



PSU Dining Services
Sustainability Initiatives





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Campus Overview

Campus History

- Founded in **1871** as a teacher training school
- A part of the **University System of New Hampshire**
- Graduate programs began in **1948**

Student Profile

- **4,300** undergraduate students
- More than **2,000** graduate students
- **1,012** First Year students
- **567** male students
- **445** female students
- **20** average student age

Dining Plans

Ultimate Block Plan (with 9 Guest Passes)

Unlimited meals during the course of the semester plus \$175 in BoardFlex*. Eat as often as you like, including our "On the Go" option and meal exchanges in all 4 of our retail operations. At just \$1,569 a semester this plan is our best value.

210 Block Plan (with 6 Guest Passes)

Any 210 meals during the course of the semester (about 14 meals a week) plus \$200 in BoardFlex*. Eat as often as you like, including our "On the Go" option and meal exchanges in all 4 of our retail operations. This option is \$1,417 a semester.

150 Block Plan (with 6 Guest Passes)

Any 150 meals during the course of the semester (about 10 meals a week) plus \$150 in BoardFlex*. Eat as often as you like, including our "On the Go" option and meal exchanges in all 4 of our retail operations. This option is \$1,299 a semester.

105 Block Plan (with 3 Guest Passes)

Any 105 meals during the course of the semester (about 7 meals a week) plus \$125 in BoardFlex*. Eat as often as you like, including our "On the Go" option and meal exchanges in all 4 of our retail operations. This option is \$1,035 a semester.

75 Block Plan** (with 3 Guest Passes)

Any 75 meals during the course of the semester (5 meals a week) plus \$225 in BoardFlex*. Eat as often as you like, including our "On the Go" option and meal exchanges in all 4 of our retail operations. Just \$895 a semester for

Contact Information

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For more info please contact Chris Mongeon at (603) 535-2719.





Sodexo Responsibility

Sodexo feels it is our responsibility to encourage and act in a way that promotes sustainability on campus, in our community, around the region and throughout the world. Some of our sustainability efforts tie into our strong community focus and our regard for quality of life. Our sustainability initiatives and programs include the following:

- Air pollution reduction practices
- Hybrid delivery vehicle used on campus
- Ecological building construction and renovation designs
- Energy conservation practices
- Purchasing, whenever possible, from environmentally and socially responsible companies
- Paperless billing
- Waste reduction practices
- PSU goes trayless in efforts towards a sustainable campus
- Local farmers provide their products to our main supplier to maximize delivery efforts and cut down on greenhouse emissions
- We work with local farmers to reduce food-waste
- Some of our waste oil is being used as bio-diesel
- Recycling of solid waste
- Rendering practices
- Water conservation and waste water practices
- Many of our coffees, teas and hot chocolate are Fair Trade
- Use of local coffee roasters
- Use of local cage-free organic eggs
- Purchasing from companies that give back a percentage of their profits to environmentally responsible projects
- Introduction of the Opti-Rinse™ System. Opti-Rinse™ rinse nozzles use less than half the water of traditional nozzles
- Elimination of disposable service ware that does not support an environmentally friendly environment





Local and Organic Foods

Sodexo is a committed partner in the development of a local food presence on campus as an integral part of our dining services programs.

Who / What?

Dining Services works with Sodexo's prime vendors to source items locally wherever possible. In addition, purchases are also made directly from local vendors.



