

UBC CLIMATE FRIENDLY FOOD HANDBOOK



THE UNIVERSITY
OF BRITISH COLUMBIA
sustainability

Climate Action
Plan 2030

Climate
Food Lab
Want to take climate action

GO GREEN!



Low GHG Emissions

Climate-Friendly foods are calculated by reviewing the GHG emissions, the nitrogen and water footprints associated with the menu items.

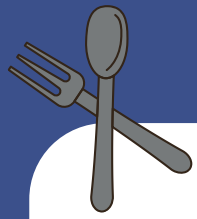
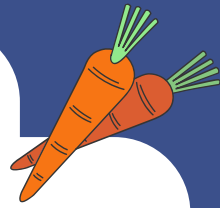


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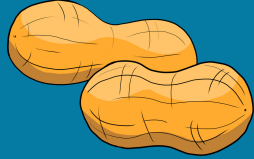
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Action =
Impact



DECODING IMPORTANT TERMS

Sustainability

Meeting our needs without compromising the ability of future generations to meet their own needs.

Food System

A food system refers to every element of the system of production, distribution, and consumption, and waste management relating to food, and how these elements interact.

Plant Based Eating

Consuming a diet of primarily plants. Places an emphasis on making plant-based foods the star of your plate without necessarily eliminating all animal products.

GHG Emissions

Gases that are released into the atmosphere as a result of human activity. GHG's contribute to planetary warming and climate change by trapping heat in the atmosphere.

Fairtrade Food

Food items with the Fairtrade label have been certified to uphold environmental, economic, and social standards. A portion of Fairtrade purchases go towards social development projects in the communities that produce the product



Organic Food

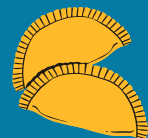
Food produced without the use of synthetic pesticides and fertilizers. It encourages practices that increase biodiversity and reduce environmental impacts.

Seasonal Food

Seasonal eating refers to eating food at the time it's harvested. Out of season food is harvested early to allow for transport or stored under special conditions. For example, apples can be stored up to 12 months before being sold and consumed.

Local Food

UBC Food Services defines local food to be food that is grown, raised, caught, or processed within the province of British Columbia. We prioritize small scale, BC-owned food businesses as close to UBC as possible.



WHAT IS A CLIMATE FRIENDLY FOOD SYSTEM?

“UBC aims to operate within a climate-friendly, just, and accessible food system, which means being committed to operating within planetary boundaries by reducing our GHG food system footprint and enhancing food system resiliency from production to end disposal and recovery, while producing positive outcomes for people, animals and planet“

