

## SUSTAINABLE SNACKS

Instead of	Consider
High-fat cheese trays	Lower-fat cheeses like feta and part-skim mozzarella Vegetable and fruit Trays featuring seasonal and regional produce
Chips and crackers	Air-popped popcorn or pretzels
Cookies and candy	Dried fruit, nuts, trail mix



## KEEP IN MIND

- Get an accurate head count so that you don't over order.
- Consider if it is really necessary to serve food for your event.
- Compost and recycle waste when possible.
- Be sure to ask for to-go boxes if you think you may have leftovers; reduce waste.

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sustainable  
food initiative

# CATERING GUIDELINES FOR SUSTAINABLE FOOD





## SUSTAINABLE BREAKFAST

Instead of	Consider
Doughnuts and pastries	Whole grain breads, bagels
Sweetened cereals and granola	Oatmeal
	Low-fat yogurt
	Fruit salad, seasonal
Southern -style biscuits with meat or gravy	Whole wheat biscuits with turkey sausage
Egg and cheese biscuits	Mini vegetable quiches, egg white omelets
Fruit juice	Water, tea or coffee

## SUSTAINABLE TIPS

- Serve fair-trade coffee and tea.
- Opt for a high-protein, high-fiber breakfast.
- Keep sugar at a minimum.



## SUSTAINABLE LUNCH/DINNER

Instead of	Consider
Deli sandwiches	Green salads with vegetables. Add chicken, fish, and white beans, kidney beans or garbanzo beans
Croissants and white bread	Chili or baked potato with toppings
Ham, roast beef, tuna salad	Whole grain bread and rolls, whole grain pastas
Higher fat cheeses like cheddar	Roasted turkey, roasted vegetables
	Lower fat cheeses like feta, parmesan
Meat entrees	Vegetarian entrees
Cream-based soups	Broth-based soups and bean-based soups
Cookies and chips	Fresh fruit, yogurt, vegetables with low-fat dressing
Soda or juice	Water, tea or fair trade coffee

## SUSTAINABLE TIPS

- Processed meats and snack foods are high in sodium.
- Buy organic or fair-trade products.
- Opt for protein and fiber; keep sugar at a minimum.
- Serve water and tea in pitchers.
- Find out what's in season and feature seasonal produce in your meal
- Look for sustainable Georgia products, for example Sweetgrass Dairy cheese, Springer Mountain chicken, and Café Campesino coffee.
- Try a vegetarian meal: you often save money when you go meatless.

