



COFFEE & TEA SERVICE CHECKLIST

- ☑ Encourage attendees to bring their own reusable mugs, glasses and utensils.
- ☑ Serve coffee and hot water for tea in reusable, thermal lined airpots.
- ☑ Provide reusable mugs, glasses and utensils for smaller groups.
- ☑ Specify organic or fair trade coffee and tea.
- ☑ Use bulk creamer and sugar instead of individual disposable packets of sugar, creamer and stirrers.
- ☑ Provide reusable spoons instead of disposable coffee stirrers.
- ☑ When disposable food service containers are most practical, choose ones that are made out of natural fibers (paper, bagasse, etc.), recyclable plastic or aluminum.
- ☑ Foam and clear polystyrene (#6 plastics) are prohibited in Santa Monica.
- ☑ Paper towels and napkins should contain a minimum of 40% post-consumer recycled fiber.

Why were these guidelines developed?

City Council has directed staff to increase consumption of healthy and sustainable food to promote public health and minimize use of resources and negative environmental impacts. This directive includes food offered through City facility concessionaires, City programs, (e.g. senior, youth programs), and City sponsored meetings and events.

DID YOU KNOW?

Research shows that organic agriculture can reduce energy use by 60% and greenhouse gas emissions by 25%. — *Center for Food Safety*

Total U.S. meat consumption peaked in 2007 at 55 billion pounds and has fallen each year since. In 2012, consumption is expected to drop to 52 billion pounds, the lowest level in more than a decade. — *USDA*

Rule of Thumb—if the ingredient list is longer than the width of your thumb, then it is probably processed. — *Anna Lappe'*

The food processing and packaging industry is one of the top 5 users of energy in the U.S., using almost 14 billion gallons of gasoline every year. — *US Department of Energy*

The average conventional food product travels about 1,500 miles to get to your grocery store. — *Center for Sustainable Systems, Univ. of Michigan*

For every \$100 spent at a farmer's market, \$62 goes back to the local economy, and \$99 of the \$100 stays in the state. — *Dr. Viki Sonntag, Research Director of Sustainable Seattle*

When it comes to American health, the research shows one thing very clearly: We all need to eat more plants and less meat. — *The American Institute for Cancer Research*

WHAT YOU CAN DO

- Eat organic
- Eat locally grown
- Avoid processed foods
- Reduce meat and dairy consumption
- Reduce packaging and food waste

RESOURCES

FOOD SERVICE CONTAINER & BAG GUIDELINES

Contact the Office of Sustainability and the Environment at (310) 458-4925 or visit these sites for more info: sustainablesm.org/container sustainablesm.org/bag

FOOD WASTE & RECYCLING COLLECTION

Contact the Resource, Recycling, and Recovery Division at (310) 458-8596 for food waste and recycling collection bins and appropriate signage.

SANTA MONICA FARMERS MARKETS

- Wednesday Downtown**
8:30am–1:30pm, Arizona Ave. (between 4th & Ocean)
- Saturday Downtown**
8:30am–1:00pm, Arizona Ave. (between 4th and 2nd Streets)
- Saturday Pico**
8:00am–1:00pm, 2200 Virginia Ave. (Pico Blvd. @ Cloverfield)
- Sunday Main St.**
9:30am–1:00pm, 2640 Main St. (in Heritage Square)

If you have a quality green resource you would like to share, please email it to environment@smgov.net

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City of Santa Monica Sustainable and Healthy Food Purchasing Guidelines

How we spend our food dollars, as a city and as individuals, can improve the quality of life in our community and the communities where our food comes from. By choosing sustainable and healthy food, we can ensure a cleaner environment, boost the local economy, promote justice, and eat our way to a more fit and healthy body.



COFFEE AND TEA

- Serve coffee and tea in reusable, thermal lined airpots.
- Specify organic or fair trade coffee and tea.
- Use bulk creamer and sugar instead of individual disposable packets.
- Provide reusable spoons instead of disposable coffee stirrers.

DRINK SANTA MONICA WATER

- Serve water in the City's water pitchers.
- Provide 3 and 5-gallon water dispensers for larger events.

BRING YOUR OWN (BYO)

- Encourage attendees to bring their own reusable containers, utensils and mugs.
- Provide BYO reminders in meeting/event notifications, agendas and outreach materials.
- Provide creative incentives to encourage reusables, such as a raffle prize.

BE ZERO WASTE

- City meeting places should be equipped with recycling bins.
- Contact the Resource, Recycling and Recovery Division for food waste and recycling collection bins.
- Make attendees aware of your zero waste efforts.
- City's goal is zero waste by 2030.

REDUCE PACKAGING AND FOOD WASTE

- Strive to order the correct amount of food to prevent wasting food and money.
- Buy juices, snacks and condiments in bulk containers/packages.
- Choose caterers that provide reusable and/or recyclable service containers and utensils.

For resources, see back of left panel.

FOOD SERVICE WARE

- Provide reusable mugs, glasses, plates, cutlery and serving utensils for smaller groups.
- When disposable food service containers are most practical, choose ones that are made out of natural fibers (paper, bagasse, etc.), recyclable plastic or aluminum.
- Foam and clear polystyrene (#6 plastics) are prohibited in Santa Monica.
- Paper towels and napkins should contain a minimum of 40% post-consumer recycled fiber.

REDUCE MEAT AND DAIRY CONSUMPTION

- Offer vegetarian options.
- Serve nuts and other healthy snacks.

BUY LOCALLY GROWN

- Purchase healthy produce from Santa Monica farmers markets. *For a list of local farmers markets, see resources on back.*
- Purchase locally grown and/or organic produce from local grocers.

AVOID PROCESSED FOOD AND SNACKS

- Select food with no or minimal processing.
- Avoid highly processed meats like hot dogs and sausages.
- Avoid foods with added sugars, sodium, preservatives, MSG, additives, colorings, and artificial flavors.