Local Vendors

- Andersons (Cakes)-Plymouth, NH
- Ashland Lumber (Supplies)-Ashland, NH
- Autoserve (Van Repair)-Plymouth, NH
- Bear Images (Novelties)-Lincoln, NH
- Bonnie Brea Farms (Venison)-Plymouth, NH
- [Cafe Monte Alto](#) (Coffee)-Plymouth, NH
- Capitol Distributors (Beer)-Manchester, NH
- Central Paper (Paper)-Manchester, NH
- Cdc (Equipment Repair)-Concord, NH
- Coca-Cola (Soda)-Belmont, NH
- Concord Fire (Extinguishers)-Concord-NH
- Costume Rentals (Rentals)-Londonderry, NH
- Crowley Foods (Dairy)-Concord, NH
- Cuzin Richards (Entertainment)-Portsmouth, NH
- D-Acres (Produce)-NH
- Dunkin Donuts (Donuts)-Plymouth, NH
- Engraving Awards (Engraving)-Laconia, NH
- Ernie's Refrigeration (Fridge Repair)-NH
- Ez-Go (Golf Cart)-Derry, NH
- Flora Venture (Plants)-Newmarket, NH
- Follett Bookstores (Office Supplies)-Plymouth, NH
- Full Time Cleaning (Cleaning)-Meredith, NH
- Fuller Ford (Car Rental)-Bristol, NH
- Granite State Glass (Glass)-NH
- Great State (Beverages)-Manchester, NH
- Hannaford's (Grocery)-NH
- Hartland Waffles (Waffles)-Portsmouth, NH
- Hobart (Dish Machine Repair)-Manchester, NH
- Hood Dairy (Milk)-Concord, NH
- Image Awnings Inc (Awnings)-Wolfboro, NH
- Interstate (Rest. Supply)-Manchester, NH
- Irving (Gas)-Plymouth, NH
- Laconia Refrigeration (Repairs)-Laconia, NH
- Lago & Sons (Ice Cream)-Concord, NH
- Lakes Region Linen (Linen)-Laconia, NH
- Longview Farms (Seasonal Produce)-NH
- [Mad River Roasters](#) (Coffee)-Campton, NH
- Maine Oxy (CO2/ Helium)-NH
- McClure's Syrup (Syrup)-Littleton, NH
- Meeting Matrix (Programs)-Portsmouth, NH
- Megaprint (Copies)-Holderness, NH
- Mobil (Gas)-Plymouth, NH
- Mountain Laurel (Flowers)-Ashland, NH
- Napa (Auto Supplies)-Plymouth, NH
- [Nellie's-Pete & Gerry's Eggs](#) (Eggs)-NH
- New Hampshire Distributors (Beer)-Concord, NH
- New Hampshire Liquor Store (Alcohol)-Plymouth, NH
- Northeast (Rest. Supply)-Bow, NH
- [Owens Farms](#) (Produce In Season)-Holderness, NH
- Paquette Signs (Signs)-Meredith, NH
- Pemi Glass (Glass)-NH
- Plain Janes (Ice Carvings)-Rumney, NH
- Plymouth Bagel (Bread)-Plymouth, NH
- Rand's (Hardware)-Plymouth, NH
- [Saunders](#) (Produce)-Dover, NH
- Sb Cleaning (Cleaning)-Campton, NH
- Stonyfield's Yogurt-NH
- Taylor Rental (Rental)-Belmont, NH
- Terminix (Pest Control)-Conway, NH
- True Colors (Printing)-Plymouth, NH
- Vacman & Bobbin (Vacuum Repair)-Belmont, NH
- Varsity Beverages (Pepsi)-Conway, NH
- Unique Entertainment (Entertainment)-NH
- Wal-Mart (Misc.)-Plymouth, NH
- Weeks Dairy (Milk)-Concord, NH
- White Mountain Kettle Corn (Popcorn)-Henniker, NH





Local and Organic Foods (continued)

Regional Vendors (New England)

- Cabot Cheese (Cheese)-VT
- [Ben & Jerry's Ice Cream](#)-VT
- Black River Produce (Produce & Seafood)-VT
- Brookline Ice (Ice)-MA
- [Dole & Bailey](#) (Meats)-MA
- Dowling's (Convenience/ Candy)-VT
- Ecolab (Chemicals)-MA
- Garelick Farms (Dairy)-CT/ MA
- Gekay Electronics (Vending)-MA
- George Mehaldo (Candy)-MA
- [Green Mountain Coffee](#) (Coffee)-VT
- Jj Nissen Bakery (Bread)-ME
- J & J Snacks (Snacks)-CT
- Holyoke (Equipment)-MA
- Koffee Kup (Bread)-VT
- Minute Maid Juices (Juice)-ME
- NH Fisheries (Fish)-MA
- [Hp Hood, Llc](#) - Dairy Products
- Northcenter (Groceries)-ME
- Odwalla (Snacks)-ME
- Popcorn Guys (Popcorn)-RI
- Recognition Center (Nametags/ Signs)-MA
- Samantha Juices (Juice)-ME
- [Shains Of Maine](#) (Ice Cream)-NH
- Staples (Office Supplies)-CT
- Vistar (Vending)-CT
- Westminster Crackers (Crackers)-VT

When?

