

UBC Social Ecological Economic Development Studies (SEEDS) Sustainability Program
Student Research Report

Real Food Challenge Canada

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Contents

Introduction 4

Methodology..... 6

 Literature review 6

 Training..... 8

 Food items assessment..... 8

 Data quality check and calculations..... 10

Results and Discussion 10

Recommendations 13

References..... 15

Appendix I. Real Food Guide, Draft version 1.2* 17

Appendix II. Open Kitchen’s vegetarian counter’s food items and costs for September 2016. 21

Appendix III. Open Kitchen’s vegetarian counter’s food items and costs for December 2016. 22

Executive Summary

Many industrial food systems are unsustainable as they result in environmental, human health and social problems (Gliessman 2007). Many of these issues begin at the production level, on farms. Institutional procurement can influence current agricultural practices through changes in purchasing criteria (Hendrickson 2016). The Real Food Challenge is a student-led initiative which helps institutions identify food produced in a sustainable manner (Real Food Challenge n.d.a). The Real Food Challenge originated in the United States and has been brought to Canadian universities by Meal Exchange, a non-profit organization with the mission of engaging youth to work with their communities (Meal Exchange 2012). The Real Food Challenge offers tools to evaluate the kind of agricultural practices universities support through their purchasing budgets. The Real Food Challenge evaluates food production practices for sustainability criteria in four categories: community based, socially just, ecologically sound and humane (Real Food Challenge n.d.a). Food is considered 'Real' if it meets at least one of the four categories. The goal of the Real Food Challenge is to shift 20% of institutional food procurement budget towards Real Food (Real Food Challenge n.d.a). The goal of this project was to support a community-based, socially just, ecologically sound, and humane food system at UBC through responsible procurement decisions. The specific objectives of this project were to 1) assess the percentage of total expenditures spent on Real Food at the vegetarian counter of UBC's Open Kitchen dining hall; 2) make recommendations for improvement of UBC Food Services procurement practices; and 3) provide feedback about the Real Food Guide criteria, tool-kit, and software called 'Real Food Calculator' to Meal Exchange. We obtained the recipes for the Open Kitchen vegetarian counter's

non-rotational menu dishes and purchasing invoices for the months of September and December 2016. There were 106 food items used for these recipes. Twenty-two items had not been bought in September and December and could not be included in our study. We excluded 23 other products for which expenditures amounted to less than \$100/month. We traced all remaining 61 food items to their respective distributors using invoices and contacted distributors to obtain information on production practices. If distributors could not provide the information needed, we contacted producers directly. We used the Real Food Guide (Appendix I) to assess each food item and the Real Food Calculator software to obtain the percentage of UBC Food Services' budget spent purchasing Real Food. Eight of 61 food items (buns, kale, pumpkin seeds, parsley, avocados, sweet and Thai basil, and bananas) were certified for ecologically sound practices and were assessed as Real Food. They amounted to 24% of expenditures. Thus, the vegetarian counter at Open Kitchen passed the Real Food Challenge. We recommend shifting from purchasing processed, non-certified produce such as shredded beets to purchasing certified, non-processed produce. Further research is required to determine whether other counters at Open Kitchen would pass the Real Food Challenge.

Introduction

Poorly designed, unsustainable food systems are at the root of many environmental, human health, and social welfare problems faced by our society since the dawn of the industrial revolution (Gliessman 2007). Many of these issues begin at the production level on farms, including soil and water pollution, land degradation, loss of biodiversity, and the production of greenhouse gas emissions (Gomiero et al. 2008). In addition, industrial animal farming has been linked to the inhumane treatment of animals including: castration without anesthetic, crowded housing, and the mistreatment of ill animals (Rollin 2003). Finally, current agricultural practices result in human welfare and health issues. Industrial farm workers often suffer from pesticide-related illnesses ranging from acute poisoning to cancer and birth defects (Reeves et al. 2002) coupled with unfair wages and lack of legislation that would provide basic labor rights (Rodman et al. 2016). Institutional food procurement can have a significant impact on the transformation of currently unsustainable food systems. We can shape the food system to be more sustainable by supporting local producers who grow food in ways that promote environmental health, social fairness, and animal welfare. However, identifying local and sustainable products can be difficult, creating a potential barrier to procurement practice improvements (Hendrickson 2016). The Real Food Challenge is a student-led initiative which helps institutions identify sustainable food items. The Real Food Challenge originated in the United States. It aims to shift 20% of university food procurement budgets away from industrial agriculture and highly processed foods towards sustainable food choices. The objective of the Real Food Challenge is to use the tremendous purchasing

power of universities to support local economies, human and animal welfare, and environmental sustainability (Real Food Challenge n.d.b).

The Real Food Challenge has been brought to Canadian universities by Meal Exchange, a non-profit organization with the mission of engaging, educating, and mobilizing youth to work with their communities to develop just and sustainable food systems (Meal Exchange 2012). Meal Exchange Canada has developed a comprehensive definition of Real Food specific to Canada and supports Canadian students in their attempts to implement the Real Food Challenge on their campuses. Real Food is defined as any food item that meets production standards in at least one of four categories: community based, socially fair, ecologically sound, and humane. The University of British Columbia (UBC) has made a commitment to working towards economic, social, and environmental sustainability (UBC n.d.). In this regard, the provision of food that is affordable, nutritious, ecologically sound and produced in a responsible manner is fundamental to building a sustainable food system (Story et al. 2009). UBC Food Services aims for sustainable food procurement by purchasing UBC Farm's fruits and vegetables, Ocean Wise certified seafood, and local organic fruit when available (Baker-French 2013). Through this project, our research team used the Real Food Challenge to help UBC further its commitment to the sustainable food movement by tracking food purchases to their sources. The specific objectives of this project are to 1) assess the percentage of total expenditures spent on sustainable, local, fair and humane foods offered at UBC's Open Kitchen vegetarian counter using the criteria provided by the Real Food Guide, 2) make recommendations to improve future food procurement and menu engineering strategies

of UBC Food Services, and 3) provide constructive feedback to Meal Exchange Canada, facilitator of the RFC in Canada.

