Your dining experience is more than great food just like sustainability is more than simply saying we are going "green." At Sodexo we understand the best way to have a better today and a better tomorrow is to be proactive for your health, for your community and for your planet.

By beginning sustainability efforts in 2000, Colby College’s Dining Services, run by Sodexo, is now on the cutting edge of the top food trends, many of which speak directly to sustainability in food service. As evidenced by the Top 10 trends list for 2011 published by the National Restaurant Association, Colby is already there.

Read the whole story of how they continue to source local meats, seafood, and produce; worked together to create a campus student-run garden to supply vegetables to the campus kitchens and to families in need; and cooperate with local farmers who have an outlet for their produce.

1. We will reduce our carbon intensity across all our operations and clients’ sites.
2. We will reduce our water intensity across all our operations and clients’ sites.
3. We will source local, seasonal or sustainably grown or raised products.
4. We will source sustainable fish and seafood.
5. We will reduce organic waste.
6. We will reduce non-organic waste.
7. We will source and promote sustainable equipment and supplies.
8. We will promote choices with reduced sugar, salt and fats.
9. We will provide and promote varied and balanced food options.
10. We will develop and promote health and wellness solutions.
11. We will ensure compliance with a Global Sustainable Supply Chain Code of Conduct.
12. We will support local community development.
13. We will increase the purchase of our products from fairly and responsibly certified sources.
14. We will fight hunger and malnutrition.
Incorporating sustainability into the campus dining menu takes many forms. In 2010, Dining Services began to promote Meatless Mondays to the students. Meatless Monday is a non-profit initiative associated with John Hopkins Bloomberg School of Public Health. This organization promotes the idea that cutting out meat just one day a week will result in a decrease of the risk for chronic preventable disease and reduce the fuel, land and water needs currently being used by livestock.

Colby’s students are offered the Meatless Monday option with increased non-meat menu items at each dining hall on a rotating basis throughout the month each Monday. In 2013, Dining Services added a Local Foods Monday to this rotation.

As the world health organizations are researching how much of an effect the use of Bisphenol A (BPA) has on the brain and human development, Dining Services decided to react on the side of caution by researching ways that they could reduce use in their kitchens. In 2011, Colby was able to reduce the use of #10 cans containing BPA by 50 percent by switching our tomato products and tuna to pouches and utilizing dry beans to replace canned beans.

**Resources**

- Find more information on Meatless Mondays at: www.meatlessmonday.com
LOCAL FOODS
Since 2000, Colby Dining Services has been making a concentrated effort to purchase locally grown and produced foods. This effort began with Colby Dining Services defining what constitutes a locally grown and/or produced food. The Colby definition is a supplier and producer within the state of Maine.

For example, Gifford’s Ice Cream is made with dairy (milk, cream) from Maine farms but the almonds for Butter Almond ice cream may come from out of state. Beginning in February 2007, Colby Dining Services began offering local sustainable choices on the catering menu.

WHO / WHAT? Dining Services at Colby works with Sodexo’s prime vendors to source items locally wherever possible. In addition, purchases are also made directly from local vendors including:

- Crown Of Maine Coop — produce
- Lakeside Family Farm — produce
- The Apple Farm
- Gifford’s Ice Cream
- Bristol Seafood
- Oakhurst Dairy - featuring 100% hormone free milk, 80% of which is produced locally
- HeiwaTofu
- Grandy Oats—Granola

Dining services oversees a half-acre student-run garden on the Colby campus that provides around 3000 lbs. of fresh organic vegetables to the dining halls and 1000 lbs. to local food pantries. The garden serves as a learning opportunity for students, not only for gardening but also as a learning opportunity on how a commercial food system works by taking field trips to both organic and conventional farms, restaurants, and distributors.

WHEN? All year long as available

HOW MUCH? Approximately 20% of all of Dining Services purchases are from local vendors. They work on increasing that percentage each year.

