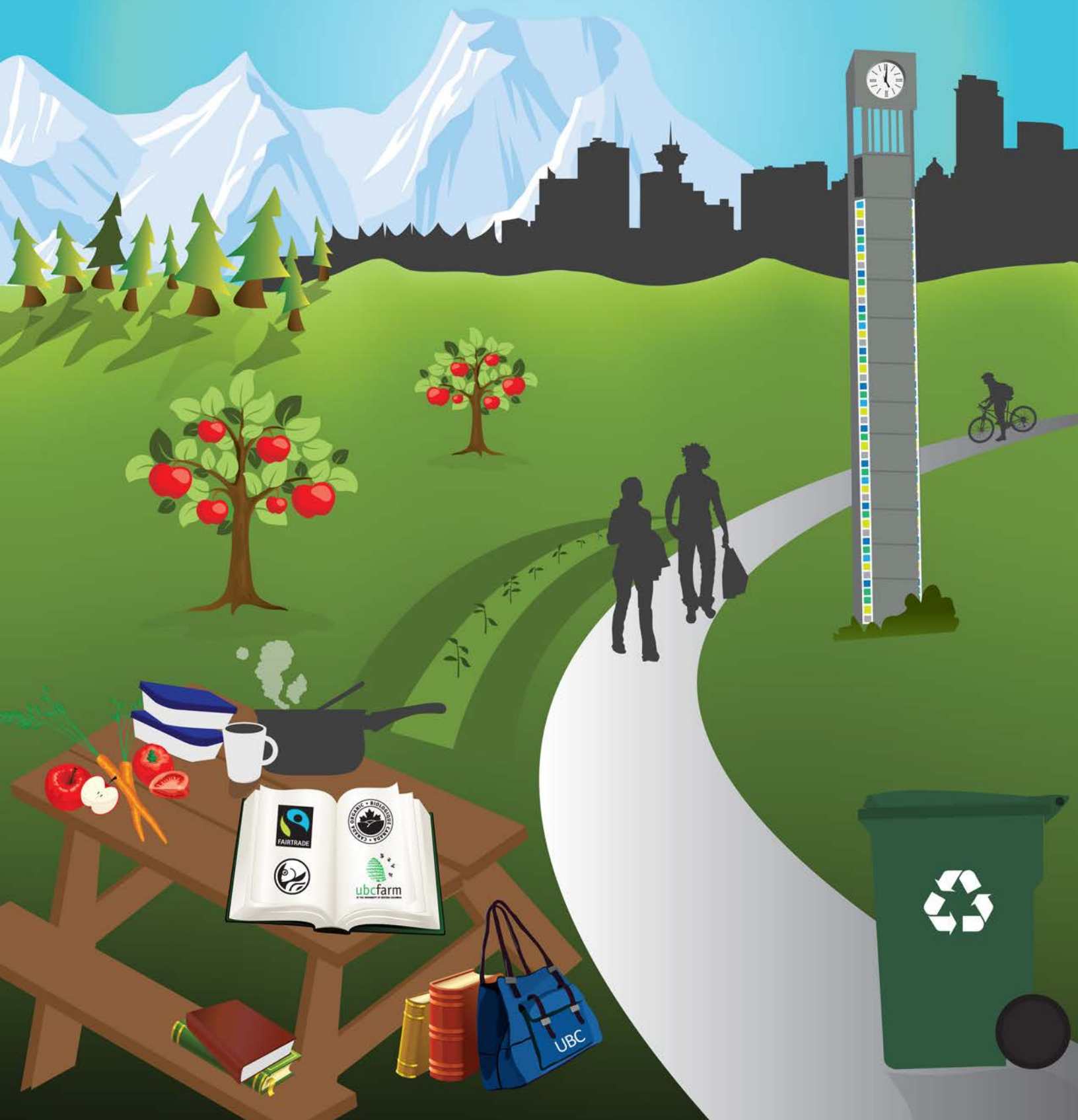


# UBC SUSTAINABLE CAMPUS FOOD GUIDE



# UBC's First Food Guide

## Purpose Statement

The UBC Campus Sustainable Food Guide aims to raise awareness of and facilitate participation in sustainable food system initiatives on campus among the UBC community (students, faculty, staff and residents).

## What Is A Sustainable Food System?

With input from over 10 generations of students, faculty and staff, the UBC Food System Project has developed a vision for what a utopian sustainable UBC food system would look like.



## A Utopian UBC Food System

A sustainable food system meets the needs of the present generation without compromising the ability of future generations to meet their needs, whereby:

1. Food is produced in a way that upholds the integrity and **health of ecosystems** (including aquatic ecosystems) and does not disrupt or destroy ecosystems
2. **Animals** raised for food are **treated humanely** and are integrated into ecologically friendly farming models
3. **Food is locally grown, produced and processed** in support of local people, infrastructure and economies
4. **Food is culturally and ethnically appropriate, affordable, safe, nutritious and minimally processed**
5. Providers and educators **promote awareness among consumers** about cultivation, processing, ingredients, and nutrition of food products in the food system
6. Food and the food environment **enhance community** through opportunities for community members to interact and support one another to meet common interests and goals
7. Food is produced in a **socially responsible manner**, such that providers and growers pay and receive fair prices for their products and have safe and humane working conditions
8. There is **zero waste** produced by the system, in that waste is reduced to the greatest extent possible and what waste is produced is composted or recycled locally
9. The system is **emission and energy neutral**
10. On-campus food system actors work toward **food sovereignty** and **agency**, within the context of the wider food system
11. On-campus food providers use their influence to **transition the wider food system** towards sustainability
12. Students, staff, and faculty have **access to opportunities to learn** about the food system and to gain food production and preparation skills.

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# Getting Started...

## What Is The UBC Food System?

Think of the UBC food system as a series of related circles. For example, food grows in the soil, travels from farm to our campus food outlets and is then returned back to the soil as compost or landfill. The campus food system has many parts. Some examples are the UBC Farm; the AMS and UBC Food Services food outlets; you and everyone else who eats on campus; the in-vessel composter on South Campus and many inputs from buildings to disposable to-go containers.

## What Does Sustainability Mean?

Sustainability is defined as meeting the needs of the present generation without compromising the ability of future generations to meet their needs.

In this guide, the term sustainable refers to initiatives, products or processes that are more ecologically and socially responsible than their average counterparts.

## What's So Great About Local Food? Does Seasonal Matter?

Do you know that the average North American meal travels approximately 2,500 km to get from the farm to your plate? That's a lot of food miles!

Purchasing local and seasonal food helps support your local community, the local economy, and the environment. When you buy local products, you have the opportunity to get to know who grew or processed your food and learn how they did it. Foods grown in season in your local area are freshest, contain more nutrients than imported alternatives, and often have superior taste.

By getting involved in your local food system, you can help protect local farmland, support our local farmers and processors staying in business, and reduce environmental pollution.

In this guide, local food is defined as food that is grown within 150 miles from campus. The campus food providers put priority on food grown closest to campus. They look on campus first, then to the Lower Mainland, then BC, then Canada, before they look to globally sourced equivalent products.