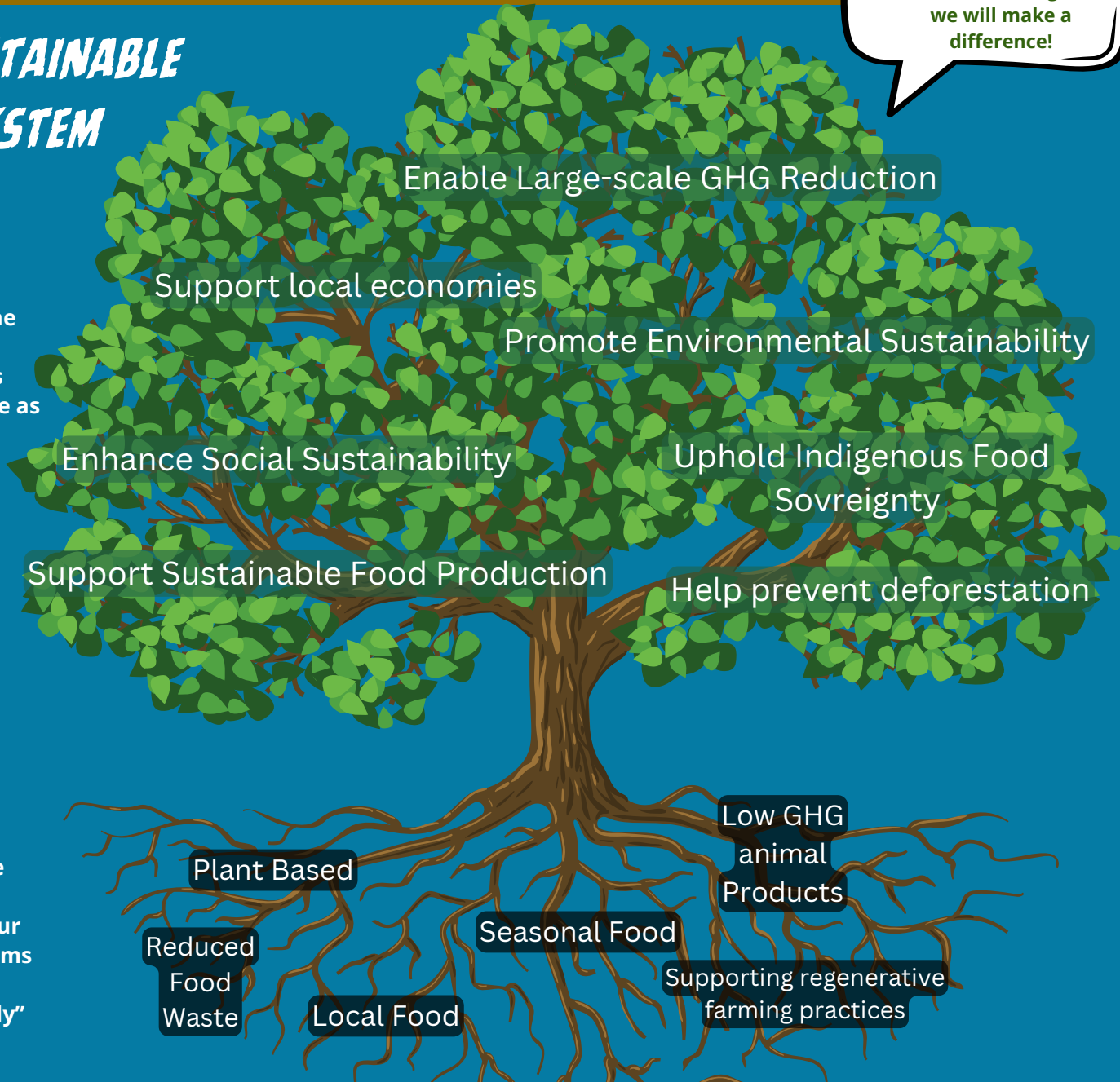
One of the goals in the UBC Climate Action Plan 2030 is to reduce food system related greenhouse gas emissions by 2030.

To achieve this goal, our campus food system needs to adopt more sustainable operations so that we can shift to a climate-friendly food system.

Remember:
If we all do
what we can, together
we will make a
difference!

THE SUSTAINABLE FOOD SYSTEM TREE

The leaves of the trees represent some outcomes that can emerge as a result of our actions



The roots of the tree represent ways we help our local food systems become more “climate-friendly”

WHAT IS A CLIMATE FRIENDLY FOOD LABEL?

The Climate-Friendly Food (CFF) Labels provide info about a meal's environmental impact. This includes GHG emissions, land use, nitrogen impact, and water usage. These labels allow students to make informed choices while eating at dining halls.



Red labelled meals have a typical level of negative impact compared to the average item on the dining hall menu.

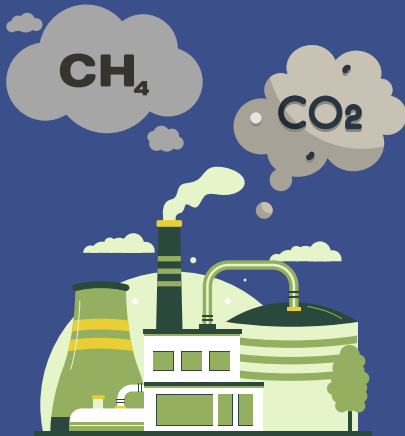
Yellow meals have lower impact than the average meal, but still have a higher impact than green-labelled items.