Value of Local Foods to Colby
- Supports local economy
- Local products are often fresher
- Supports the environment because local items don’t have to travel as far
- Meets College Expectations
- Student Satisfaction

SPECIFIC CHALLENGES
The growing season is short in Maine and many local farms cannot support the volume that is needed to feed the students in three dining halls.
COOT (Colby Outdoor Orientation Trips) is an outdoor-based student orientation program that is required of all First Year Colby College students. COOT trips are designed to be fun and engaging while preparing students for their transition to living and learning on campus. COOT trips provide students with the opportunity to develop meaningful social connections while engaging in an appropriate level of challenge through a wide range of experiences throughout the beautiful State of Maine.

In 2010, Dining Services partnered with Campus Life to create a sustainable cooking COOT which is now an annual event. Student go on various field trips to places like Barrel’s Community Market in Waterville, the Kennebec Cheesery, the Skowhegan Farmers’ Market, and a local apple orchard to learn about local, sustainable food. They also get a tour of the Colby student garden where they harvest produce which they use in cooking their own meals for the weekend. Members of the dining services team meet the students at their cottage on the first night and lead them in cooking Fresh Pasta and Sauce, Garlic Bread, Grilled Vegetable Galette, Salad and finish up with hot apple crisp with local Gifford’s Ice Cream.

On Sunday morning, they test their new skills by dividing into two groups for an Iron Chef competition in an attempt to create the winning brunch menu.

### Sustainable COOT 2010

In September 2010 Colby had its first Sustainable COOT group. The weekend outing in Belgrade started with a scavenger hunt for local products at Barrels Community Market, Uncle Deans and Kennebec Cheesery and also included a visit to the local Winterberry farm.

The Students enjoyed the local items they found in various meals that they prepared themselves throughout the weekend.

Highlights of the weekend included Colby Dining Services stopping in and holding a cooking class that included making home made cheese, pasta and also fresh bread all with local ingredients.

With the knowledge they gained, the group held an Iron Competition in which they highlighted their culinary talents that they learned during their experience.
In 2008 Dining service’s was one of the founding partners of the student garden on campus and manages the garden arranging for field trips, hiring interns and weekly work schedules. As well as learning the basics of gardening the students take field trips to local farms and distribution centers to better understand how food is grown and reaches our plates. The students give classes to various student and faculty and staff groups on composting, planting and harvesting and provide tours to various student and faculty and staff groups on composting, planting and harvesting and provide tours to

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“These two field trips opened my eyes to one thing that is wrong with our food system: we want everything to be too perfect. If we see a tomato with a bruise at the store, we never buy it: if we see a caterpillar on a packaged broccoli, it is put back: and if we see a misshapen squash, it also sits on the store shelf. All of this is driving our system to use pesticides, herbicides, synthetic fertilizers, and genetically engineered crops to make our food perfect. After this summer, I no longer think the food in grocery store is perfect. To me, it is unnatural; unnatural to be without flaws. As organic farmers, we rely on the taste of our product, not the look. This, I believe, will begin to change our values in the food we buy” – Nina

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A composting program began on the Colby campus in April of 2002. Current composting efforts on the Colby campus remove 11% or 118 tons of food waste from the waste stream each year.

WHO? Colby Dining Services works hand-in-hand with the Colby Physical Plant Department. Through this collaborative partnership, composting is not only possible but also very successful in all three of the resident dining halls: Roberts, Dana, and Foss.

WHAT? All pre- and post-consumer food waste from all campus dining kitchens during prep and after meals in the dish room is composted. Currently, the only food waste item that cannot be composted is lobster shells.

WHEN? Food waste is collected daily in kitchens and dish rooms across campus. It is put in recycled 5-gallon buckets with special after-market lids which screw on top of the buckets. Buckets are taken from the kitchens and loading docks via truck to the composting bin at the Physical Plant Department (PPD) on campus. Once emptied, the buckets are returned to the kitchens and washed in the dish machine to begin the collection process again.

WHERE? Compost is picked up from the bin at PPD as needed (usually once a month) by an outside transportation firm and then taken to the Hawk Ridge composting facility in Unity, Maine.