### Do More:

#### Check out your local farmer's markets:

- Vancouver Farmer's Markets - <http://www.eatlocal.org/>
- BC Association of Farmers' Markets - <http://www.bcfarmersmarket.org/index.htm>

#### Check out local food groups:

- Farm Folk City Folk - [www.farmfolkcityfolk.ca/](http://www.farmfolkcityfolk.ca/)
- Get Local- <http://www.getlocalbc.org/>



## What's Up With Vegetarian, Vegan And Grass-Fed?

Scientific analysis has shown that the production of animal products is a major contributor to climate change, ecological degradation and water contamination. Additionally, most people in Canada and the United States eat far more meat than they need, putting them at increased risk of poor health outcomes. Therefore, vegetarian and vegan options are often more ecologically and socially responsible.

That being said, animals are essential for healthy ecosystems. Animals that are integrated into biologically diverse agricultural or ecological systems may be included in a balanced diet. This meat is usually labeled as wild, grass-fed, SPCA certified, Free-range or organic meat.

### Do More:

- Challenge yourself by having a meatless day or week.
- Purchase vegetables and fruits that you have never tried before. Ask the growers for a tasty recipe.
- For those who consume animal products, purchase responsibly raised meat and dairy products such as organic cheese and milk, free range eggs and poultry, grass-fed meat and organic meat.

## Why Choose Sustainable Seafood?

Ocean Wise is a seafood conservation initiative of the Vancouver Aquarium. The program aims to educate and empower eaters to choose sustainably sources seafood by indicating these products with the Ocean Wise label.

Studies estimate that 90% of the oceans' large predatory fish (salmon, tuna, swordfish, etc.) have been lost to over fishing. Ocean Wise defines sustainable seafood as "species that are caught or farmed in a way that ensures the long-term health and stability of that species, as well as the greater marine ecosystem."

When choosing seafood, look for the Ocean Wise symbol on market products and restaurant menus.



**Ocean Wise™**

A Vancouver Aquarium Conservation Program

**Find more information on seafood labeling programs and download free pocket guides from:**

- Ocean Wise Pocket Guide (Vancouver Aquarium): [www.oceanwise.ca/](http://www.oceanwise.ca/)
- Seafood Watch Pocket Guide (Seattle Aquarium): <http://www.seattleaquarium.org/document.doc?id=1410>
- Canada's Seafood Guide (SeaChoice): [www.seachoice.org/](http://www.seachoice.org/)
- Seafood Watch Pocket Guide (Monterey Bay Aquarium): [http://www.montereybayaquarium.org/cr/seafoodwatch/web/sfw\\_regional.aspx](http://www.montereybayaquarium.org/cr/seafoodwatch/web/sfw_regional.aspx)



## What Is Fair Trade?

The University of British Columbia became Canada's first Fair Trade Campus in 2011.



Fair Trade is a global trade system that ensures producers get a fair price for their goods. For example, if you pay \$3.75 for a latte, the non-Fair Trade farmer would only get \$ 0.02. “Gypsy” Fair Trade tea pays each worker \$12 per day, while non-Fair Trade teas pay each worker just \$1.35 per day.

Fairtrade Certification offers you, the consumer, a guarantee that basic international social and environmental standards are met. These standards are guaranteed because a third party certifies Fair Trade products.

### Learn More:

- Fairtrade Vancouver: [www.fairtradevancouver.ca/](http://www.fairtradevancouver.ca/)
- The Canadian Fair Trade Network: [www.cftn.ca/](http://www.cftn.ca/)

## What Is Organic?



The UBC Farm and The Orchard Garden both practice organic farming in the production of all of their food. In these systems, organic food production works with the natural environment and local biodiversity rather than relying on inputs such as synthetic pesticides, fertilizers and antibiotics to grow the harvest. Choosing organic food greatly reduces any negative impacts on your local ecosystems, the climate, and your health.

Third-party certified organic foods produced off campus are also produced without synthetic fertilizers or pesticides and can be identified with a certified organic label. Some of these producers may produce in a biodynamic way, while others may have large scale monoculture systems.

### Learn More:

- UBC Farm - <http://ubcfarm.ubc.ca/>
- The Orchard Garden - <http://theorchardgarden.blogspot.ca/>
- BC Organic/Canada - <http://www.inspection.gc.ca/food/organic-products/eng/1300139461200/1300140373901>

## Take Action

You can vote with your dollars. Ask about these options at your favourite food spot.

# UBC Food Systems Project



UNIVERSITY OF BRITISH COLUMBIA  
**FOOD SYSTEM PROJECT**

The UBC Food System Project (UBCFSP) is a collaborative project that engages students and key campus departments in campus wide action research aimed at increasing the sustainability of UBC's campus food system. The project was started by the Faculty of Land & Food Systems and Campus Sustainability's Social Ecological Economic Development Studies (SEEDS) Program in 2001. The project works with students and key food systems actors across the Vancouver Campus to conduct research and implement projects addressing food system sustainability challenges on the campus. As of 2012, over 2,000 students have participated in the project.

**Webpage:** <http://www.sustain.ubc.ca/campus-initiatives/food/ubc-food-system-project>

## Project Goals:

1

To move the UBC campus food system towards sustainability, by:

- a. Facilitating a shared vision of a sustainable food system among key food system actors
- b. Coordinating project partners and other key campus food systems actors in their efforts to improve the campus food system
- c. Creating Campus as a Living Lab projects as a vehicle to address opportunities to improve the UBC food system and enable students to work on applied sustainability projects using their program specializations

2

To positively impact the movement towards the sustainability of local and global food systems, by:

- a. Leading as a model for best practices for sustainable food systems
- b. Using UBC's leverage to influence the supply chain and broader sustainability practices





# UBC Food Rules

Here are a few every day actions that **make a measurable difference** for our environment and the UBC food system.



## Use a Reusable Container

Every paper cup, Styrofoam plate and plastic fork you use takes energy to produce and dispose of. Additionally, many go into the landfill where they produce greenhouse gasses and contaminate soils. Do your part and fill up your own ware.



## Compost All Organics

Put your hands to work sorting your food scraps, paper napkins and paper towels into the compost. Get to know where the compost bins are located around your classes each term. This will reduce greenhouse gas emissions and help replenish the soil.



## Eat Foods Prepared By Hand

Trade in pre-packaged food for the home-made/in-house version. It will be tastier, healthier and better for the Earth. Ask the UBC outlet which foods were prepared on campus or pick up some local and seasonal ingredients and make it yourself. Remember, it is always more fun to cook with your friends.



## Follow The Seasons

Eating seasonally means consuming foods that take less energy and petroleum to grow. Choose earthy root vegetables, hearty greens and apples in the fall and winter. Eat fresh salads, berries, and tomatoes in the summer. Check out the seasonal availability chart in this guide on page 15.



## Buy Local

Every dollar spent at a farmer's market supports the local community, economy and ecology. The UBC Farm holds weekly markets on campus.



## When You Can't Buy Local, Buy Fair Trade

Coffee and chocolate aren't grown in BC. Help ensure farmers in developing countries receive fair pay and are meeting basic environmental standards by choosing Fair Trade.



## Get Involved With Your Food System

Go ahead and get your apron dirty! Grow your own food in a community garden, volunteer at the UBC Farm, teach others how to cook, or volunteer with a food related organization.





# Campus Food System Sustainability Initiatives

Over the last decade, UBC food providers, students and staff have worked together to make some important changes to the UBC food system. Here are a few initiatives that you can take advantage of.

## Your Campus Has Food Labels

UBC Food Services and the AMS Food and Beverage Department have launched a full line of UBC Campus Food Labels.

The first campus food labels, called “LOV labels” (Local, Organic, Vegan), were launched in 2008 under the AMS Lighter Foot Print Strategy and were an outcome of a UBC Food System Project.