Methodology

Literature review

We conducted a literature review using UBC Library and Google search engines. We researched how modern food production practices impact the environment and human and animal rights, how these impacts can be mitigated through institutional procurement practices, and familiarized ourselves with the Real Food Challenge literature.

Real Food is food that was grown and/or produced with respect to human and animal rights, and to the environment (Real Food Challenge n.d.a.). Food qualifies as 'Real' if it meets criteria of one or more of the following categories: community-based, socially-just, ecologically-sound, humane. Criteria for each category are outlined in the Real Food Guide (Appendix I). Real food A is food that meets requirements in at least two categories. Real food B is food that meets requirement in one category only. For example, if a product has both Fair Trade International (social justice category) and Canadian Organic Standard (ecologically sound category) certifications, it qualifies as Real Food A. If it only has the Canadian Organic Standard certification, it qualifies as Real Food B. Food may also be disqualified, if the producer is found guilty of human rights and labor violations, and if food contains chemicals that may be harmful for human health. Some examples of such chemicals are aspartame, sodium nitrate, and artificial dyes (please refer to Appendix I for a complete list of disqualifiers).

The Real Food Challenge requires assessment of either two or 12 months' worth of purchasing data. Due to time constraints, we chose to assess two months' worth of purchasing data. David Speight, Executive Chef, suggested limiting research to the food items served by the Open Kitchen's vegetarian counter. Daniel Chiang, Executive Sous Chef, provided the vegetarian counter non-rotational menu recipes and invoices for the months of September and December 2016 (Appendices II and III). We used the recipes to compile a list of 106 food items used by the vegetarian counter. We then searched for each food item in the invoices. Twenty-two items were not purchased in either September or December and were excluded from our study. Next, we created September and December spreadsheets in accordance with the standards outlined in the RFC toolkit. We used invoices to determine the amount spent on each vegetarian counter's food item purchased in September and December. We excluded food items for which expenditures amounted to less than a hundred dollars/month during both months (Fig. 1). The final list consisted of 61 items.

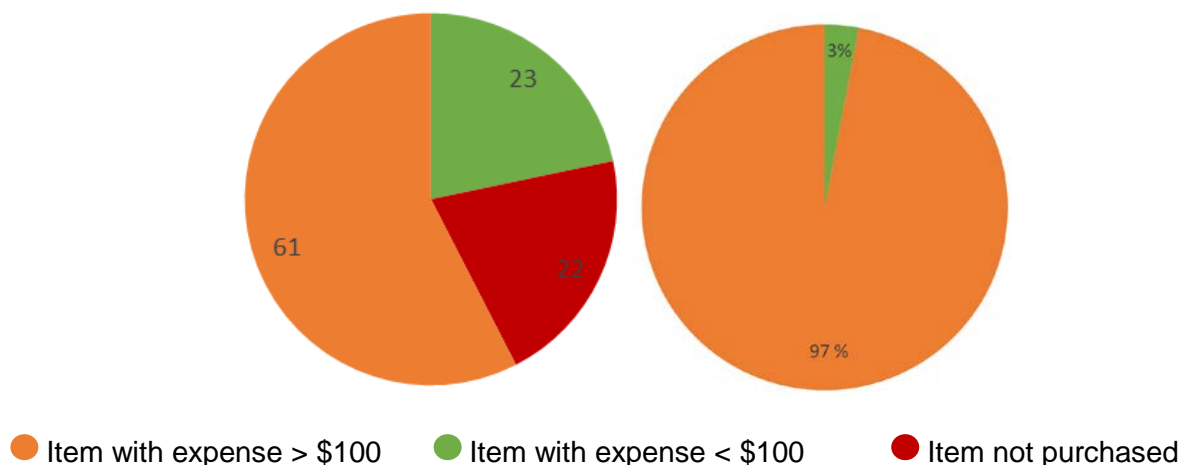


Figure 1. Food items statistics for the vegetarian counter of Open Kitchen in September and December 2016. Left: Number of food items used for all recipes including those which were not purchased during these two months. Right: Percent total expenditures.

Training

We learned about the Real Food Challenge assessment steps and Real Food Calculator software through online communication with Celia White, Real Food Challenge Coordinator, Meal Exchange. Celia White provided us with a digital copy of the Real Food Challenge tool-kit which outlines the steps for conducting the research. Celia White also demonstrated how to use the Real Food Calculator software via video conference call. Subsequently, we created a research profile on the Real Food Calculator website, completed the online Food Baseline Survey, and submitted an Assessment Plan. The Food Baseline Survey includes main produce suppliers, number of employees, minimum wage, and number of meals served daily. David Speight and Daniel Chiang, provided the information needed to complete the Food Baseline Survey. The Assessment Plan included proposed research details such as the research team members, months selected for assessment, and the number of hours the team planned to spend on the project. After the assessment plan was approved by Celia White and David Speight, we started gathering data necessary to perform the assessment.