SPECIFIC CHALLENGES

- Employee resistance was an issue when the process was begun in 2002. Employees did not understand why they were separating out food waste. It’s not a pleasant task to deal with food waste (smells, appearance, etc). It was much easier to simply dump it from a plate into the garbage disposal and not have to handle it. There is a learning curve for employees and success was achieved only after much positive reinforcement with the employees.

- An additional truck was required to transport the compost buckets from kitchens to the composting bin at PPD. Due to health department regulations, dining services could not use the same vehicle that transports foods for consumption (catering services truck).

- The dish room staff drains the compostable food waste and then transfers it to 5-gallon buckets. As a result, it was necessary to retrofit garbage disposal openings with custom-made baskets to collect and drain the food waste.

- Safety hazards quickly became apparent when the program initially began using 20-gallon buckets to collect food waste. These were too heavy and collected too much liquid. Dining Services switched to 5-gallon buckets and trained employees to drain all food waste of liquid before dumping it into buckets.

- Freezing compost buckets presented a problem when employees could not get the food waste out of the buckets when delivering them to the bin at PPD. Originally, composting buckets were left on the loading dock. Dining Services then began to leave them inside. With the addition of the screw cap lids, odor is no longer a problem when the buckets are left inside.
Pest control was initially a challenge as rodents repeatedly tried to gnaw through the bucket lids. This issue was resolved with a retrofitted airtight screw cap lid enabling the compost to be stored inside.

Odors and maggots are occasionally an issue at the large compost bin at PPD. Employees sprinkle lime on the top of the compost pile as needed to control problems.

**FINANCIAL IMPLICATIONS**

In 2005, the cost savings from composting totaled $22,500. The savings included:

- $2,000 in electrical costs from not running garbage disposals
- $10,000 reduction in water use
- $10,500 savings in sewage fees

Versus the cost of composting: $12,000

**COMPOSTING COSTS INCLUDE**

- Labor for dish room employees to separate and collect food waste in the dish room and to transport and empty them in the composting bin at the Physical Plant Department (PPD) on campus.
- A transportation fee to pick up compost at the Colby Physical Plant Department (PPD) and bring compost to the Hawk Ridge Facility in Unity, Maine.
- A composting fee from Hawk Ridge facility
- These costs do not include the cost of maintaining and operating a vehicle to transport the compost on campus from Dining Services to PPD.

**Value of Composting to Colby**

- Financial Savings—garbage tipping fees avoided waste water and sewage savings
- Waste Reduction— tons of food wastes not going into the waste stream
- Waste Prevention— many gallons of water conserved by not using garbage disposals
- Meet College Expectations
- Student Satisfaction

**Resources**

- New England Organics
  [www.newenglandorganics.com](http://www.newenglandorganics.com)
- Hawk Ridge Compost Facility
  RFD 1 Box 1682, Unity, ME 04988-1682

**Recent History of Sodexo’s Achievements at Colby**

- Dining Services and Physical Plant Department won state governor’s award for composting efforts in 2004.
- The Colby Campus Dining composting program was included in a presentation to state planning office by New England Organics at Bowdoin.
- The Composting program has come full circle as Colby buys back the compost for use on the campus grounds for landscaping.
- Won 3rd place Recyclemania Award for total amount of compost collected among all NESCAC schools, after Connecticut College and Middlebury College.
RECYCLING

A recycling program began on the Colby campus in 2000. All soda, alcohol and juice bottles, as well as all office paper and corrugated cardboard, has been and continues to be recycled.

WHO? Colby Dining Services works hand-in-hand with the Colby Physical Plant Department. Through this collaborative partnership, recycling is not only possible but also very successful in all three of the resident dining halls (Roberts, Dana and Foss), as well as in the retail outlet, the pub and catering services.

WHAT? All soda, alcohol and juice bottles from catering events and retail outlets, as well as all office paper and corrugated cardboard, are recycled.

WHEN? Paper and corrugated cardboard that are recycled are picked up on a regular basis by Colby’s own Physical Plant Department (PPD). Bottles and cans are picked up weekly by an area recycling company.