<http://www.food.ubc.ca/>

## UBC Is A “Fair Trade Campus”



UBC was crowned Canada’s first “Fair Trade Campus” in 2011 by Fair Trade Canada. To maintain the revered title, UBC will continue to provide Fair Trade coffee and tea and continue to expand procurement of other products such as chocolate and tropical fruit whose Southern hemisphere producers are guaranteed higher social, environmental and pay standards. Campus highlights include:



**FAIRTRADE  
FOUNDATION**

- 100% Fair Trade, organic and shade grown coffee and Fair Trade tea at all non-franchise UBC Food Services, AMS outlets and Triple O’s. Starbucks carries a Fair Trade coffee option at all campus locations.
- 100% Fair Trade bananas in the residence dining halls when available. Other Fair Trade fruits are offered when available.
- 100% Fair Trade whole bananas and avocados at Place Vanier Residence Dining Hall
- Fair Trade chocolate bars at the UBC Bookstore and all UBC Food Service outlets.

## AMS Sustainability Fund



The AMS Sustainability Fund has roughly \$100,000 each year for sustainability related projects. You can apply to the fund to make your ideas for a sustainable campus food system a reality.

Apply online at <http://amssustainability.ca>

## The Eco-to-Go Program

The Eco-to-Go program offers you a way to use a reusable food container at many campus food outlets. Hand in your Eco-to-Go membership card and get your takeout meal in an Eco-box. When you're finished, simply drop off the dirty container in exchange for a new membership card, or for another to go meal. The containers are washed and sanitized by UBC Food Services.



### Where:

Available at Totem, Vanier's Dining Rooms and all non-franchise UBC Food Services locations.

### How:

Membership is \$5. There is no expiry date or annual renewal. This program does not make a profit, it only covers the cost of the containers.

## Free Water Bottle Refills

Don't waste money and pollute the environment by purchasing water in plastic bottles. Fill up your own water jug for free on campus. There are WaterFillz and other water filling stations and fountains in buildings across campus including:

- The SUB main floor and the lower level
- West Mall Swing Space
- Fred Kaiser Building
- Forest Science Center
- Woodward
- H.R. Macmillan Building



## Reusable Container And Mug Discounts

Both AMS and UBC Food Service food outlets offer discounts for bringing your own reusable coffee mug and reusable food container.



## A Leader In Sustainable Food Procurement

From local, seasonal, ethical, organic and zero waste, campus food providers are engaged with the campus community and working hard to meet standards that support the planet and your health. Here are a few foods already being procured:

- UBC Farm-to-campus program brings as much UBC Farm produce to campus food outlets as possible
- All fresh seafood is Ocean Wise including BC wild caught salmon. This means non-endangered species caught using sustainable fishing practices.
- Local organic whole apples, pears and stone fruit when available at all UBC Food Service outlets
- Local, low-impact apples and pears at AMS outlets when in season
- Preference is given to local manufacturers who offer environmental and/or reusable packaging. Many suppliers deliver goods in re-usable plastic totes, including seafood deliveries
- Food providers work with suppliers to reduce the number of deliveries per week and the number of contracted vendors.

## Annual Campus Food Events

Annual events featuring local and seasonal food include:

- UBC Blueberry Festival
- Meet Your Maker
- FarmAde
- Apple Fest
- UBC Farm's Joy of Feeding
- Fair Trade Week



# Campus Food Outlets: Sustainable Food Choices

UBC has many food outlets and plenty of “green” food choices. Check out some of the highlights at outlets below.

- **Compost**
- **Dishware** = dishware available
- **Reusable Discount** = Reusable mug or container discount
- **Local** = local and seasonal foods available.



## Light Fair



### Sprouts

Student Union Building (Basement)  
(604) 822-9124  
<http://ubcsprouts.ca/>



- **Local**
- **Compost**
- **Dishware**

Sprouts is an independent, student-run, volunteer-based and non-profit café that is committed to local sustainable food systems. Most offerings are made with seasonal and organic ingredients that are locally sourced.

#### Famous for:

- Affordable vegetarian menu with a variety of vegan options
- Homemade soups & bread
- Vegan brownies, cookies and bars
- Gluten free baked items



### Agora Eats Café

MacMillan Building (Bottom Floor)  
(604) 822-4561  
<http://blogs.landfood.ubc.ca/agora/>



- **Local**
- **Compost**
- **Dishware**

Agora is an independent, student-run, volunteer-based, non-profit café aimed at offering hands on experience to volunteers and demonstrating a sustainable food system for the community. Most offerings are made with local, seasonal and organic ingredients, many from The Orchard Garden just steps away from the café doors.

#### Famous for:

- Affordable vegetarian and vegan menu.
- Homemade quiche (made with UBC Farm eggs when available)
- Homemade baked goods
- Homemade soups and sandwiches made with meat-free protein



### Bernoulli's Bagels

Student Union Building (Main floor)



- **Local**
- **Compost**
- **Reusable Discount**

#### Famous for:

- Homemade bagels & organic bagel selection
- Local apples and pears
- Vegan cream cheese spreads



## Light Fair

### The Loop Cafe

Centre for Interactive Research on Sustainability



- Local
- Compost
- Reusable Discount

#### Famous for:

- Local products like apple butter!
- Homemade lemonade and Fair Trade iced tea
- Homemade entrees
- Gluten-free baked items
- No bottled beverages
- Vegetarian and vegan selection daily.
- Featuring local UBC Farm products, local and BC ingredients

### Café Perugia

Life Science Centre



- Compost
- Reusable Discount

#### Famous for:

- Homemade salads
- On-site roasted BC chicken
- Boutique locally roasted Fair Trade coffee



### Pie R Squared

Student Union Building



- Local
- Compost

The AMS's own pizza joint.

#### Famous for:

- From scratch pizzas
- Butternut squash and beets pizza toppings from the UBC farm when available
- Large selection of vegetarian offerings
- Vegan pizzas available upon request



### The Honour Roll

Student Union Building (Basement)

- Compost
- Reusable Discount

#### Famous for:

- A quick and healthy meal
- Vegetarian and vegan options
- Ocean Wise California Rolls and Salmon Rolls

## Light Fair



**Blue Chip Cookies**  
Student Union Building (Main floor)



- Compost
- Reusable Discount

### Famous for:

- Homemade vegan and gluten free baked goods
- All coffees, teas and chai based drinks 100% fair trade and organic

## Restaurants

### Sage Bistro

University Centre  
6331 Crescent Road  
(604) 822-0968  
<http://sage.ubc.ca>



- Local
- Dishware
- Compost

This is UBC's fine dining restaurant.

### Famous for:

- A wide selection of Ocean Wise options – look for the menu icons
- Smoked local, organic tofu
- Free-range chicken
- Local lamb
- Vegan options
- Seasonal and organic salads

### The Point Grill

Marine Drive Residence- Building 4  
[pointgrill.food.ubc.ca/](http://pointgrill.food.ubc.ca/)  
(604) 822-9503



- Local
- Compost
- Dishware

This is UBC's trendy up-scale restaurant.

### Famous for:

- Seasonally-inspired cuisine with a commitment to using local and sustainable foods
- Free-range chicken wings
- Salt Spring Island Mussels
- Non-medicated and hormone-free chicken and beef
- BC seafood
- Vegetarian, vegan, dairy-free and gluten-free options



**The Gallery Restaurant & Lounge**  
(19 and over only)  
Student Union Building  
(604) 822-3411



- Local
- Compost
- Dishware

This funky AMS deli-style licensed restaurant provides both take-out and eat-in options.