Food items assessment

Daniel Chiang provided contact information for all the Open Kitchen suppliers. For single ingredient food items, we contacted vendors by phone or via email to request information on food items' certifications and producers' contact information (Fig. 2). We then looked for producer disqualifiers and obtained producers' income and food items' certifications information through online search or through contacting the producer by phone or email. We determined whether the products were Real Food or not, based on the criteria outlined in the Real Food Guide (Appendix I). For multi-ingredient food items, we

requested ingredient lists, certifications, and producers' information from vendors. We then contacted the producers to find out each ingredient's brand. If no disqualifiers were found, we assessed ingredients' certifications. If 50% of the ingredients (by volume) satisfied the criteria outlined in the Real Food Guide, the food item qualified as Real Food (Fig. 3). We entered all the relevant information into the spreadsheets upon completion of food items' assessment (Appendix II).

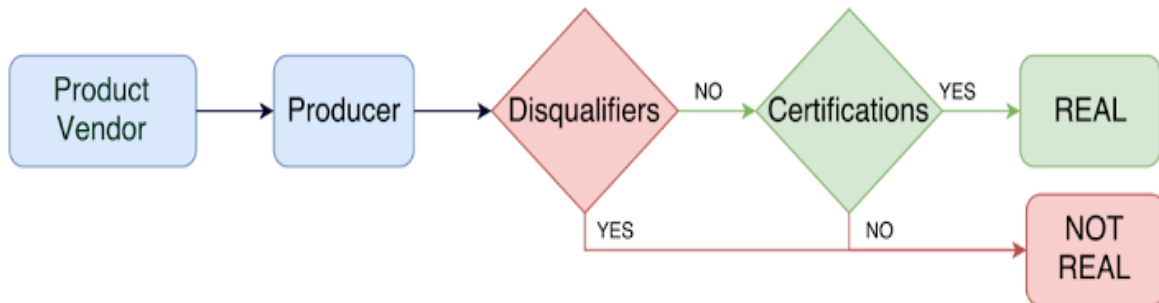


Figure 2. Assessment steps for single ingredient food items.

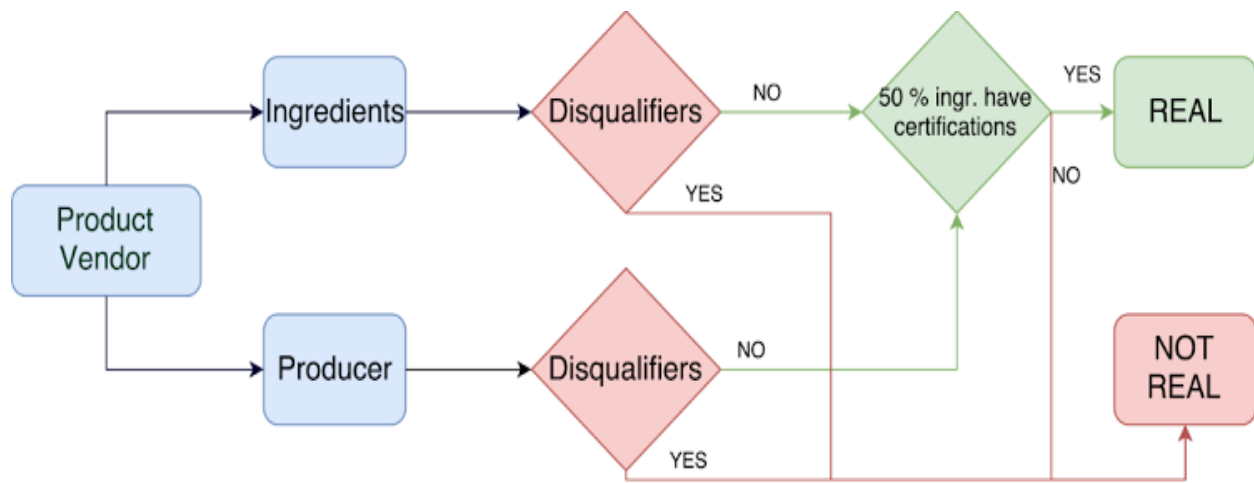


Figure 3. Assessment steps for multiple ingredients food items.

Data quality check and calculations

Celia White from Meal Exchange conducted interim and final data quality checks to make sure that the data collected for each food item was sufficient to qualify it as Real Food. We used the Real Food Calculator software to obtain the percent budget spent on Real Food, as well as percent Real Food A and B.

Results and Discussion

We assessed 61 food items used at the vegetarian of Open Kitchen dining hall, purchased in September and December 2016 which included groceries (canned fruits and vegetables, grain products etc.), produce, eggs, baked goods, and beverages. The total budget spent on the 61 food items during the months of September and December 2016 was \$48,731. Real food represented 24% of the total budget (\$11,894) and consisted solely of Real Food B i.e. food meeting Real Food Challenge criteria in a single category (Fig.4). The food items met the ecologically sound category based on either Rainforest Alliance, Canadian Organic or Bioagricert certifications (Fig. 5). The vegetarian counter at Open Kitchen passed the Real Food Challenge as more than 20% of its total budget was spent on Real Food.