Whenever seasonally possible.

Why local?

- Local products spend less time in transit and therefore arrive faster & fresher
- Chefs can offer different varieties of vegetables grown locally for flavor and character – rather than vegetables grown for interstate durability
- Local eating connects students to the environment by respecting seasonality and the unique features of our bioregion
- Local purchasing eliminates the need for long-distance hauling and substantially reduces greenhouse gas emissions from trucking – limiting our carbon footprint
- Local purchasing supports the viability of local farms and protects land by supporting sustainable agricultural use

Resources

- Local Foods Plymouth lfp.dacres.org
- New Hampshire Made nhmade.com
- New Hampshire Farmers' Market Association nhfma.org
- New England Organics newenglandorganics.com





Fair Trade

PSU Dining Services has been serving Fair Trade coffee selections to their customers since 2004. Today Fair Trade coffee selections are offered at several locations on campus and from several coffee vendors.

Fair Trade Products guarantees a minimum price for small farmers' harvests and encourages organic and sustainable cultivation methods that are safer for communities. The cultivation of coffee has become an issue with both environmental and human rights implications.



Coffee - What Brand / Where?

Green Mountain Fair Trade Coffee and Starbucks Fair Trade Coffee selections are available at several locations on campus.



Other Fair Trade Offerings?

Fair Trade Bananas are offered when available at all dining locations. The team is exploring Fair Trade options that go beyond our current selections.

Resources

- Equal Exchange equalexchange.com
- Starbucks starbucks.com/aboutus/fairtrade.asp
- Green Mountain Coffee Roasters fairtrade.greenmountaincoffee.com





Cage Free Eggs

Cage Free Eggs

Sodexo uses local cage free shell eggs (produced by cage-free hens) from [Nellie's Nest Cage Free Eggs](#) in support of animal welfare. This program is an indicator of PSU Dining Services commitment to sustainability and social responsibility at the Plymouth State University.





Zero Trans-Fat Oils

Sodexo Marks One-Year Anniversary of Conversion to Zero Trans-Fat Oils

GAITHERSBURG, Md., February 1, 2007 - More than a year after announcing its conversion to zero trans-fat oil products in its foodservice operations nationwide, Sodexo is offering its 6,000-plus North America clients thousands of zero trans-fat food products (also known as "trans-fat free") that can be used for healthier meals.

Sodexo began its conversion to zero trans-fats (ZTF) with a switch to ZTF oils and shortenings, a change that was completed in January, 2006. The ZTF products now sourced by the company include salad dressings, sauces, soups, bakery products (including cookies, muffins, breads and doughs), snacks, cereals, condiments, breaded chicken, pasta, eggs and frozen potatoes, tortillas, oils and shortenings and a range of others.

"The FDA, the USDA and many other medical authorities have linked trans-fat intake with an increase in the risk for coronary disease, and that makes it a concern for Sodexo and the ten million customers we serve in North America," said Richard Macedonia, president and CEO of Sodexo, Inc. "In response, our supply management team continues to source the most robust zero trans-fat products that fit both the palates, and dietetic requirements of our customers. As well, our culinarians have formulated recipes that use healthier oils and fats while still tasting good."

Sodexo refers to "zero trans-fat" rather than "trans-fat free" as part of the company's goal to align nutritional definitions with those outlined by the Food and Drug Administration (FDA). Currently, the FDA does not endorse labeling products as "trans-fat free." Instead, the FDA has defined Zero Trans-Fat as any product having less than 0.5 grams of trans-fat per serving. Because of this ruling, Sodexo's position is to source zero trans-fat items that have not added saturated fat as a substitute for trans fat.

"Since both trans fats and saturated fats raise LDL ("bad") cholesterol, it is advisable to choose foods low in both saturated and trans fats as part of a healthful diet.," said Shelley Kalfas, R.D., senior vice president at Sodexo and head of the company's Wellness Council. "Although about 20% of dietary trans fat naturally occurs and is found in small amounts in dairy and meat products, our focus is on the majority of dietary trans fat, which are found in artificially produced partially hydrogenated vegetable oils. The USDA recommends that dietary intake of trans fat be "as low as possible". Sodexo's goal is to help our customers meet that recommendation by replacing the major source of dietary trans fat with heart healthy alternatives. "

Sodexo's transition to ZTF includes working with each client as ZTF products are introduced, and educating Sodexo's front line foodservice workers and chefs about how to recognize and use FDA-qualified ZTF products as they are delivered to client sites.





