HARVARD UNIVERSITY SUSTAINABLE AND HEALTHFUL FOOD STANDARDS

April 2019

The Sustainable and Healthful Food Standards were developed by a multi-disciplinary faculty committee, with input from the Office for Sustainability, Council of Student Sustainability Leaders, and experts in the field. They were informed by research (including the 2019 report by the EAT-Lancet Commission on Food, Planet, Health) and designed to measurably increase access for students, faculty, and staff to sustainable and healthful food offerings. In addition, they aim to enhance food literacy and to optimize the impacts of food choices on people, animals, and the planet.

With these standards, Harvard University seeks to:

1. **Align** food providers around a shared vision and common set of evidence-based aspirations and principles.
2. **Quantify** the environmental and health impacts of the campus food system through reporting.
3. **Optimize** the campus food system for well-being, climate and community.
4. **Drive** changes in the marketplace through partnerships and by leveraging purchasing power.
5. **Enhance** food literacy across the Harvard community, and beyond.

CLIMATE and ECOSYSTEMS

- Reduce impact on climate change by increasing proportion of foods that have a smaller emissions footprint and are less resource-intensive.
    - Develop a plan to track food purchases by category (e.g., red meat, cheese, beans) in order to provide the Office for Sustainability with the information to effectively track climate impacts of purchased foods as part of the mission to track Scope 3 greenhouse gas emissions.
- Obtain and retain Green Restaurant Certification for major locations.
- Track proportion of produce items that are certified USDA Organic, and prioritize other sustainable farming practices (e.g., integrated pest management, certified transitional organic).
- Prioritize fish and shellfish purchases that are certified by Marine Stewardship Council (MSC), Monterey Bay Aquarium Seafood Watch, Best Aquaculture Practice, and Aquaculture Stewardship Council. Prioritize other sustainable practices related to seafood, as well.
- When possible and appropriate, use reusable foodservice ware. When reusable items are not possible, use BPI-certified compostable items that do not contain PFAS chemicals.

CONSUMER WELL-BEING

FOOD SAFETY

- Maintain a comprehensive food safety system that aligns with Harvard's Food Safety Standard.
- Help to ensure the safety of food through active participation in Harvard's Campus-Wide Food Safety program offered by the Office of Environmental Health & Safety. The program evaluates food service operations and provides strategies and resources, as well as recommendations for improvement.
- Label all major allergens for dining service and catering. Develop strategies to communicate all ingredients and ensure that food service staff are trained in Allergen Awareness.

NUTRITION

- Implement effective strategies to emphasize and promote foods with safe amounts of salt and sugar.

- Replace refined grains with whole grains and unhealthy fats (e.g., trans and saturated fats) with healthy fats (unsaturated fats), wherever possible and appropriate.
- Limit red meat and processed meat (e.g., sandwich meats), and replace with healthier alternatives.
- Use the Healthy Eating Plate to guide healthy food choices and labeling.

REDUCE ANTIBIOTIC USE and CONSUMPTION

- Track antibiotic use in animal products (e.g., poultry/pork products), and seek to eliminate the purchase of meat from animals given non-therapeutic or routinely-given antibiotics to prevent illness.

TRACK and ELIMINATE CHEMICALS OF CONCERN

- Identify chemicals of concern in food-related products (environmental contaminiation, packaging, transport, serving materials), and strive to reduce and eliminate them from Harvard's food system.

EDUCATION AND FOOD LITERACY

- Implement a comprehensive food education campaign that enhances food literacy on campus, including strategies like peer-to-peer education, signage, and labeling.

REDUCTION OF WASTED FOOD

- Implement practices and motivate patrons across the Harvard campus to divert wasted food from the landfill and incineration. Prioritize diversion based upon the EPA Food Recovery Hierarchy:
  1. Reduction of food waste at the source
  2. Diversion for consumption by humans (e.g., food donation)
  3. Diversion for agricultural and industrial uses
  4. Composting, land application, and digestion
- Maintain a system to track wasted food, and report at least twice/year.
- Create and maintain a formal relationship with a local food donation partner.

WELFARE OF ANIMALS

- Prioritize purchase of plant-based products and products from suppliers who implement more humane practices approved by a third-party animal welfare certification. Work with Farm Forward to create a baseline of animal welfare for all animal products, set goals, and identify new suppliers.
- Publicly share a plan with clear goals for working toward well-being of farmed animals in the supply chain by July 2020.

WELL-BEING OF WORKERS AND COMMUNITIES THROUGHOUT THE VALUE CHAIN

- Through transparency, collaboration, and third-party verification - enhance well-being of workers and communities affected throughout the value chain with the goal of setting institutional standards.
- Prioritize healthful and sustainable foods grown in the region near Harvard University, as defined by Farm to Institution New England, when possible.
- Continue to follow Harvard's Wage & Benefit Parity Policy for food service workers, approved in 2002.
- Continue to ensure safe foodservice worker conditions, especially around excess heat, repetitive stress injuries, cuts, burns and air quality – in coordination with the Occupational Safety Program at the Office of Environmental Health & Safety.