Eight items were identified as Real Food: buns, kale, pumpkin seeds, parsley, avocados, sweet and thai basil, and bananas (Fig. 5). Out of the 24% of the budget spent on Real Food, 21.3% was spent on three items: brioche buns (10.6%), bananas (5.7%), and avocados (5.0%), indicating reliance on solely three items to pass the Real Food Challenge. This may be an issue, if one of the three food items does not qualify as Real Food in the future. For example, Promich avocados come from the Michoacan state of Mexico where cartels control avocado production through illegal taxation (Garcia-Ponce

et al. 2014). Drug cartels own packinghouses and approximately 10% of the avocado orchards in the area (Flank 2016). We could not find evidence that Promich is linked to cartels, but if strong evidence does emerge, avocados may not qualify as Real Food in the future. Hence, it would be better if the budget spent on Real Food were distributed more evenly among all ingredients at the vegetarian counter of Open Kitchen. We hope that these research results will serve as a 2016 baseline that UBC Food Services can use to assess future efforts to increase the amount of Real Food offered to students and staff by UBC Food Services.

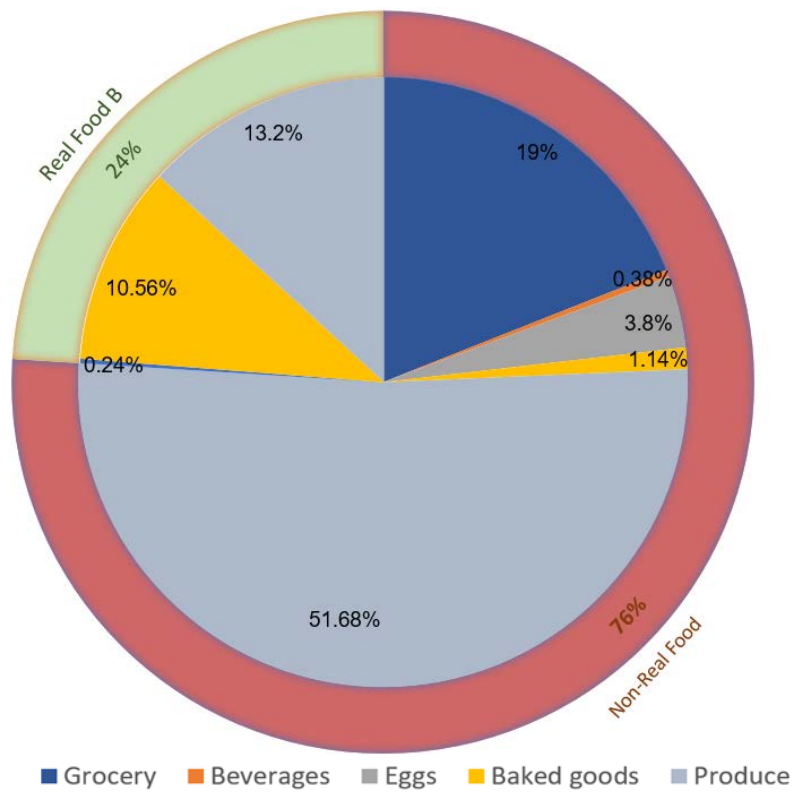


Figure 4. Percent expenditures at the vegetarian counter of Open Kitchen in September and December 2016



Figure 5. The food items that qualified as Real Food based on third party certification from either Canada Organic/Bioologique Canada, Rainforest Alliance, or Bioagricert (sweet basil, bananas, avocado, italian parsley, baby kale, brioche buns, pumpkin seeds. Photo of Canada Organic thai basil is not included.

Recommendations

Recommendations for the Meal Exchange include:

- Clarifying concepts used in the Real Food Challenge tool-kit, particularly, “percent Real Food” which is a percentage of food items that can be considered Real Food and “percent dollar spent on Real Food” which is percentage of expenditures spent on Real Food. Keeping terminology consistent throughout the tool-kit could help achieve this.
- Clearly stating that the goal of the Real Food Challenge is to shift 20% of universities’ food budget to Real Food.
- Organizing the Real Food categories in the Real Food Guide in a practical way. For example, the community-based category could be placed as the last column because food items need to meet criteria of at least one other category in order to meet community-based category.
- Revising the distinctions between Real Food A/Real Food B. The two categories make the Real Food Challenge assessments more complicated than needed, since they have no impact on percent of budget spent on Real Food
- Considering certifications/qualifications according to regions of the world. We think that organic or fair trade certifications by themselves may not be sufficient to qualify food as ‘Real’. There are certain regions in the world, such as Mexico, where drug cartels control parts of certain types of agricultural production. Their influence includes illegal taxation of strawberry, lime and avocado producers, ille-

gal avocado orchard expropriation, and killing people for not following cartel's orders. (Garcia-Ponce and Lajous 2014). It is estimated that up to 10% of avocado orchards as well as some packing houses in the state of Michoacan belong to drug cartels and are used to launder drug money (Flank 2016). Cartels in Oaxaca state, MX, exert influence on mango production and possibly many other agricultural sectors (Rector 2017).

Recommendations for the UBC Food Services include:

- Verifying food items' certifications before purchasing. During our research, we found a product described as organic in one of the invoices (Chia Seed Black, Organic) that did not have any organic certification. Along the same lines, even though "free run eggs" imply an ethically-produced item, this claim is not supported by any certification. The price premium paid for these eggs could be better invested in free-range eggs that do qualify as Real Food.
- Finding alternative vendors. For example, finding an alternative to Fresh Point - Freshcuts could save money on pre-processed food (e.g. shredded beets), and help increase Real Food offered to students if a local producer, such as the UBC farm, were used as an alternative.
- Shifting money expenditure away from certain food items, such as off-season food items. This would require slight modifications of recipes but the money saved could be spent on Real Food items.

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Appendix I. Real Food Guide, Draft version 1.2*.