### Famous for:

- Homemade salads with seasonal and UBC Farm ingredients
- All items made in-house
- Free-range egg breakfasts
- Several varieties of local beer on tap

## Restaurants

### Place Vanier Residence Dining

Residence Dining,  
Gordon Shrum Commons Block  
(604) 822-2622



- Local
- Compost
- Dishware

Vanier is more than a dining hall. It has been a leader at UBC in adopting sustainable menu items.

#### Famous for:

- UBC Farm seasonal soups- there are always two kinds available
- Whole grain stews and pilafs
- Healthy shakes using Fair Trade and local produce
- Smoked organic tofu from Victoria for wraps, salads and more
- Local and organic apples
- Homemade sauces and gravies
- Gluten free bakery, pizza and sandwich options
- Eco-to-go program
- 100% Ocean Wise fresh seafood menu options
- Homemade lemonade with fresh herbs

### Totem Park Residence Dining

Totem Park Commons Block  
(604) 822-6828



- Compost
- Dishware
- Local

#### Famous for:

- UBC Farm options on salad bar
- Healthy Shakes using Fair Trade and local produce
- Smoked Salt Spring organic tofu for wraps, salads and more
- Local and organic apples
- Eco to go program
- Gluten free bakery, pizza and sandwich options.

### Wescadia Catering

Totem Park Commons Block  
(604) 822-2018

<http://www.catering.ubc.ca/>



- Local
- Compost
- Dishware

UBC Food Services' catering service.

#### Famous for:

- Vegetarian, vegan and gluten free menu options
- 100% Ocean Wise seafood menu choice
- Customized sustainable menu options available upon request
- Reusable dishware available
- Use of electric vehicles for campus deliveries
- Drop delivery service items are compostable or recyclable

### AMS Catering

Student Union Building  
(604) 822-4617

Email: [catering@ams.ubc.ca](mailto:catering@ams.ubc.ca)

<http://www.amscatering.com/>



- Local
- Compost
- Dishware

Catering service run by the UBC Alma Matter Society.

#### Famous for:

- Vegetarian and vegan menu options
- A sustainable menu option
- Reusable dishware available

# Places To Buy Food For Home

## UBC Farm Markets

Saturday mornings between June to October at the UBC Farm and Wednesdays at noon in front of the UBC Bookstore. The UBC Farm sells produce during the growing season, typically June to October. The UBC Farm also offers a CSA (see the next page).

## The Orchard Garden

Join the Orchard Garden CSA or check their blog for other opportunities to purchase produce from the garden

## Sprouts

Shop at the Sprouts store in the SUB for local produce, dairy, bulk and snack items, join the Sprouts Box program, or get involved in their bulk buying club to get great deals.





# Community-Supported Agriculture (CSA) & Food Boxes

## How Does It Work?

When you join a CSA (Community Supported Agriculture), you buy a “share” of food (produce, grain, seafood or meat) at the beginning of the season for a whole season’s worth of goods.. During the growing season the farmer provides a weekly box of produce or other farm products to you. This system gives food producers income early in the season when costs are high and guarantees a market for the food goods. You benefit by receiving a regular supply of fresh, nutritious, locally grown produce or other food product. CSAs support local food production, communities and economies. They also connect community members to the people that grow their food.

## UBC Offers Three Options:

- **UBC Farm CSA**

This CSA runs throughout the growing season (June-October) each year. The produce provided in the weekly box is dependent on what is seasonally available.

Find out how to join on the UBC Farm website: [http://ubcfarm.ubc.ca/markets-and-events/csa\\_box](http://ubcfarm.ubc.ca/markets-and-events/csa_box)

- **The Orchard Garden CSA**

This CSA also runs throughout the growing season (June-October). Participants can collect their seasonal produce box each week at the Orchard Garden located behind the H.R. MacMillan building.

For more information email: [lfsgarden@gmail.com](mailto:lfsgarden@gmail.com). <http://theorchardgarden.blogspot.ca/>

- **The Sprouts Box**

In partnership with the AMS Bike Co-op, Sprouts offers a weekly affordable, local produce box. The box is delivered by bike to residents in Gage, Thunderbird, Fairview, Acadia, Marine Drive and The University Neighborhood Association Communities. The Sprouts Box is available each term for approximately ten weeks in small or large size.

Visit the Sprout’s website: <http://ubcsprouts.ca/csa.php>



| VEGETABLES                                    | J | F | M | A | M | J | J | A | S | O | N | D |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Artichokes                                    |   |   |   |   |   |   |   |   |   |   |   |   |
| Asparagus                                     |   |   |   |   |   |   |   |   |   |   |   |   |
| Beans   |   |   |   |   |   |   |   |   |   |   |   |   |
| Beets   |   |   |   |   |   |   |   |   |   |   |   |   |
| Broccoli                                      |   |   |   |   |   |   |   |   |   |   |   |   |
| Brussel Sprouts                               |   |   |   |   |   |   |   |   |   |   |   |   |
| Cabbage- Green                                |   |   |   |   |   |   |   |   |   |   |   |   |
| Cabbage-Savoy & Red                           |   |   |   |   |   |   |   |   |   |   |   |   |
| Carrots                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Cauliflower                                   |   |   |   |   |   |   |   |   |   |   |   |   |
| Celery  |   |   |   |   |   |   |   |   |   |   |   |   |
| Chard-Swiss                                   |   |   |   |   |   |   |   |   |   |   |   |   |
| Corn  |   |   |   |   |   |   |   |   |   |   |   |   |
| Cucumbers                                     |   |   |   |   |   |   |   |   |   |   |   |   |
| Fennel (Bulb)                                 |   |   |   |   |   |   |   |   |   |   |   |   |
| Garlic  |   |   |   |   |   |   |   |   |   |   |   |   |
| Kale  |   |   |   |   |   |   |   |   |   |   |   |   |
| Leeks   |   |   |   |   |   |   |   |   |   |   |   |   |
| Lettuce                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Mustard Greens                                |   |   |   |   |   |   |   |   |   |   |   |   |
| Onions-Green                                  |   |   |   |   |   |   |   |   |   |   |   |   |
| Onions-Red/Yellow                             |   |   |   |   |   |   |   |   |   |   |   |   |
| Parsnips                                      |   |   |   |   |   |   |   |   |   |   |   |   |
| Peas  |   |   |   |   |   |   |   |   |   |   |   |   |
| Peppers                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Potatoes - New                                |   |   |   |   |   |   |   |   |   |   |   |   |
| Potatoes - Red, Russet, Yellow                |   |   |   |   |   |   |   |   |   |   |   |   |
| Potatoes - White                              |   |   |   |   |   |   |   |   |   |   |   |   |
| Pumpkin                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Radishes                                      |   |   |   |   |   |   |   |   |   |   |   |   |
| Rhubarb-Field                                 |   |   |   |   |   |   |   |   |   |   |   |   |
| Rutabagas                                     |   |   |   |   |   |   |   |   |   |   |   |   |
| Salad Greens                                  |   |   |   |   |   |   |   |   |   |   |   |   |
| Shallots                                      |   |   |   |   |   |   |   |   |   |   |   |   |
| Spinach                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Squash-Summer                                 |   |   |   |   |   |   |   |   |   |   |   |   |
| Squash-Winter                                 |   |   |   |   |   |   |   |   |   |   |   |   |
| Tomatoes                                      |   |   |   |   |   |   |   |   |   |   |   |   |
| Turnips-White                                 |   |   |   |   |   |   |   |   |   |   |   |   |
| Zucchini                                      |   |   |   |   |   |   |   |   |   |   |   |   |
|   |   |   |   |   |   |   |   |   |   |   |   |   |
| SEAFOOD                                       | J | F | M | A | M | J | J | A | S | O | N | D |
| Clams   |   |   |   |   |   |   |   |   |   |   |   |   |
| Cod: Pacific                                  |   |   |   |   |   |   |   |   |   |   |   |   |
| Crab  |   |   |   |   |   |   |   |   |   |   |   |   |
| Crab: Dungeness                               |   |   |   |   |   |   |   |   |   |   |   |   |
| Flounder/Sole: Pacific                        |   |   |   |   |   |   |   |   |   |   |   |   |
| Hallbut: Pacific                              |   |   |   |   |   |   |   |   |   |   |   |   |
| Lingcod                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Mussels                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Oysters: Pacific                              |   |   |   |   |   |   |   |   |   |   |   |   |
| Prawns: Spot                                  |   |   |   |   |   |   |   |   |   |   |   |   |
| Sablefish (Black Cod)                         |   |   |   |   |   |   |   |   |   |   |   |   |
| Salmon: Chinook/King/Spring                   |   |   |   |   |   |   |   |   |   |   |   |   |
| Salmon: Chum                                  |   |   |   |   |   |   |   |   |   |   |   |   |
| Salmon: Coho (Northern)                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Salmon: Pink                                  |   |   |   |   |   |   |   |   |   |   |   |   |
| Salmon: Sockeye                               |   |   |   |   |   |   |   |   |   |   |   |   |
| Sardines: Pacific                             |   |   |   |   |   |   |   |   |   |   |   |   |
| Scallops                                      |   |   |   |   |   |   |   |   |   |   |   |   |
| Shrimp: Side Stripe                           |   |   |   |   |   |   |   |   |   |   |   |   |
| Shrimp: West Coast                            |   |   |   |   |   |   |   |   |   |   |   |   |
| Tuna: Albacore                                |   |   |   |   |   |   |   |   |   |   |   |   |
| Note: Frozen Seafood Is Available Year Round. |   |   |   |   |   |   |   |   |   |   |   |   |
| ETC.  | J | F | M | A | M | J | J | A | S | O | N | D |
| Grains  |   |   |   |   |   |   |   |   |   |   |   |   |
| Honey   |   |   |   |   |   |   |   |   |   |   |   |   |
| Mushrooms                                     |   |   |   |   |   |   |   |   |   |   |   |   |
| Nuts  |   |   |   |   |   |   |   |   |   |   |   |   |

