

A Guide to More Sustainable Catering


This guide is intended to be a tool to help organizations and individuals improve the sustainability of catering selections for events and meetings at Loyola University Chicago.

## How to use this guide

This catering guide has two features: crafted menus and "greener" options. For breakfasts and hors d'oeuvres, menus have been created for ease of use. They feature options that have a lower impact on the environment and in amounts appropriate to feed the group without excess waste. The lunch, buffet, and snack options are "greener" choices available on the catering menu. This guide is not yet institutionalized within Aramark so the ordering process remains the same, hopefully your decisions change though! Remember that you can always ask Aramark Catering for advice and make changes where you see fit.

## The Methodology

The formulation of this catering guide took into account objective and subjective metrics. The calculation of a food's sustainability is difficult; some estimates place heavier importance on the production processes while others focus on the item's "miles traveled" from farm to table. For general carbon footprint of different foods, an example of the charts referenced is included.

Esther Bowen's Assessing Sustainability in the University of Chicago Dining Halls: Food, Energy and Greenhouse Gas Emissions (2008) was consulted to estimate the miles traveled for different produce. This catering guide blends both miles travelled and carbon footprint, using intuition to complement the science. The intuition was needed to combine


Source: Lantmannen Foods
working with the two different measurements and also to accommodate for ingredients that lacked information. This intuition followed the research that meat and dairy products are more carbon intensive than vegetable and fruit items, with seafood items ranking between the two.

This methodology explains the use of red meat only once in the guide (under the "Picnic" section). The carbon footprint is considerable higher than other meat options and has a much higher impact on the environment when compared to plant-based options. The Food and Agricultural Organization of the United Nations supports this reasoning with an estimate that livestock are responsible for $18 \%$ of greenhouse gas emissions (Livestock's long shadow, FAO 2006).

Since many of the items consist of multiple ingredients sourced from different locations, it is difficult to precisely identify the "most green" choices, however more weight was given to Bowen's findings when possible. This guide is meant to be used as a tool to decrease your carbon footprint and will develop with use. Please contact Gina Lettiere (glettie@luc.edu) or the Office of Sustainability (sustainability@luc.edu) with any questions, comments, or suggestions.

## Crafted Breakfast Menus

| Small Gathering: 10-15 people | Medium Gathering: 15-30 people |
| :--- | :--- |
| Hot Water with Herbal \& Black | Hot Water with Herbal \& Black |
| Teas | Teas |
| Gourmet Coffee—Regular and | Gourmet Coffee—Regular and <br> Decaf |
| Seasonal Whole Fruit (per person) | Fresh Seasonal Fruit and Berry |
| Breakfast Breads (dozen)* | Platter with Yogurt Dip (serves 25) |
| - Zucchini, Banana Walnut, or | Streusel Topped Coffee Cake <br> (dozen)* |
| Datenut |  |

Interested in a Breakfast Buffet? Consider the University
Continental option or Pancakes/French Toast. Ask for Hot Cider or Hot Chocolate in place of bottled fruit juices.

Large Gathering: 30+ people Hot Water with Herbal \& Black Teas

Gourmet Coffee—Regular and Decaf

Fresh Seasonal Fruit and Berry
Platter with Yogurt Dip (serves 25)
Cereal Bars (30x)
Streusel Topped Coffee Cake (two dozen)*

Functionality is key with breakfast - all these selections are easy to take on the go to reduce food waste!

## Best Sandwiches \& Salads

Classic Sandwiches
Smoked Turkey
Fire-Roasted Vegetables

Signature Sandwiches
M.S.T Sandwich

Chipotle Chicken Salad
Turkey \& Swiss Ciabatta


Signature Wraps
Hummus \& Cucumber Wrap
Roasted Veggie Wrap
Chicken \& Pesto Wrap

Signature Salads
Classic Caesar
Spinach
Veggie Chopped

Ask to have food served on platters and not as boxed meals

When crafting your menu, think about seasonality. If ordering a salad in February, tomatoes have to travel more miles than they do in September or May. A Caesar Salad makes more sense in the colder months.
*Wash your hands and cut these in half before people arrive. They can take two if they would like but most will only take one. Save food and money!

## Hot Buffets

## A note about buffets, picnics, and bbqs

All options are priced for a minimum of 20 guests and the picnics and barbeques offer additional sides. Catering is generous with their portion sizes and not every person will have a full portion of each item. Round down your estimates to minimize over-ordering for your guests and bring Tupperware with you to preserve leftovers!

## The Santa Fe

With the Santa Fe, try offering only chicken fajitas or ask to substitute grilled vegetables in place of the beef fajitas.

The Mediterranean
Add grilled zucchini to accommodate vegetarian and vegan diets.

## Picnics \& BBQs

The Classic Picnic
Be sure to substitute in black bean or veggie burgers and select the Spinach, or Veggie Chopped as you salad choice.

## Crafted Hors d'Oeuvre Menus

Small Gathering: 10-15 people
Red Wine Marinated Fig
White Bean and Proscuitto Crostinis

Falafel with Hummus
Crispy Ravioli (hot)

Medium Gathering: 15-30 people
Red Wine Marinated Fig
Roasted Tomato Bruschetta
Smoked Gouda
Crispy Ravioli (hot)
Crimini Mushrooms (hot)
Spicy Thai Chicken (hot)

Large Gathering: 30+ people Red Wine Marinated Fig Roasted Tomato Bruschetta Smoked Gouda

Falafel with Hummus (2x)
Crispy Ravioli (hot) (2x)
Crimini Mushrooms (hot)
Spicy Thai Chicken (hot)

For more than 25 people, try the Seasonal Vegetable Platter or Hummus with Pita (under Displays) and add two or three hors d'oeuvres as a lighter menu.

## Snacks \& Desserts

These all come with coffee, hot tea, and water so include snacks with other hors d'oevures or part of your menu to cut costs