Real Food Guide*

Draft Version 1.2* | January 2017

*Draft Version 1.2 of the Canadian Real Food Guide is the result of student research and stakeholder consultation. The research is by no means complete, nor is the list of certifications exhaustive. The purpose of this guide is to support the Real Food Challenge pilot launch in Canada. **This guide is meant for internal use only** by students participating in the pilot phase of the Real Food Challenge. Student and stakeholder feedback is encouraged, and academic review and consultations will be conducted to create the public Canadian Real Food Guide 2.0. Should you have any questions or feedback please contact celia@mealexchange.com.

COMMUNITY-BASED	SOCIALLY-JUST	ECOLOGICALLY-SOUND	HUMANE
<p><i>These foods can be traced to nearby farms and businesses that are locally owned and operated. Sourcing these foods supports the local economy by keeping money in the community and builds community relations.</i></p> <p><i>Key values: traceability & transparency; accountability to community; economic resiliency of community; diversification of power, control and ownership; environmental and social resiliency; community food sovereignty and food security; viability of farming and food production within the local community</i></p>	<p><i>Individuals involved in food production, distribution, preparation — and other parts of the food system — work in safe and fair conditions; receive a living wage; are ensured the right to organize and the right to a grievance process; and have equal opportunity for employment. Socially-Just food builds community capacity and ensures and promotes socially-just practices in the food system.</i></p> <p><i>Key values: Basic human rights and dignity; fair compensation; right to organize; job security; reasonable working hours; limit exposure to dangerous substances; gender equity; socially-just access to opportunity</i></p>	<p><i>Farms, businesses, and other operations involved with food production practice environmental stewardship that conserves biodiversity, promotes ecosystem resilience and preserves natural resources, including energy, wildlife, water, air, and soil. Production practices should minimize outputs and use of toxic substances, direct and indirect greenhouse gas emissions, natural resource depletion, and environmental degradation.</i></p> <p><i>Key values: environmental stewardship; conservation of biodiversity and wildlife; preservation and conservation of natural resources such as energy, water, air, soil, minimization of petroleum and toxic substances</i></p>	<p><i>Animals can express natural behaviour in a low-stress environment and are raised with no added hormones or unnecessary medication.</i></p> <p><i>Key values: freedom from hunger and thirst; freedom from discomfort; freedom from pain, injury, or disease; freedom to express normal behaviour; freedom from fear and distress</i></p>

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Green Light: Go for it! These criteria best represent the standard and count as Real Food

COMMUNITY-BASED	SOCIALLY-JUST	ECOLOGICALLY-SOUND	HUMANE
<p>Single-Ingredient Products:</p> <p>Producers must meet ALL of the following criteria:</p> <ol style="list-style-type: none"> Distance: Food must be grown, raised, foraged, or hunted within province (plus 100 km outside of provincial border) and traceable to origin Size: Farmer must be small-to-medium sized <ol style="list-style-type: none"> Produce: less than \$500,000 in gross income Seafood, Farmed Meat, Poultry, Eggs, Grocery: less than \$1 million in gross income Hunting, Gathering and Foraging: accepted with no gross income cap Transparency: Farmer demonstrates specific ecologically-sound, socially-just or humane qualifiers as outlined in the Ecologically-Sound, Socially-Just and Humane rubrics* (confirmed in an affidavit, stewardship agreement or written policy) <p>Single-Ingredient Products (Aggregated):</p> <p>100% of the products must meet ALL criteria for Distance, Size and</p>	<p>Products with any of the following certifications:</p> <ul style="list-style-type: none"> Fair Trade International Small Producers Symbol <p>Products from organizations that belong to any of the following entities:</p> <ul style="list-style-type: none"> World Fair Trade Organization Fair Trade Federation 	<p>Products with any of the following certifications or claims:</p> <ul style="list-style-type: none"> Rainforest Alliance Certified Sustainable Agriculture Network British Columbia Certified Organic/Certified Organic Associations of British Columbia Canadian Organic Standard (<i>and other certifications that use the Canadian Organic Regime, such as Ecocert</i>) BIO Quebec <p style="text-align: center;">Fish only</p> <ul style="list-style-type: none"> Marine Stewardship Council (<i>only if your institution is MSC certified</i>) Ocean Wise Monterey Bay Aquarium Seafood Watch Guide "Best Choices" list - National Guide <p>*See Assessment Tips for all certifications</p>	<p>Products with any of the following certifications or claims:</p> <ul style="list-style-type: none"> BC SPCA Certified Animal Welfare Approved Canadian Organic Standard Demeter Canada Biodynamic Humane Certified

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Transparency			
*See Assessment Tips for detailed rubrics			
Yellow Light: Proceed with caution. These criteria count as Real Food but are not as strict as Green Light			
COMMUNITY-BASED	SOCIALLY-JUST	ECOLOGICALLY-SOUND	HUMANE
<p>Multi-Ingredient Products: (ex. Baked goods)</p> <p>Processors must meet ALL of the following criteria:</p> <ol style="list-style-type: none"> Ownership: Processor must be a privately owned (not publicly traded on the stock market) or cooperatively owned enterprise Distance/Size/Transparency: At least half (50%) of the ingredients must come from farms that meet ALL of the Green Light criteria <p>Single-Ingredient Products (Aggregated):</p> <p>At least three-quarters (75%) of the products (by volume) must meet ALL criteria for Distance, Size and Transparency</p>	<p>Multi-Ingredient Products:</p> <p>Processor and 50% of ingredients must meet above criteria (<i>ingredients defined as raw ingredients, measured by weight, not including water; ingredients must be given criterion at the first step of the supply chain to qualify as Real Food</i>)</p>	<p>Single-Ingredient Products:</p> <p>Products with <u>any</u> of the following certifications or claims:</p> <ul style="list-style-type: none"> • Certified Naturally Grown • Bird Friendly Coffee • California Certified Organic Farmers • Foodland Ontario Organic • Demeter Canada Biodynamic • USDA Organic Standards <p>Multi-Ingredient Products: At least half (50%) of the ingredients meet the Green Light criteria</p> <p style="text-align: center;">Fish only</p> <ul style="list-style-type: none"> • Monterey Bay Aquarium Seafood Watch Guide "Good Alternatives" list - National Guide 	<p>Products with any of the following certifications or claims:</p> <ul style="list-style-type: none"> • British Columbia Certified Organic (BCCO)/Certified Organic Associations of British Columbia • Certified Naturally Grown
Red Light: No-go. These certifications, claims, etc., do NOT COUNT as Real Food in the given category (<i>lists not exhaustive</i>) Product can still meet Real Food criteria in other categories			
COMMUNITY-BASED	SOCIALLY-JUST	ECOLOGICALLY-SOUND	HUMANE
Red Light 1: good start but not enough to count as Real Food			