Green labelled meals have less than 50% of the environmental impact of the average item on the dining hall menu.



HOW DO WE CALCULATE CLIMATE FRIENDLINESS?



The CFFS team reviewed over 775 menu items to quantify environmental footprints GHG emissions, land use footprint, embedded nitrogen, and water use associated with the production of each ingredient.

FIND THE LABEL IN UBC'S DINING HALLS



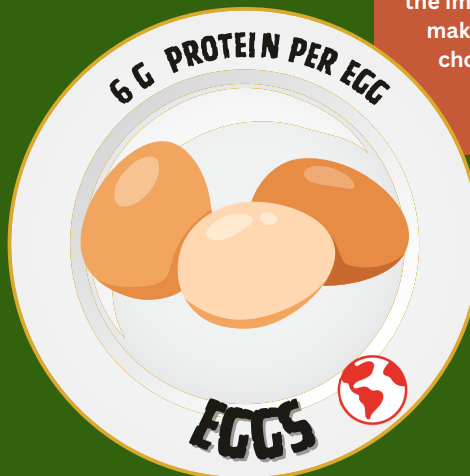
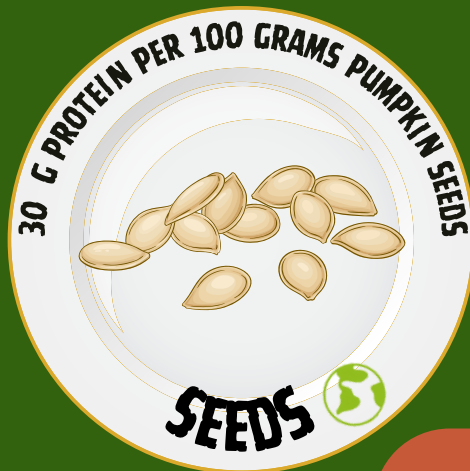
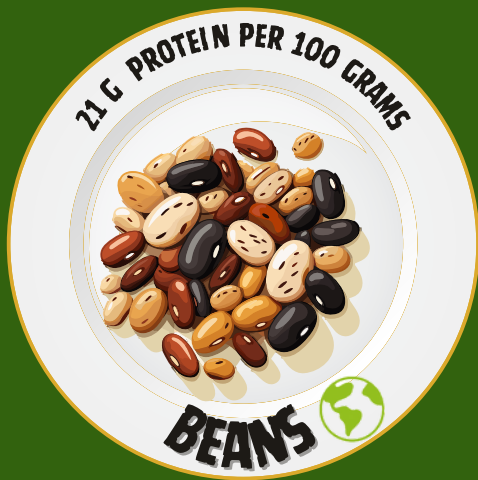
OPEN KITCHEN



CLICK HERE TO SEE THE CALCULATION

EXPLORING PROTEIN SOURCES

Protein is an essential nutrient needed by human body: They're the building blocks of our muscles and bones! High quality protein can be found in both plant and animal sources. Most adults need 1g of protein per kilogram of bodyweight. This can increase up to around 1.5 g/kg for active individuals.



Chicken has 1/10th the impact beef does, making it a better choice of meat.

WHY SHOULD WE EAT LOCAL AND SEASONAL?



By eating local and seasonal, we are supporting local economies and helping local food systems flourish.

Click here to check out what's in season in BC all year round!



A great place to find local produce are the various farmer's markets around Vancouver

Click here to find your closest farmers market

Did you know
You can purchase fresh produce on campus at UBC Farm?

Click here for all the info on how you can get your hands on some UBC Farm goodies!



HUNGRY?...TRY THIS!

Skye's Chickpea Noodle Soup

"A plant-based spin on the classic dish, chicken noodle soup. This soup will leave you feeling satisfied and cozy, and best of all, it uses minimal ingredients and is super straightforward to make."

Click here for the full recipe



Ingredients you'll need



parsley

onion

carrots

pasta

celery

Chickpeas

Psst...our local farmers grow some of these ingredients!
Click here to find out when!

INTERESTED IN MORE RECIPES?

