

## Sustainable Meal Option

This tool has been adapted from *Teaching food systems and sustainability in nutrition education and dietetic training: Lessons for educators* (Harmon et. al., 2013) and more recipes available from <https://inhabitat.com/a-sustainable-meal-plan-filled-with-recipes-for-earth-day/>. It is an adaptable approach to reducing food waste in small to medium scale food service operations. Dietitian's can try to incorporate sustainable meals into a menu rotation. Recipe's will need to be adapted based on desired amount of servings.

**Role:** Administration; Food Service

**Activity:** Menu Change; Education

**Region:** Adaptable (change recipe)

### Objective:

- To reduce food waste by planning in flexible meals that use up things that would otherwise be composted.
- To communicate your menu choices and sustainability benefits to clients



## Recipe Ideas:

### **Vegetable Waste Bowl**

This recipe uses up leftovers in the fridge to reduce overall food waste

1. Roast whatever veggies you have. Broccoli, cauliflower, Brussels sprouts, carrots, peppers, turnip, parsnip, asparagus, beans. Toss with olive oil, salt, pepper, and bake in the oven.
2. Make a cup of your favorite grain. Quinoa, brown rice, white rice, buckwheat, barley, etc
3. Mix all the ingredients together, and stir in beans. For example pinto, kidney, garbanzo, black, etc.

Top with cheese, a little bit of lemon, a drizzle of olive oil or your preferred dressing.

### **Rosemary Mashed Root Vegetables**

This meal contains sustainable products and is quick to prepare.

#### **Ingredients:**

- 1 sweet potato, peeled and chopped
- 2 white potatoes
- 8 baby carrots or 1 medium carrot, peeled
- 1/3 cup of unsweetened dairy-free beverage (almond milk)
- 1 tsp rosemary
- 1 tsp dried chives
- 3/4 tsp salt
- 1 tsp black pepper

Boil the potatoes and carrots for approximately 20 minutes, drain the water and place vegetables in a bowl. Add the milk, rosemary, chives, salt, and pepper. Mash until creamy. You could then, portion out mashed vegetables into reusable containers.

Source: <https://earth911.com/home-garden/quick-meal-recipes-sustainable-ingredients/> (Johansson, 2019)

Communication Ideas:

A poster such as this in residents rooms, or in the dining hall.