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<ul style="list-style-type: none"> Farmer/producer qualifies as a small-medium sized farm but does not meet <u>all</u> of the criteria Processor is independently or cooperatively owned but does not meet <u>all</u> of the criteria 	<p>Products with the following certifications:</p> <ul style="list-style-type: none"> Fair Trade USA (formerly Trans Fair) Rainforest Alliance Certified by Rainforest Alliance Food Alliance Certified UTZ certified <p>Or, products:</p> <ul style="list-style-type: none"> That have been processed or shipped by companies with fair labour standards comprised of ingredients with unconfirmed labour standards 	<p>Products with the following certifications:</p> <ul style="list-style-type: none"> RSPO Certified Sustainable Palm Oil Non-GMO Project FairWild Carbon Free Certified C.A.F.E Practices "Raised without Antibiotics" "No Antibiotics Administered" "Never Ever 3" "Naturally Raised" by USDA-FSIS GAP Certified (Good Agricultural Practices) by USDA "Non-GMO Project Verified" 	<p>Products with the following certifications:</p> <ul style="list-style-type: none"> BIO Quebec Global Animal Partnership Steps 1 & 2 "Grass fed" by USDA-FSIS (Ruminants) "Gestation Crate Free" (hogs) "Free range" by USDA-FSIS (poultry) "Free roaming" by USDA-FSIS (poultry)
Red Light 2: claim does not necessarily have substance			
<p>Products with the following claims:</p> <ul style="list-style-type: none"> "Local"/"Locally-Sourced" 	<p>Products:</p> <ul style="list-style-type: none"> With company-specific certifications (i.e. self-regulated) 	<p>Products with the following claims:</p> <ul style="list-style-type: none"> "Natural" "GM Free" "made with real ingredients" "GMO Free" 	<p>Products with the following certifications:</p> <ul style="list-style-type: none"> ISNA Halal Certification Agency Halal Monitoring Authority (HMA) GAP Certified (Good Agricultural Practices) by USDA
Red Light 3: absolutely not Real Food			
<p>Products:</p> <ul style="list-style-type: none"> that do not meet any of the 	<p>Products:</p> <ul style="list-style-type: none"> that are multi-sourced and 	<p>Processors that use:</p> <ul style="list-style-type: none"> Confinement or Battery Cages 	<p>Processors that use:</p> <ul style="list-style-type: none"> Confinement or Battery

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above criteria	highly processed with no certifications	<p>Products:</p> <ul style="list-style-type: none"> on the Monterey Bay Aquarium Seafood Watch Guide "Avoid" list - National Guide 	<p>Cages</p> <ul style="list-style-type: none"> Enriched Cages Gestation Crates Veal Crates
Disqualifications: Products containing any of the following characteristics cannot count as Real Food in any category			
<ul style="list-style-type: none"> Egregious Human Rights and Labour Violations: Producer is known to be found guilty of criminal charges of slave labour or indentured servitude within the previous 10 years; Producer is known to have been found guilty of, been cited, or settled a case relating to an Occupational Safety and Health Administration (OSHA), National Labour Relations Board (NLRB), or Fair Labor Standards Act (FLSA) violation within the last 3 years (see <i>assessment tips for more information</i>) Ultra-Processed Foods: Product contains any of the following: Aspartame, Acesulfame-Potassium, Butylated Hydroxyanisole (BHA), Butylated hydroxytoluene (BHT), Caramel Colouring, Olestra (Olean), Partially Hydrogenated Oil (trans-fats), Potassium bromate, Propyl Gallate, rBGH/rBST, Saccharine, Sodium Nitrate added, Sodium Nitrite added; Dyes: Red #3, Red #40, Yellow #5, Yellow #6, Blue #3 (see <i>assessment tips for more information</i>) 			

For additional guidance on how best to use this guide, see [Assessment Tips](#), Toolkit #5, and the [Calculator FA.Q.](#), Toolkit #6.

Do you have a certification or other criteria to propose that are not included in this version of the Real Food Guide? Please contact celia@mealexchange.com to submit your ideas.

Appendix II. Open Kitchen's vegetarian counter's food costs for September 2016.