#### LEGEND

Available Fresh    Greenhouse Grown    Stored/Dried/Frozen

General guide only. - Availability can change due to weather.  
www.farmfolkcityfolk.ca

| FRUIT  | J | F | M | A | M | J | J | A | S | O | N | D |
|--|---|---|---|---|---|---|---|---|---|---|---|---|
| Apples   |   |   |   |   |   |   |   |   |   |   |   |   |
| Apricots   |   |   |   |   |   |   |   |   |   |   |   |   |
| Blackberries   |   |   |   |   |   |   |   |   |   |   |   |   |
| Blueberries  |   |   |   |   |   |   |   |   |   |   |   |   |
| Cherries (pie)                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Crab Apples  |   |   |   |   |   |   |   |   |   |   |   |   |
| Cranberries  |   |   |   |   |   |   |   |   |   |   |   |   |
| Currants   |   |   |   |   |   |   |   |   |   |   |   |   |
| Gooseberries   |   |   |   |   |   |   |   |   |   |   |   |   |
| Grapes   |   |   |   |   |   |   |   |   |   |   |   |   |
| Kiwi   |   |   |   |   |   |   |   |   |   |   |   |   |
| Melons   |   |   |   |   |   |   |   |   |   |   |   |   |
| Nectarines   |   |   |   |   |   |   |   |   |   |   |   |   |
| Peaches  |   |   |   |   |   |   |   |   |   |   |   |   |
| Pears  |   |   |   |   |   |   |   |   |   |   |   |   |
| Plums  |   |   |   |   |   |   |   |   |   |   |   |   |
| Prunes   |   |   |   |   |   |   |   |   |   |   |   |   |
| Quince   |   |   |   |   |   |   |   |   |   |   |   |   |
| Raspberries  |   |   |   |   |   |   |   |   |   |   |   |   |
| Saskatoon Berries                                    |   |   |   |   |   |   |   |   |   |   |   |   |
| Strawberries   |   |   |   |   |   |   |   |   |   |   |   |   |
|  |   |   |   |   |   |   |   |   |   |   |   |   |
| MEAT & DAIRY   | J | F | M | A | M | J | J | A | S | O | N | D |
| Dairy Products                                       |   |   |   |   |   |   |   |   |   |   |   |   |
| Eggs   |   |   |   |   |   |   |   |   |   |   |   |   |
| Beef   |   |   |   |   |   |   |   |   |   |   |   |   |
| Buffalo  |   |   |   |   |   |   |   |   |   |   |   |   |
| Chicken  |   |   |   |   |   |   |   |   |   |   |   |   |
| Duck   |   |   |   |   |   |   |   |   |   |   |   |   |
| Goat   |   |   |   |   |   |   |   |   |   |   |   |   |
| Lamb   |   |   |   |   |   |   |   |   |   |   |   |   |
| Ostrich  |   |   |   |   |   |   |   |   |   |   |   |   |
| Pheasant   |   |   |   |   |   |   |   |   |   |   |   |   |
| Pork   |   |   |   |   |   |   |   |   |   |   |   |   |
| Rabbit   |   |   |   |   |   |   |   |   |   |   |   |   |
| Turkey   |   |   |   |   |   |   |   |   |   |   |   |   |
| Note: Frozen meat products are available year round. |   |   |   |   |   |   |   |   |   |   |   |   |
| HERBS  | J | F | M | A | M | J | J | A | S | O | N | D |
| Bay Leaves   |   |   |   |   |   |   |   |   |   |   |   |   |
| Basil  |   |   |   |   |   |   |   |   |   |   |   |   |
| Chives   |   |   |   |   |   |   |   |   |   |   |   |   |
| Chives-garlic  |   |   |   |   |   |   |   |   |   |   |   |   |
| Chervil  |   |   |   |   |   |   |   |   |   |   |   |   |
| Cilantro   |   |   |   |   |   |   |   |   |   |   |   |   |
| Dill -leaf   |   |   |   |   |   |   |   |   |   |   |   |   |
| Dill-seed  |   |   |   |   |   |   |   |   |   |   |   |   |
| Epazote  |   |   |   |   |   |   |   |   |   |   |   |   |
| Fennel-leaf  |   |   |   |   |   |   |   |   |   |   |   |   |
| Fennel -Seed   |   |   |   |   |   |   |   |   |   |   |   |   |
| Lavender   |   |   |   |   |   |   |   |   |   |   |   |   |
| Lemon Grass  |   |   |   |   |   |   |   |   |   |   |   |   |
| Lemon Verbena  |   |   |   |   |   |   |   |   |   |   |   |   |
| Marjoram- sweet                                      |   |   |   |   |   |   |   |   |   |   |   |   |
| Mints  |   |   |   |   |   |   |   |   |   |   |   |   |
| Oreganoes  |   |   |   |   |   |   |   |   |   |   |   |   |
| Parsleys   |   |   |   |   |   |   |   |   |   |   |   |   |
| Rosemarys  |   |   |   |   |   |   |   |   |   |   |   |   |
| Sages  |   |   |   |   |   |   |   |   |   |   |   |   |
| Savory-summer  |   |   |   |   |   |   |   |   |   |   |   |   |
| Savory-winter  |   |   |   |   |   |   |   |   |   |   |   |   |
| Sorrel   |   |   |   |   |   |   |   |   |   |   |   |   |
| Tarragon-french                                      |   |   |   |   |   |   |   |   |   |   |   |   |
| Thymes   |   |   |   |   |   |   |   |   |   |   |   |   |
| Note: Dried herbs are available year round.          |   |   |   |   |   |   |   |   |   |   |   |   |

# Sustainable Food Map of UBC

This map represents a selection of sustainable “hotspots” on campus to get you started on your campus “foodie” journey!