WHERE? Items for recycling are picked up from the Dining Services Offices (office paper), and the Dining Services loading docks campus-wide (bottles and cans and corrugated cardboard).

SPECIFIC CHALLENGES

There is a learning curve with the employees. Employee training is imperative, along with follow-up by managers to show employees how to rinse, sort, flatten and store items to be recycled.

FINANCIAL IMPLICATIONS

With recycling, there is a reduction of these items as they are eliminated from the waste stream so there is a financial savings in the number of pick-ups of full dumpsters by Waste Management (W.M.) In addition, Dining Services gets back the 5- or 15-cent deposit for each bottle and can recycled.
THEN—Since 2003, Colby Dining Services has followed the “fish list.” The list is a Seafood Watch guide which promotes making choices in menu offerings based on choosing fish and seafood that are abundant, well managed, and caught or farmed in environmentally-friendly ways. The list avoids choices that are over fished and/or caught or farmed in ways that harm other marine life or the environment.

The Colby chefs have looked to the Seafood Watch Guide when creating menus for their dining halls. The entire Dining Services team also works hard to educate the customers on why some seafood and fish choices are offered and why others are not. Catering Services promotes offering only fish from the guide and works to educate customers on alternative selections when they request a species on the avoid list.

NOW? Colby currently follows Sodexo’s Sustainable Seafood initiative that is built on 4 key platforms—Better Variety which focuses on a growing alliance of partners with a diverse line of frozen sustainable seafood; Better Taste through partnerships with CleanFish and Slade Gorton; Better Standards through their partnership with NSF Surefish; and Better Environment with the assistance of the Marine Stewardship Council (MSC) and the Global Aquaculture Alliance (GAA). The end goals is 100% contracted sustainable seafood by 2015.

FROM WHOM? There are many fisherman in the state of Maine and fishing is a large part of the local economy. All fresh fish and seafood is purchased from Bristol Seafood. All frozen seafood is purchased through PFG NorthCenter using the Sodexo partners.

SPECIFIC CHALLENGES Students and catering customers don’t always understand why the choices Dining Services offer for fish and seafood are limited. With continuing education, Dining Services realizes ever increasing understanding and acceptance from students and catering customers.

Value of Sustainable Seafood Choices to Colby
- Sustainable practice that supports the local and state fishing economy
- Educates students, faculty, staff and visitors about making the right seafood choices

Recent History of Sodexo’s Achievements at Colby
- Colby Dining Services is recognized by the National Fish and Wildlife Foundation as a college which follows the responsible choices for seafood offered

Resources
- For free copies of the Northeast Seafood Watch Guide please visit www.seafoodwatch.org
- For more information about making smart choices in: www.seafoodchoices.org or www.bristolseafood.com
- For more information on Sodexo’s Sustainable Seafood Initiative, go to: www.tomorrowstarts2day.com

FINANCIAL IMPLICATIONS Following the list does at times come at a price. In the case of offerings for Catering and Retail, the menu items should be right priced so the financial impact is cost neutral. In the case of resident dining, the choices of seafood and fish offerings are made in order to fit the cost per meal budget.
GREEN CHEMICALS

The new Apex ware-washing program provides the ability to improve efficiency to reduce both water and energy consumption. The program will move toward a more environmentally-friendly, sustainable and non-caustic formulation.

WHERE? The new program is in place at all locations including Foss, Dana and Roberts Dining Halls, as well as the facilities in Cotter Union.

HOW MUCH SAVED? Based on the current campus population, the following savings will be realized with the program:

WASTE REDUCTION AND PREVENTION
Colby Dining Services works hand-in-hand with Colby College in putting green dining practices in place. These sustainable practices touch many areas of conservation including waste reduction, as well as waste prevention including:

- Energy Conservation
- Water Conservation and Waste Water Prevention
- Food and Paper Waste Reduction and Prevention
- Renewable and Recycled Materials Use

ENERGY CONSERVATION
- All garbage disposals removed
- Timer installed on hall exhaust hoods and fans in the kitchen
- Dimmers/timers installed on some lights in Dining Services areas
- Staff trained to turn off equipment lights when not in use.
- The motors on all evaporator fans were replaced with high efficiency ECM motors and controllers.
- The exhaust hoods were fitted with smart technology to go on and off as needed.