Description	Category	Product Code	Label/Brand	Vendor	Local	Fair	Ecological	Humane	Disqualifier	Cost	Notes
bun brioche hamburger	baked			Bread Affair	no	no	yes	NA	no	5180.8	Canadian Certified Organic
apples CA Gala	produce	100100	Big Check	Fresh Point	no	no	no	NA	no	429.1	
avocados mx	produce		Promich or Frutival	Fresh Point	no	no	yes	NA	no	2176.8	
cabbage green shredded	produce	816800	FP Freshcuts	Fresh Point	no	no	no	NA	no	759.75	
cabbage red shredded	produce	817600	FP Freshcuts	Fresh Point	no	no	no	NA	no	680	
carrot jumbo peeled US	produce	818100	FP Freshcuts	Fresh Point	no	no	no	NA	no	563.25	
carrotmatch 1/8 X 2 H/CUS	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	749.25	
cucumber BC	produce	226190	Windset Farms	Fresh Point	no	no	no	NA	no	555.3	Farm is local but too big
daikon match stick us	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	696.9	
garlic peeled	produce	832100	n/a	Fresh Point	no	no	no	NA	no	376	Impossible to trace back
ginger peeled	produce	834100	FP Freshcuts	Fresh Point	no	no	no	NA	no	543.2	
onion peeled US	produce	848100	FP Freshcuts	Fresh Point	no	no	no	NA	no	727.1	
onion red peeled	produce	849105	FP Freshcuts	Fresh Point	no	no	no	NA	no	1282.5	
onions green 48 CT	produce		Snoboy	Fresh Point	no	no	no	NA	no	64	
pepper jalapeno green	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	483	
red pepper diced 1/4 US	produce	853206	FP Freshcuts	Fresh Point	no	no	no	NA	no	1678.6	
tomatoes cherry loose	produce	268520	Windset Farms	Fresh Point	no	no	no	NA	no	1592.6	
beets shredded coarse	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	659.4	
limes MX	produce		various	Fresh Point	no	no	no	NA	no	225.7	
peppers poblano	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	310.9	
red peppers thai red chili IM	produce		n/a	Fresh Point	no	no	no	NA	no	89.7	
shallots peeled	produce	860100	n/a	Fresh Point	no	no	no	NA	no	297.2	
sweet potato peeled	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	495.2	
tomatillos	produce		Fresh Point	Fresh Point	no	no	no	NA	no	407.4	
yams hand peeled	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	1066.2	
noodle yakisoba	grocery			Fresh Point	no	no	no	NA	no	1017.4	
spinach washed no stems	produce	862400	Green Gate	Fresh Point	no	no	no	NA	no	404.2	
tomatoes roma mx	produce		Sun Coast	Fresh Point	no	no	no	NA	no	990.35	

Description	Category	Product Code	Label/Brand	Vendor	Local	Fair	Ecological	Humane	Disqualifier	Cost	Notes
bananas fair trade	produce	106040	Chiquita/Del Monte	Fresh Point	no	no	yes	NA	no	1540.2	Rainforest Alliance Certified
herb basil bc	produce		Evergreen Herbs	Fresh Point	no	no	yes	NA	no	141.05	Local but farm too big; Certification through FVOPA
herb italian parsley BC	produce		Evergreen Herbs	Fresh Point	no	no	yes	NA	no	150.2	Local but farm too big; Certification through FVOPA
herb thai basil BC	produce		Evergreen Herbs	Fresh Point	no	no	yes	NA	no	231.8	Local but farm too big; Certification through FVOPA
kale baby mixed	produce		EarthBound	Fresh Point	no	no	yes	NA	no	558.05	Canadian Certified Organic
bean edamame kernels	produce	1061484	Alasko	GFS	no	no	no	NA	no	110	
cereal oat quick TFC	grocery	3181907	Robin Hood	GFS	no	no	no	NA	no	97.48	
coconut milk 17/19% milk	beverage	3024397	Tropic Isle	GFS	no	no	no	NA	no	49.86	
corn whl kernel frzn	produce	1189210	ECO-V	GFS	no	no	no	NA	no	358.68	
egg med free run loose	eggs	1154931	Golden Valley	GFS	no	no	no	N	no	811.14	
juice lime fresh 16x32 oz	grocery	4120427	Markon	GFS	no	no	no	NA	no	121.36	
mayonnaise 1/2 fat TFC	grocery	1035604	Hellmann's	GFS	no	no	no	NA	no	550.8	
oil canola romano tf	grocery	3950077	Canola Harvest	GFS	no	no	no	NA	no	407.29	
salt kosher windsor	grocery	9362805	Windsor	GFS	no	no	no	NA	no	172.24	
sauce soy g/free	grocery	1301520	LEE KUM KEE	GFS	no	no	no	NA	no	397.52	
vinegar rice seas gourm	grocery	3463587	Marukan	GFS	no	no	no	NA	no	165.87	
vinegar white pure distilled	grocery	3467027	GFS	GFS	no	no	no	NA	no	70.96	
rice brown whl grain	grocery	3261687	Uncle Ben's	GFS	no	no	no	NA	no	184.38	
syrup maple CDN original	grocery	3583227	Steeves	GFS	no	no	no	NA	no	312.08	
seed pumpkin rst	grocery	3034877	Trophy Foods	GFS	no	no	yes	NA	no	147.12	Canadian Certified Organic
burger quinoa yam	grocery			Kan's	no	no	no	NA	no	1350	
tofu robert ashton	grocery			Robert	no	no	no	NA	no	705.6	

Appendix III. Open Kitchen's vegetarian counter's food costs for December 2016.