- ① Sprouts
- ② The Loop Cafe
- ③ Sage Bistro
- ④ Agora Cafe
- ⑤ Place Vanier
- ⑥ AMS SUB & Outlets



- ⑦ UBC Botanical Garden
- ⑧ The Orchard Garden
- ⑨ Hawthorn Community Garden
- ⑩ UBC Farm
- ⑪ GeoGarden

## POTENTIAL

- ⑫ New SUB Project - Rooftop Garden



## DISTANCES

SUB to UBC Farm - 3.0km



37min



11 min

SUB to Orchard Garden - 880m



10min



3 min



# Composting At UBC

## Did You Know...?

### UBC Composts Your Food Waste

- UBC Vancouver's composting program is a closed loop system that converts organic waste into soil which landscapers use for campus landscaping.
- UBC was the first Canadian University to adopt an on-campus in-vessel composter in 2004. It is capable of composting 5 tonnes of organic waste daily!
- UBC composts a portion of its waste through worm composting. A pilot SEEDS project captures pre-consumer organic waste from the food outlets in the SUB and aims to capture 100% of pre-consumer organic waste in the New SUB.

### Food Waste Makes Up A Large Part Of Our Campus Waste Stream:

- 70% of UBC's waste stream can be composted or recycled.
- Over 50% of our waste sent to the landfill is compostable.

### Compost Contamination Is A Big Challenge On Campus

- Wooden chopsticks, plastic cutlery, metal utensils and other common recyclable material are frequent contaminants to the system



This is what happens when you don't compost correctly: contamination in In-vessel Compost Conveyor – YUK!



## What YOU can DO:

1. Compost your food waste
2. Compost & Recycle correctly

= Be a **CAMPUS Waste Superhero!**

### What can you put in the **GREEN** compost bins?

- Look for the large **green** composting totes or tri-bin units across campus to compost your organic waste. You can also compost in **tri-bin units** found in all UBC Food Services and AMS food outlet locations.



#### **All food waste**

raw and cooked food, this includes meat, bones, sauces



#### **Compostable Paper products**

all paper bags, paper napkins and towels, paper cups and plates that do not have a plastic or wax coating



**TIP:** Look for a compost label on single use items (i.e. cups, take-away containers)

### What can you recycle in the **Gray** bins?

Metal, glass and plastic food and beverage containers that are non-compostable can be recycled.



**Glass** (bottles and jars, broken cups)



**Plastic** (plastic containers numbers #1 –7 [excluding #6], juice boxes, Tetra Paks)



**Metal** (pop-cans, cutlery, metal cans)



**TIP:** Look for a recyclable symbol 1-5, 7 on your plastic.  
Many UBC plastic forks now make it even easier for you.

### What can you recycle in the **Blue** bins?

Newspapers and magazines, receipts, envelopes and junk mail, writing and computer paper, cereal boxes, telephone books and sticky notes.



**TIP:** Ask for no receipts when ordering.



## Landfill Items Go In The Garbage

Some items cannot be composted or recycled and must be sent to the landfill where they contaminate soil and water ways. It is best to avoid using these items.

- ☒ Styrofoam
- ☒ Aluminum foil
- ☒ Wooden chopsticks
- ☒ Plastic bags (or better yet, transport those plastic bags to the SUB basement and look for the tri-bin waste unit on the north entrance by the doors!)
- ☒ Milk cartons

★ **TIP:** Bring your own cutlery/container, ask about the Eco-to Go Container Exchange Program  
For more info: <http://www.food.ubc.ca/component/content/article/43>

Say no to disposable takeout ware and to-go bags. use reusable ware or ask for your food on compostable napkin instead!

### More on campus composting:

<http://sustain.ubc.ca/campus-initiatives/recycling-waste/composting>

<http://www.buildingoperations.ubc.ca/municipal/waste-management/composting/>



# Educational Opportunities

UBC offers an array of opportunities for students to engage with the food system while earning academic credits. The SustainUBC website (<http://www.sustain.ubc.ca/>) presents courses, academic programs and alternative course options related to sustainability offered at UBC, including:

## Degree Programs

The Faculty of Land & Food Systems offers undergraduate and graduate level degrees that focus on various aspects of the food system from agriculture to dietetics.

[www.landfood.ubc.ca](http://www.landfood.ubc.ca)



a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

**Land and Food Systems**

## Courses

Courses that address sustainability of our food system and our world can be found at:

<http://www.sustain.ubc.ca/teaching-learning/curriculum/courses>

## UBC SEEDS Program

The Social Ecological Economic Development Studies (SEEDS) Program applies the “Campus as a Living Lab” concept to address campus sustainability challenges. The program engages students, faculty and staff in collaboratively working on research projects focusing on real-life campus sustainability issues identified by UBC staff members. The UBC Food System Project works through the SEEDS Program to specifically address food system sustainability challenges on campus. If you have a project idea, please contact the SEEDS Program Team [liska.richer@ubc.ca](mailto:liska.richer@ubc.ca).

For more information: <http://www.sustain.ubc.ca/courses-teaching/seeds>



UNIVERSITY OF BRITISH COLUMBIA  
**FOOD SYSTEM PROJECT**

## Directed Studies

Explore a topic of interest in coordination with a UBC Professor and earn course credit. Students can carry out directed studies at the UBC Farm, The Orchard Garden, Agora Cafe, Sprouts or on any food system topic of interest. Inquire with your department or Faculty to explore options for directed studies.

## Student Directed Seminars

Students can propose a course topic not currently offered at UBC to a faculty member. After being approved, the student coordinates the course under the guidance of the faculty member. In a student directed seminar you are not confined to lectures; you can incorporate field trips and guest speakers as well as seminars, readings, and discussion groups.

## UBC Farm

Many courses, directed studies and research projects from a wide diversity of disciplines at UBC take advantage of the rich opportunities found at the UBC Farm. In addition, applied practicum and internship opportunities are offered at the Farm.

**Course Opportunities:** <http://ubcfarm.ubc.ca/teaching-learning/ubc-credit-courses-directed-studies>

**Practicum Opportunities:** The UBC Farm Practicum in Sustainable Agriculture is an experiential learning program designed for aspiring farmers, urban gardeners, environmental educators, and students with an interest in applying their learning about sustainable agriculture and food systems. The program combines classroom lectures, field trips and hands-on experience in the fields and at the farm markets. As a participant, you will learn with a hands-on approach by working alongside staff in the fields and at the market. The practicum will be offered in 2013 as a year-long, accredited three course series for UBC undergraduates. Visit the UBC Farm website for more information.