WATER CONSERVATION AND WASTE WATER PREVENTION
- All garbage disposals removed
- All previously water-cooled refrigeration has been replaced with air-cooled systems to re-

Value of Green Chemicals to Colby
- Reduction of water and electric usage
- Cost savings for utilities
- Reduction of carbon footprint
- Client / Campus Relations

Net Savings
- 49,275 gallons of water per year

Resource
- www.ecolab.com

FOOD AND PAPER WASTE REDUCTION AND PREVENTION
- Use only linen table cloths—NO paper
- Napkins are the only disposable services items used in the dining halls and they are made from unbleached recycled paper and are dispensed from dispensers one napkin at a time
- All paper cups were removed from resident dining halls which prevents 154,000 cups from going into the waste stream each year
- Just-in-time cooking practices employed in all dining halls resulting in 80% less food waste
- All un-served food is donated to local hunger organizations in Waterville
- In catering, we have eliminated the use of water in plastic bottles, reducing our use by 3000, 16 oz. bottles a year and 150, 2.5 gallon jugs.
- Reusable mug campaign – retail outlets offer a discount on refills with the mug, and each student is supplied with a reusable mug at the start of the school year. For each mug purchased, 15 cents is donated to the National Fish and Wildlife Foundation. We purchase 4000 mugs each year.
- In 2012, catering switched to all reusable serving trays and utensils.
Biodiesel

In 2006, Colby Dining Services was approached by an employee of Colby College, Cindy Wells, who inquired about the possibility of her husband Butch, a local farmer, picking up the used fryer oil from the kitchen to be recycled for use as biodiesel fuel to power his farm equipment.

WHO? In the beginning, Butch Wells, a local farmer used the bio-diesel to power his farm equipment. In January of 2012, we switched to Maine Bio Fuels.

WHAT? 100% of the used fryer oil from the campus kitchen is recycled as biodiesel.

WHEN? The grease is picked up weekly at no charge to Dining Services.

HOW MUCH? Approximately 21,000 lbs. (100%) of grease each year is picked up and used as biodiesel.

SPECIFIC CHALLENGES:
- At times, rain water leaks into the secondary containment bins (required by law). Colby's Physical Plant Department built stalls to house the containment bins and eliminate the rain water problem.
- Dining Service employees needed to be trained and reminded that only oil, and not sediments may be dumped into collection bins.

FINANCIAL IMPLICATIONS:
Prior to recycling the fryer oil, Colby Dining Services paid Baker Commodities to pick it up at an annual cost of $2000.

Butch Wells supplied the barrels for grease storage and also picked the barrels up on a weekly basis at no charge.

Now, Maine Bio Fuels pays us $1.00 per gallon for the used oil they collect.
FAIR TRADE

Colby Dining Services has been serving Fair Trade coffee selections to their customers since September of 2001. Today, Fair Trade coffee, tea and sugars are served at all locations on campus.

WHAT BRAND / WHERE? Aspretto is offered at all dining halls and Green Mountain is served in retail and catering.

FINANCIAL IMPLICATIONS:
Fair Trade coffee selections are a bit more costly than the regular coffee selections.

Value of Fair Trade to Colby
- Answers the Colby community's desire for coffee selections that are economically just and environmentally sound
- Meet College Expectations

Resources
- Find out more about these fair trade options at:
  - www.aspretto.sodexo.com
  - www.greenmountaincoffee.com
For More Information Please Visit:

Campus Dining Website

www.colby.edu/campus_cs/dining_services/

Colby College Green Resources

http://www.colby.edu/administration_cs/green/resources.cfm?type=Campus+Organizations

A Better Tomorrow Starts Today

http://www.tomorrowstarts2day.com/

Spotlight on Sustainability

http://bettertomorrow.sodexousa.com

For Specific Questions regarding Colby’s Sustainability Efforts in Dining Services, Contact Us:

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or

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