NYT Climate Friendly Cooking Page

Find climate friendly recipes organized by preparation time, dietary needs, and difficulty of preparation.

CLICK ME!



UBC Foodie Blogs

Helpful blog posts include, "Plant Based Eats that ♥ the Earth," "Understanding Plant Based Proteins," and "5 Simple Ways to up your veggie intake."

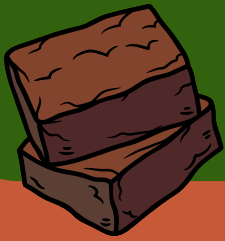
Earth Day Climate Friendly Recipes

Try a variety of easy, climate-friendly recipes, including, **veggie pasta, cauliflower wings, and fried rice**



Sprouts is a student-run organization with a goal to make fresh, sustainably produced food accessible for the UBC community. They are famous for its vegan brownies and hearty soups.

Location: Basement of Life building



Click me for the full menu

MERCANTE

Mercante is famous for its fiery-hot stone oven cooks up some of the best pizzas on campus, including a rotating vegan feature that changes every month.

Location: Ponderosa Commons



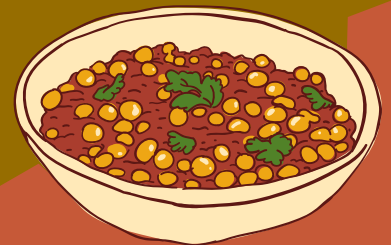
NEED A QUICK BITE?

Check out these campus food outlets for some climate-friendly bites

Agora Eats Café

Agora cafe is an independent, student-run, volunteer-based and non-profit café that is committed to local sustainable food systems. Be sure to try their popular chana masala dish!

Location: Basement of Macmillan building



GALLERY PATIO & LOUNGE

The Gallery Patio & Lounge offers a variety of vegetarian food including the Gallery nachos and Tuscan penne.

