

FOOD AND DINING

How to be an EcoFriendly Longhorn

Food forms a major intersection between energy, water, waste, ecology, climate, and social equity. So when food sustainability is maximized, there are many different facets of sustainability that are also addressed. Being aware of your choices while eating on campus is an effective way to directly impact the environment.

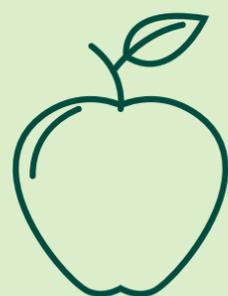


PRACTICE PLANT-BASED HABITS

The UN estimates that 23% of greenhouse gas emissions come from agriculture, livestock, and the land and forests needed to raise them. Reducing your meat intake, even one day a week, can significantly reduce your carbon footprint. University Housing and Dining has expanded its menu options to include even more delicious plant based options. They offer a vegetarian and vegan option at every meal at all locations. Most semesters, UHD hosts a vegetarian focus group so students can provide feedback on the menu.

BUY LOCAL AT UT FARM STAND.

UT Farm Stand is UHD's student-run program that features two campus gardens, a biweekly farmer's market, and a zero waste program. The two gardens, at Jester and Kinsolving, grow fresh produce for sale at the markets and for use in the kitchens. The UT Farm Stand market is a great place to buy local produce, honey, bread, and more. Choosing where to get the food that you eat can help reduce the amount of greenhouse gases, as it can reduce the amount of waste created from large corporate farms, reduces the amount of greenhouse gases released in the transportation of these food items from the farm, and supports a more localized, equitable economy. Follow UT Farm Stand on [social media](#) to see how to participate in the program.



GROW YOUR OWN FOOD AT THE MICROFARM

The CEC Microfarm is UT's first student-run, organic urban farm. The Microfarm's mission is to serve as a vibrant resource for the UT community by facilitating experiences of sustainable food systems, interdisciplinary collaboration, economic and social justice, and environmental cooperation. They seek to provide an open space for establishing a community that grows together, explores environmental inquiries, and connects to the natural world through food. Microfarm hosts volunteer work days every Sunday where you can help grow food for the UT Outpost. You can also rent a raised garden bed in the Microfarm's community garden. This is a great way to learn how to grow your own veggies. More information on their [website](#).



FOOD AND DINING

How to be an EcoFriendly Longhorn

Food forms a major intersection between energy, water, waste, ecology, climate, and social equity. So when food sustainability is maximized, there are many different facets of sustainability that are also addressed. Being aware of your choices while eating on campus is an effective way to directly impact the environment.



FOOD WASTE AND COMPOST

The best way to dispose of your food waste is to compost it by placing it in the appropriate bin. Currently, 30% of all food in the United States is wasted and ends up in landfills. That 1.3 billion tons of food is enough to be used to nourish all of the hungry people in the world, but instead ends up buried in landfills. As food breaks down in landfills, it produces methane - a greenhouse gas that accounts for 11% of all greenhouse gases emitted in food production. On campus, the composting bins allow you to put your food waste, paper napkins, and compostable plates, cups, and containers (look for the ECO logo) all in compost. By composting, the organic materials are broken down and are used to enrich soil for growing more fruits and veggies.

UT OUTPOST

On UT's campus, 1 in 4 students are food insecure, meaning that they don't have reliable access to affordable, nutritious food. UT Outpost combats food insecurity by providing UT students with free, nutritious food, including fresh produce from the Microfarm. The UT Outpost is located on the north edge of campus in the UA9 Building. Find more information on how to utilize UT Outpost on their [website](#).



FOOD PACKAGING WASTE

According to the EPA, 45% of all waste in landfills can be attributed to food packaging waste. To reduce your own production of food packaging waste, bring your own reusable produce and grocery bags whenever you go shopping to avoid using the single use plastic bags in the produce section and when checking out. Buying in bulk is another great way to reduce your food packaging waste; you can bring your own bulk bags, mason jars or other containers and purchase a large variety of staple food items in bulk including noodles, rice, and beans. Bringing your own reusable items, whether that be by bringing your own mug or container to your local coffee shop or bringing your own reusable utensils or straws when you go out can also reduce the amount of waste that you're producing at each meal.



FIND OUT MORE ABOUT WHAT UT IS DOING TO PROMOTE SUSTAINABLY DINING HABITS:

[University Housing and Dining Sustainability](#)