# Engagement Opportunities

There are many ways to engage with the UBC food system across campus. Groups, clubs and organizations offer you a variety of opportunities to be actively involved in your campus food system.

## Centre For Sustainable Food Systems At The UBC Farm

3461 Ross Drive  
<http://ubcfarm.ubc.ca/>

The Centre for Sustainable Food Systems engages learners of all ages in exploring globally significant paradigms for healthy communities and their ecological support systems. This 24-hectare learning, research and community farm encompasses a mosaic of cultivated fields, hedgerows, orchards, gardens and successional forest stands. Producing fresh, organically grown food right on campus, the UBC Farm hosts a diversity of educational programs, research projects, and community engagement opportunities.

### How To Get Involved:

#### *Shop:*

- **Saturday Farm Market** (9am-1pm, June-Oct, UBC Farm):  
Featuring over 250 varieties of our own fruit, vegetables, eggs and flowers, this on-site market includes live music, bakers, craftspeople, hot prepared food, and other young farm vendors. Free tours at 11am.
- **Wednesday Campus Market** (11:30-1:30pm, June-Oct, Campus location on the UBC Farm's website):  
Fresh fruit, veggies, herbs and flowers.

#### *Volunteer:*

The first step in volunteering is to attend an orientation. For more information on orientations and volunteering please visit our website. Diverse, hands-on learning opportunities include:

- **Urban Farmers:** Learn how to seed, weed, plant, and harvest throughout the growing season.
- **Market Crew:** Engage with our Farm Market customers and gain valuable customer service skills.
- **Education Team:** Assist with children's tours, intergenerational teaching and summer camps.
- **Institute for Aboriginal Health:** Volunteer in the edible and medicinal plant garden, develop educational materials and assist with community kitchens.
- **Friends of the UBC Farm:** Promote the UBC Farm through community outreach, fundraising, advocacy and education.
- **Group Volunteering:** Clubs, organizations and businesses can schedule team-building volunteer sessions (May-Sept; requires 2 months advance notice).



### *Celebrate:*

Join seasonal Market Festivals, fundraisers, and annual public events such as FarmAde and Joy of Feeding.

### *Learn:*

Unique learning opportunities include undergraduate directed studies, Growing Season Workshops such as fermentation, and a season-long Practicum in Sustainable Agriculture.

### *Connect:*

Sign up for weekly Farm Market and Volunteer e-newsletters on the UBC Farm website, “Like” Centre for Sustainable Food Systems at UBC Farm on Facebook, and tweet us at [@ubcfarm](https://twitter.com/ubcfarm).

**Location:**

3461 Ross Drive. Please see website for detailed directions.

**Hours of operation:**

The public is welcome to visit during our open hours! Please check the website for details throughout the year.

<http://ubcfarm.ubc.ca/>

Email: [farm.team@ubc.ca](mailto:farm.team@ubc.ca)

604-822-5092

604-822-6839 (fax)



# Sprouts

Student Union Building (basement – East corner)



Sprouts is a student run café-store with a mandate to support sustainable food systems, cultivate community, and promote awareness of agriculture, ecology, health, and social justice.

The Sprouts Café serves local, organic and vegetarian options every day. Campus community members can also purchase dry goods, produce and other grocery items in the Sprouts store.

## How To Get Involved:

### *Volunteer*

You can sign up for a variety of volunteer activities including working in the café-store, helping in the kitchen or packing and delivering the produce filled Sprouts Boxes. You can find more information on the Sprouts webpage.

Sprouts is open September to April.

### *Get a Sprouts Box*

When you join, a fresh box of produce is delivered to your door-step each week by bike.

### *Join the Bulk Buying Club*

This club allows you to purchase organic products at cost. Buying in bulk helps reduce the prices of the products purchased.

### *Check out Community Eats*

You can enjoy a by-donation meal prepared by volunteers from donated food. All you have to do is bring your own re-usable container.

<http://ubcsprouts.ca/>

604.822.9124

Email: [info@ubcsprouts.ca](mailto:info@ubcsprouts.ca)

TW: @UBCSprouts

Youtube: [http://www.youtube.com/watch?v=fi87\\_TGBBrI](http://www.youtube.com/watch?v=fi87_TGBBrI)





# The Orchard Garden

2357 Main Mall (behind the Macmillan Building – West side)

The Orchard Garden is a unique small-scale student-run urban garden located behind the MacMillan building. Originally a SEEDS project, this collaborative effort between the Faculty of Land and Food Systems and the Faculty of Education, this outdoor learning environment provides students and faculty the opportunity to model sustainable urban food production with a focus on skills building and education. The Orchard Garden sells produce to Agora Café and to the community throughout the growing season.

## How To Get Involved

### *Volunteer:*

May through August you can participate in the regularly scheduled drop-in work parties. Get your hands dirty! If you are an undergraduate student, you also have the opportunity to apply for a position on the garden management team during the school year.

Email the Garden Coordinator for more information on volunteering. [tog.volunteer@gmail.com](mailto:tog.volunteer@gmail.com)

### *Explore Education Opportunities:*

Both the Faculty of Land and Food Systems and the Faculty of Education offer courses that involve The Orchard Garden. If you are a student interested in engaging in directed studies, graduate studies, or student directed courses through the garden, you can contact the garden management team for more information.

[tog.information@gmail.com](mailto:tog.information@gmail.com)

### *Discover More Opportunities*

**Blogs:** <http://theorchardgarden.blogspot.ca/> and <http://blogs.landfood.ubc.ca/lfsog/>

**General Inquiries:** [tog.information@gmail.com](mailto:tog.information@gmail.com)

**Volunteer Email:** [tog.volunteer@gmail.com](mailto:tog.volunteer@gmail.com)

**LFS (production and marketing) Email:** [lfsgarden@gmail.com](mailto:lfsgarden@gmail.com)

**Education Email:** [theorchardgarden.info@gmail.com](mailto:theorchardgarden.info@gmail.com)





## Agora Eats Café

2357 Main Mall, MacMillan Building (bottom floor next to the Orchard Garden)

Agora is a student volunteer-run café that sells homemade baked goods, vegetarian lunches and numerous organic refreshments. Much of the produce used by Agora is grown in The Orchard Garden, just steps outside the café doors. With a focus on local and organic ingredients, the café is geared towards modeling a sustainable food system while providing learning opportunities for its volunteers.

### How To Get Involved:

#### *Volunteer:*

You can sign up for a shift working in the cafe during café hours or preparing entrees in the evenings. If you are a student, you also have the opportunity to become part of the student Executive Committee. You can find more information on Agora's webpage. <http://blogs.landfood.ubc.ca/agora/>

#### *Explore Educational Opportunities:*

If you are a student and are interested in directed studies opportunities, Agora may have an opportunity for you. See Educational Opportunities for more details.

**Hours:** Agora is open September to April, Monday to Friday 9:30 am- 3:00 pm.

**For more info:** <http://blogs.landfood.ubc.ca/agora/>

**General Inquiries:** [agora.eats@gmail.com](mailto:agora.eats@gmail.com)

604-822-4651

**Catering Inquiries:** [agoracafe.catering@gmail.com](mailto:agoracafe.catering@gmail.com)

**Website Team:** [agora.website@gmail.com](mailto:agora.website@gmail.com)

**FB:** <https://www.facebook.com/pages/Agora-Eats-Café/106452322733112>

'Like' Agora Eats Cafe on Facebook to receive updates and weekly menus





## AMS Food Bank

6138 Student Union Boulevard (Located in the SUB basement)

The AMS UBC Food Bank provides a free 7-day supply of emergency food relief to students in need, as well as personal hygiene products when available. Food “hampers” are provided during the winter holiday season for people that apply. These hampers often contain chicken/turkey and fresh produce. The AMS food bank also provides students with information for further resources available on campus and in the lower mainland.