Location: 4th floor of the Nest

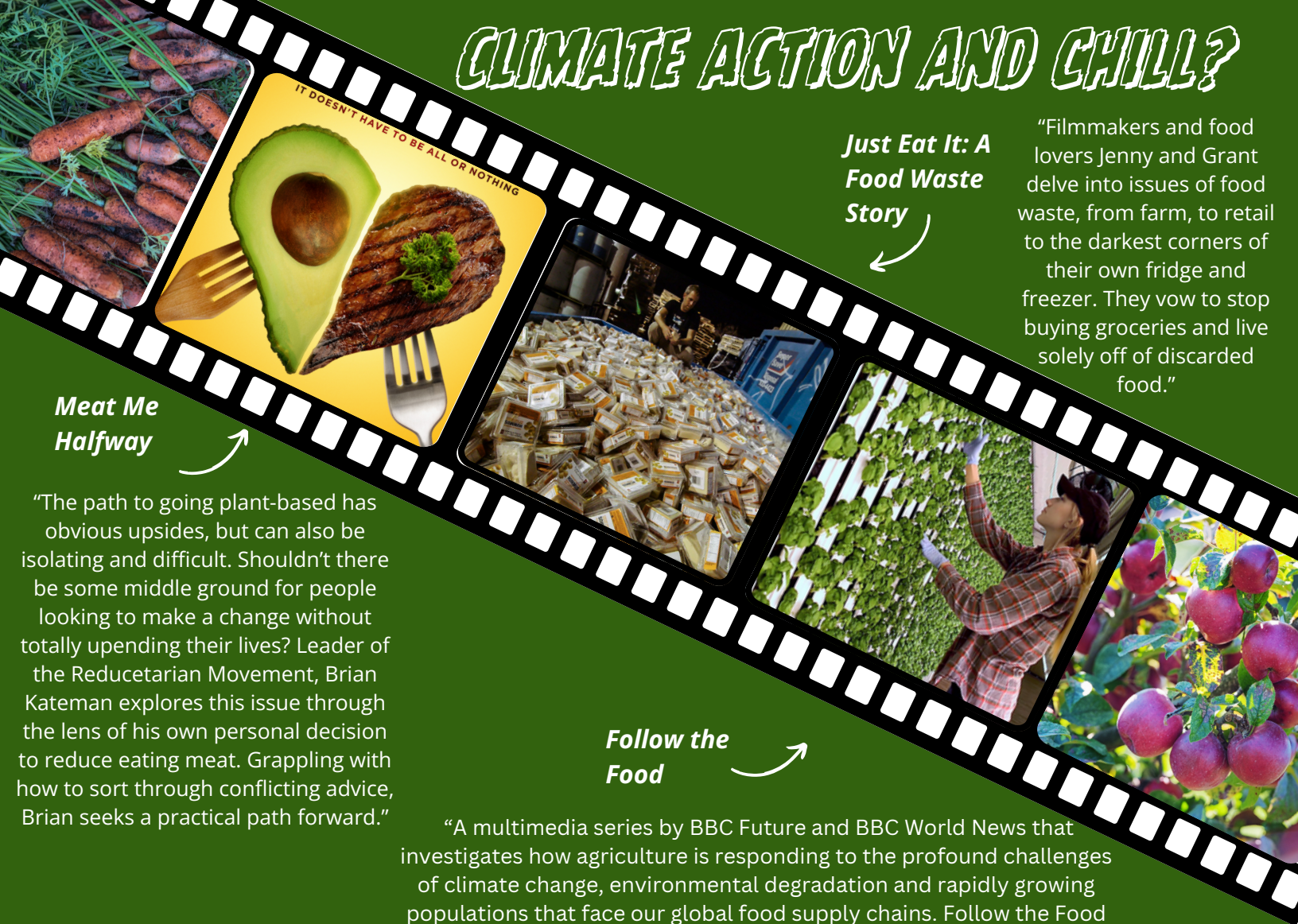


Perugia is popular amongst students for their flatbread and pasta options. Be sure to try the mediterranean chickpea salad, and the tomato & mushroom flatbread

Location: Life Science Building



CLIMATE ACTION AND CHILL?



Meat Me Halfway

“The path to going plant-based has obvious upsides, but can also be isolating and difficult. Shouldn’t there be some middle ground for people looking to make a change without totally upending their lives? Leader of the Reducetarian Movement, Brian Kateman explores this issue through the lens of his own personal decision to reduce eating meat. Grappling with how to sort through conflicting advice, Brian seeks a practical path forward.”

Just Eat It: A Food Waste Story

“Filmmakers and food lovers Jenny and Grant delve into issues of food waste, from farm, to retail to the darkest corners of their own fridge and freezer. They vow to stop buying groceries and live solely off of discarded food.”

Follow the Food

“A multimedia series by BBC Future and BBC World News that investigates how agriculture is responding to the profound challenges of climate change, environmental degradation and rapidly growing populations that face our global food supply chains. Follow the Food traces emerging answers to these problems – both high-tech and low-tech, local and global – from farmers, growers and researchers across six continents.”

LOOKING FOR AN ELECTIVE?

These courses are a great way to learn about sustainability and climate change!

APBI 361: Key Indicators of Agroecosystem Sustainability

BEST 201: Plants, Carbon, and Environment

CONS 101 Introduction to Conservation

CONS 200 Foundations of Conservation

CONS 210 Visualizing Climate Change

FNH 200 Exploring Our Food

FRST 100 Sustainable Forests

FRST 304 Forest Stewardship in a Changing Climate

FRST 415 Sustainable Forest Policy

LFS 250 Land, Food and Community I: Introduction to Food Systems and Sustainability

GEOG 310 Environment and Sustainability

GEOG 318 Sustainability in a Changing Environment

NURS 290: Health Impacts of Climate Change

CHECK THESE OUT!



LET'S GET INVOLVED!

STUDENT ORGANIZATIONS AT UBC



CLICK ON THE PLANETS FOR
MORE INFO!

UBC Food Hub



Volunteer at a student-run food initiative

Agora Cafe



Engineering &



Food Waste



Sprouts

Zero Waste Squad



UBC club Common Energy has multiple food initiatives!

Food Choice &



Climate Change

Mugshare UBC



Zero Waste