Description	Category	Code	Label/Brand	Vendor	Local	Fair	al	Humane	Disqualifier	Cost	Notes
apple slices Granny Smith	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	174.30	
apples CA Gala	produce	100100	Big Check	Fresh Point	no	no	no	NA	no	541.45	
avocados mx	produce		Frutival	Fresh Point	no	no	no	NA	no	240.35	
cabbage green shredded	produce	816800	FP Freshcuts	Fresh Point	no	no	no	NA	no	335.00	
cabbage red shredded BC	produce	817600	FP Freshcuts	Fresh Point	no	no	no	NA	no	170.10	
carrot jumbo peeled US	produce	818100	FP Freshcuts	Fresh Point	no	no	no	NA	no	91.50	
carrotmatch 1/8 X 2 H/CUS	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	294.25	
cilantro bunch 30 CT	produce		Boskovich	Fresh Point	no	no	no	NA	no	222.60	
cucumber BC	produce	226190	Windset Farms	Fresh Point	no	no	no	NA	no	473.20	
daikon match stick us	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	303.00	
garlic peeled	produce	832100	n/a	Fresh Point	no	no	no	NA	no	237.75	
ginger peeled	produce	834100	FP Freshcuts	Fresh Point	no	no	no	NA	no	432.00	
onion peeled US	produce	848100	FP Freshcuts	Fresh Point	no	no	no	NA	no	924.45	
onion red peeled	produce	849105	FP Freshcuts	Fresh Point	no	no	no	NA	no	348.65	
onions green 48 CT	produce		Snoboy	Fresh Point	no	no	no	NA	no	349.50	
pepper jalapeno green	produce		FP Freshcuts	Fresh Point	no	no	no	NA	no	147.60	
red pepper diced 1/4 US	produce	853206	FP Freshcuts	Fresh Point	no	no	no	NA	no	745.45	
spinach washed no stems	produce	862400	Green Gate	Fresh Point	no	no	no	NA	no	141.00	
tomatoes cherry loose BC	produce	268520	Windset Farms	Fresh Point	no	no	no	NA	no	447.55	
zucchini diced 1/4	produce	874212	Freshcuts	Fresh Point	no	no	no	NA	no	137.80	
bean chick peas garbanzo	grocery	113337	GFS	GFS	no	no	no	NA	no	168.42	
cereal oat TFC	grocery	3181907	Robin Hood	GFS	no	no	no	NA	no	146.22	
corn whl kernel frzn	produce	1189210	ECO-V	GFS	no	no	no	NA	no	149.45	
egg med free run loose	eggs	1154931	Golden Valley	GFS	no	no	no	N	no	923.60	
guacamole california supreme p	grocery	1094459	GFS	GFS	no	no	no	NA	no	943.16	
mayonnaise 1/2 fat TFC	grocery	1035604	Hellmann's	GFS	no	no	no	NA	no	410.60	
oil canola romana TFC	grocery	3950077	Canola Harvest	GFS	no	no	no	NA	no	375.96	
salt kosher windsor	grocery	9362805	Windsor	GFS	no	no	no	NA	no	86.12	
sauce soy g/free	grocery	1301520	LEE KUM KEE	GFS	no	no	no	NA	no	452.01	
seed pumpkin rst	grocery	3034877	Trophy Foods	GFS	no	no	no	NA	no	166.16	
bun mg ciabatta	baked			Monte Cristo ba	no	no	no	NA	no	407.00	
beets shredded coarse	produce		GFS	Fresh Point	no	no	no	NA	no	93.75	
coconut milk 17/19% milk fat	beverage	3024397	Tropic Isle	GFS	no	no	no	NA	no	149.58	

Description	Category	Code	Label/Brand	Vendor	Local	Fair	al	Humane	Disqualifier	Cost	Notes
coconut milk 17/19% milk fat	beverage	3024397	Tropic Isle	GFS	no	no	no	NA	no	149.58	
cranberry dried TFC	grocery	5798217	GFS	GFS	no	no	no	NA	no	165.84	
chia seeds black organic	grocery	BOB813	Bob's Red Mill	UNFI	no	no	no	NA	no	163.60	no certification
hemp hearts bulk	grocery	MHA612	Harvest	UNFI	no	no	no	NA	no	406.30	
limes MX	produce		various	Fresh Point	no	no	no	NA	no	143.90	
peppers poblano	produce		various	Fresh Point	no	no	no	NA	no	176.10	
red peppers thai red chili IM	produce		n/a	Fresh Point	no	no	no	NA	no	102.00	
shallots peeled	produce	860100	n/a	Fresh Point	no	no	no	NA	no	114.90	
tomatillos	produce		Freshpoint	Fresh Point	no	no	no	NA	no	212.40	
quinoa white	grocery	1288751	GFS	GFS	no	no	no	NA	no	807.43	
vinegar rice seas gourm	grocery	3463587	Marukan	GFS	no	no	no	NA	no	55.29	
rice brown whl grain	grocery	3261687	Uncle Ben's	GFS	no	no	no	NA	no	289.74	
strawberry whole IQF	produce	365000	Harvest	Fresh Point	no	no	no	NA	no	507.60	
tomatoes roma MX	produce		Sun Coast	Fresh Point	no	no	no	NA	no	711.75	
bananas fair trade	produce	106040	Monte	Fresh Point	no	no	yes	NA	no	1215.75	
herb italian parsley BC	produce		Evergreen herbs	Fresh Point	no	no	yes	NA	no	50.40	Farm is local but too big
herb thai basil BC	produce		Evergreen herbs	Fresh Point	no	no	yes	NA	no	87.50	Farm is local but too big
kale baby mixed	produce		Farms	Fresh Point	no	no	yes	NA	no	116.70	
herb basil bc	produce		herbs	Fresh Point	yes	no	yes	NA	no	57.25	