The AMS Food Bank runs a number of food drives and events during the year including Food for Fines, Trick or Eat and Clear the Shelves. Individual donations of dry goods, non-perishable groceries, personal hygiene and baby food and supplies are always welcome.

### How To Get Involved:

- Donate to the food bank
- Drop off non-perishable goods during operating hours, by appointment or email for pickup.
- Volunteer at the Food Bank

<http://www.ams.ubc.ca/services/ams-food-bank/>

Email: [foodbank@ams.ubc.ca](mailto:foodbank@ams.ubc.ca)

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## UBC Botanical Garden

6804 SW Marine Drive

The UBC Botanical Garden offers a variety of food related initiatives including the Botanical Garden Demonstration Food Garden.

### How To Get Involved:

- **Mark your calendar with these events** (dates can be found on the garden’s website):
  - “A Growing Affair”- a large plant sale each spring with a strong selection of edibles and herbs. Educational demonstrations on themes such as beneficial insects and composting.
  - Apple Fest- held each October to celebrate the fruitful apple. The festival offers numerous activities including apple tasting. UBC Botanical Gardens has been the home of this family-friendly event for over 20 years.
- **Take a food/gardening course** on topics such as pruning and espalier fruit tree training, participate in the “Backyard Bounty” gardening course and more. Find a list of current courses on the garden website.
- For those with a deeper interest in horticulture UBC Botanical Garden also has a **Horticulture Training Program** which touches on food gardening topics <http://www.botanicalgarden.ubc.ca/horticulture-program>.
- **Support the Botanical Garden’s Garden Centre** by purchasing your food gardening crops from the botanical garden. Proceeds help support research, conservation and educational initiatives.
- **Become a volunteer.** Volunteers are welcomed to lend a helping hand. Sign up at <http://www.botanicalgarden.ubc.ca/volunteer>.

<http://www.botanicalgarden.ubc.ca>

Email: [garden.info@ubc.ca](mailto:garden.info@ubc.ca)

Phone: (604) 822-4208

TW: [@UBCGarden](#)

FB: <http://www.facebook.com/UBCGarden>



ubcbotanicalgarden  
& centre for plant research

## Cooking Club

UBC Cooking Club aims to foster a community of cooking enthusiasts through the promotion of food preparation skills and the enjoyment of delicious and healthful foods. The club is dedicated to introducing practical cooking skills and supporting community members. One of the founding principles of the club is to support local agriculture and to use sustainable ingredients in cooking sessions. The club hosts cooking sessions in the Food Nutrition and Health building. During these events, members create and enjoy 2-3 dishes. Cooking club also supports local food banks and soup kitchens. By becoming a member, you will have hands on cooking experiences while gaining a deeper understanding for food insecurity in our community.

### How To Get Involved:

- Join UBC Cooking Club on Facebook to receive updates on upcoming events.

<https://www.facebook.com/groups/312053845493238/>

- Become a member. [cooking.club.ubc@gmail.com](mailto:cooking.club.ubc@gmail.com)

<http://sites.google.com/site/ubccookingclub/>

Email: [cooking.club.ubc@gmail.com](mailto:cooking.club.ubc@gmail.com)



# Food Citizenship

## What Is Food Citizenship?

“Food citizenship is the practice of engaging in food-related behaviors that support, rather than threaten, the development of a democratic, socially and economically just, and environmentally sustainable food system.”

Wilkins (2005). Eating right here: Moving from Consumer to Food Citizen.

## Are You On Your Way To Being A Good Food Citizen?

To find out, check off the actions on the list that you have completed today.

- ☐ After eating on campus, I placed my food scraps into a compost bin.
- ☐ I did not put items that could have gone into the compost bin or recycle bin into the landfill bin.
- ☐ I did not use any disposable cutlery or takeout ware.
- ☐ I selected local fruits and vegetables.
  - For Super Hero points: I ate an ingredient that was grown at the UBC Farm or Orchard Garden.
- ☐ I made the conscious decision to eat an in-season vegetable or fruit.
- ☐ I ate a meat-free lunch or dinner. If I ate animal products, they were either grass-fed, organic, free range, or Ocean Wise.
- ☐ I drank only Fair Trade tea and/or coffee.
- ☐ I brought my own coffee mug and water bottle.
- ☐ I used reusable food containers for my food (from home, from the Eco-to-go program or reusable plates provided by the food outlet).
- ☐ I said “no” to plastic bags when I bought groceries.
- ☐ I prepared at least one of the meals I ate from scratch.
- ☐ I ate lunch with a friend or family member and we had a pleasant conversation.
- ☐ Each time I refilled my water bottle/glass, I did so at a tap, water fountain or WaterFilz station.
- ☐ I did not eat any packaged foods.

Unchecked boxes indicate where you can challenge yourself to become an even better food citizen.



# Got A Great Idea?

Do you have a great idea to improve the sustainability of the UBC Campus Food System that you want to put into action? The following resources are a great place to start.

## UBC SEEDS Program

Campus Sustainability, Campus + Community Planning

Centre for Interactive Research on Sustainability (CIRS)

**Online:** <http://www.sustain.ubc.ca/courses-teaching/seeds/how-get-involved>

The SEEDS Program provides students with opportunities to help advance the University's commitment to sustainability on campus through meaningful collaborations with campus staff and faculty. Contact UBC SEEDS with your project idea or ask to get involved in the UBC Food System Project. Examples of SEEDS food projects include:

- Worm composting
- Fair Trade Week
- The Orchard Garden
- Growing food on campus guide
- AMS Microbrewery
- Green vending machines
- Sustainable takeout ware
- Local food procurement

## What Can You Do?

Share your ideas and/or ask how to get involved in a SEEDS project.

**Email:** [liska.richer@ubc.ca](mailto:liska.richer@ubc.ca)





## AMS Sustainability Projects Fund

Sustainability Coordinator Office - SUB 238R

Online: <http://amssustainability.ca>

The AMS Sustainability Projects Fund has over \$100,000 each year to allocate to student projects that enhance sustainability. Previously funded projects that have addressed our campus food system have:

- Placed more honeybees at the UBC Farm and educated local elementary school students about the lifecycle of honeybees
- A seed saving project at the UBC farm
- A community garden for the Geography Students Association
- Worm composting in the SUB
- Multiple events during a Chew on This Food Week in February 2012
- Publication of this UBC Sustainable Campus Food Guide

### What Can You Do?

Submit a Sustainability Fund Proposal at <http://amssustainability.ca>

Email: [sustainability@ams.ubc.ca](mailto:sustainability@ams.ubc.ca)



Figure 1



This food guide was compiled by Sophia Baker-French, the Coordinator of the UBC Food System Project. The original proposed content was prepared as part of a UBC SEEDS project by two student teams from the Land, Food and Community III course (LFS 450) in Spring 2012. Additional content was prepared by Sophia Baker-French and Liska Richer. Campus stakeholders contributed to the guide content related to their units and programs.

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