must have access to a bedded lying area sufficient to avoid discomfort.</p>
Livestock Management		<p>No tethering.</p> <p>Active program to regularly monitor and reduce lameness, mastitis, poor body condition, and improve longevity.</p> <p>Animals should be given antibiotics if recommended by a veterinarian for health issues.</p> <p>Male calves born to dairy</p>

		cows must be utilized for humanely raised veal or beef.
Certifications		Certified Organic Certified Humane Animal Welfare Approved GAP Step 4 or above

In alliance with the Menus of Change principles “Reimagine Dairy in a Supporting Role” and “Reward Better Agricultural Practices” we seek to buy better dairy products in moderation.

Seafood

90% of the world’s fisheries are either fully exploited, over-exploited, or have collapsed. Stanford Dining recognizes that its seafood choices can help protect and preserve at the ocean and environment. We are committed to purchasing seafood that is raised or caught sustainably, legally, and from sources that ensure fair working conditions.

We preferentially source underloved and/or invasive species, and mostly lower in the food chain.

We only serve wild-caught salmon from Taku River Reds, a family-run business in Alaska. We pre-pay for the salmon, giving the fishery funds when they need it.

We preferentially source from family-run businesses to help support the economies of coastal communities.

In alliance with the Menus of Change principle “Serve More Kinds of Seafood More Often,” we seek to expand our diners’ palates.

Additionally, we partner with Seafood Watch to ensure all of our seafood is rated “Best Choice” or “Good Alternative” by its standards.

Whole Grains & Pulses

We prefer to purchase grains and pulses (lentils, peas, and chickpeas) that are locally grown if possible, organic, and have fair labor practices.

We purchase only organic red and green lentils and kamut from family farms in Montana from Timeless Natural Food.

We purchase only organic quinoa.

We purchase locally-grown and locally-milled whole wheat pasta from Community Grains.

In alliance with the Menus of Change principle “Make Whole, Intact Grains the New Norm,”

we strive to serve exciting, delicious whole grain dishes that change diners' opinions on what a whole grain tastes like.

FUTURE GOALS:

We purchase locally-grown rice that is either organic or grown with ecological farming methods from Lundberg.

Other products to look at organic or local: farro, polenta, bulgur, chickpeas, black chickpeas, beans, etc.

Tea & Coffee

All of the coffee we serve is Fair Trade certified from Starbucks.

All of the tea we serve is organic, Fair Trade, and/or Rainforest Alliance certified. We prefer to source tea and coffee from B Corporations.

In alliance with the Menus of Change principle "Drink Healthy," we strive to serve a diversity of healthy beverages that have been produced in ecologically sound ways while fairly treating their workers.

Palm Oil

Palm oil is often harvested through deforestation of rain forests in Indonesia and Malaysia. Forests are cleared to plant palm oil plantations, which is a major contributor to climate change, biodiversity loss, soil erosion, water pollution, habitat loss for endangered animals, and human rights abuses. Palm oil itself is not the issue, it is how it is produced that is the issue. Palm oil is actually very efficient, it yields more oil per hectare of land than any other crop in the world.

Our goal is that all products using palm oil that we purchase will be sustainably raised and certified by the Roundtable on Sustainable Palm Oil (RSPO).

Addendum 1: Organic Produce Preferences

- Produce that should be organic, as reported by Consumer Reports' Dietary Risk Index include:

Very high risk:

- Green beans
- Bell peppers from Mexico

- Hot peppers from Mexico

High risk:

- Peaches from Chile and USA
- Tangerines from Chile, USA, South Africa, Australia, and Spain
- Plums from Chile
- Nectarines from Chile
- Apples from the USA
- Strawberries from the USA and Mexico
- Cantaloupe from the USA
- Green beans from Mexico
- Sweet bell peppers from the USA
- Hot peppers from the USA
- Winter squash from the USA
- Cucumbers from Mexico and the USA
- Summer squash from the USA
- Snap peas from Guatemala and Peru
- Tomatoes from Mexico
- Sweet potatoes from the USA
- Cherry tomatoes from Mexico

Other items to always buy organic for environmental reasons include:

- Cranberries
 - Carrots
- Produce that should be organic, as reported by the Environmental Working Group's Dirty Dozen list:
 - Apples
 - Celery
 - Cherry tomatoes
 - Cucumbers
 - Grapes
 - Nectarines
 - Peaches
 - Potatoes
 - Snap peas
 - Spinach
 - Strawberries
 - Sweet bell peppers
 - Hot peppers
 - Kale
 - Collard greens