Recycling

All steel and aluminum cans, glass and plastic bottles as well as corrugated cardboard and mixed paper are recycled at all dining services locations on campus, including in the University Dining Services offices.

Fryolator grease from kitchens and dining locations, which is not used for biodiesel, is picked up by Baker Commodities.

Value of Recycling

- Financial savings—solid waste disposal tonnage costs avoided
- Waste reduction— tons of waste not going into the waste stream
- Meet client expectations
- Student satisfaction
- It's the right thing to do!

Resources

- All Cycle Waste casella.com
- Recyclemania recyclemaniacs.org
- College and University Recycling Council nrc-recycle.org/councils/CURC





Biodiesel

Used fryolator grease and cooking oil from kitchens and dining locations campus wide is available to be recycled as biodiesel.

Value of Recycling Fryolator Grease

- Use of biodiesel replaces the use of non renewable fossil fuels
- Tons of waste not going into the waste stream
- Meets client, student and community expectations
- Provides resources for other companies to produce usable products, i.e. soaps

Resources

- National Biodiesel Board biodiesel.org
- BioDieselNow - Renewable diesel biofuel biodieselnow.com





Biodegradable Products

PSU Dining Services supports using environmentally friendly packaging and are working hard to limit excessive packaging as well as utilize compostable products wherever possible. Items available in the dining halls that are compostable include, grill liner paper, Green Mountain Coffee cups, Greenwave paper plates, parfait cups, and other items as requested.





Waste Reduction & Prevention

Dining Services works hand-in-hand with Plymouth State University in putting green dining practices in place. These sustainable practices touch many areas of conservation including waste reduction, as well as waste prevention.

Energy Conservation

- Limited use of garbage disposals
- Timers installed on hall exhaust hoods and fans in kitchen
- Timers installed on some lights in Dining Services areas

Water Conservation and Waste Water Prevention

- Limited use of garbage disposals to conserve water
- All previously water-cooled refrigeration has been or will be at the end of life cycle replaced with air-cooled systems to reduce water usage

Food and Paper Waste Reduction and Prevention

- All paper cups removed from Resident Dining halls for a savings of 154,000 going into waste stream each year
- Just in time cooking practices employed in all dining halls resulting in 80% less food waste
- Just in time production in all dining halls reduces pre-consumer food waste by up to 80%
- Reusable mug campaign – retail outlets offer a discount on refills with the mug

Renewable and Recycled Materials Use

- Carpet selections for the Prospect Dining Hall were chosen from carpet that had at least a 30% recycled fiber content
- All equipment from the existing dining hall was either refreshed for reuse or donated to charitable organizations

PSU is Trayless Facility to Support Efforts Towards a Sustainable Campus

Dining Services went trayless in spring semester 2008. On campuses nationwide, this initiative has proven to reduce water usage, food waste and electricity. Universities of similar size to PSU have seen food waste reduced by 1/3. This is equivalent to 260 pounds of waste each day!

A trayless cafeteria will also encourage one to make wiser decisions in food choices. For most of us, this will greatly reduce the amount of tempting foods we carry out of the serving area and set in front of ourselves.

In the larger picture, this initiative is helping to reduce landfill waste, cleaning chemicals and water usage, food waste, electricity, sewage cost, preserve natural resources, and reduce our carbon footprint.

How You Can Help?

- Take full advantage of our Prospect Dining Hall. Prospect Dining Hall features all china / silverware service, pre and post consumer composting and is members of the local Food salvage program.
- Don't waste food. Enjoy your meal but remember don't overload your plate.
- Make sure you don't contaminate the food waste in the compost bins.
- Take only one disposable cup for each beverage purchased at one of our retail locations.
- Take only one disposable cup for each beverage purchased.
- Join our Reusable Mug Program (and use your mug). Not only do you help the environment, but also you get a great discount when you use your mug at retail establishments.
- Recycle aluminum cans and bottle throughout campus at the designated recycling centers.
- Dine in at your favorite campus location to ensure your take out packaging is properly disposed of.
- Get involved with the Plymouth State's Recycling & Solid Waste Program and the many student sponsored campus environmental groups.

