

Farm to College

University Dining Services (UDS) and four UM graduate students teamed-up in the spring of 2003 to create the UM Farm to College Program, dedicated to buying more food locally and regionally to feed the campus community. Through this program, The University of Montana plays a greater role in supporting Montana's economy, strengthening the local community and helping to preserve Montana's natural and cultural heritage.



Why Does UDS Buy Local Food?

Strengthens Our Economy – University Dining Services purchases approximately \$2.5 million in food supplies each year. Re-circulating this money within the local economy can have a significant impact!

Strengthens Our Community – Local farms provide communities with a direct and reliable food source, thereby making consumers less dependent on food sources that are thousands of miles away.

Preserves Natural and Cultural Heritage – Population growth in rural areas is placing increasing pressure on traditional open spaces under agricultural operations. Supporting these farmers supports the farming lifestyle and the beautiful landscape that comes with it.

TASTE the difference! - Food that must be shipped long distances is often bred for storage, not taste, and is often picked before fully ripened to increase shelf life. Growing food nearby eliminates this necessity, and can often be served on the same day that it is harvested.

Locally and regionally produced foods that UDS purchases include: beef, bread, honey, jam, salad dressing, granola, pasta, tea, beef jerky and frying oil. These products can be found at UDS outlets, including UM Concessions. Look for the Farm to College signs in all of our venues.

FARM TO COLLEGE FRIDAYS!

Stop by the UC Food Court every Friday for weekly Farm to College specials.



THE HUNGRY GRIZZLY

News From University Dining Services

The University of Montana

Lacto, Ovo, Vegan - What?

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If you've eaten in the Food Zoo, you may have noticed the vegan salad bar, vegetarian line, and the Health Watch labels that tell you if a food is vegetarian or vegan. Maybe you've even sampled some of those foods. But you may not be familiar with the background behind vegetarian diets. What exactly do vegetarians and vegans eat? Why would a person choose to be a vegetarian? Are vegetarian diets healthy? If these thoughts have crossed your mind, read on.

People eat vegetarian diets for many reasons. Some people simply don't like the taste of meat. Others follow religions that encourage a plant-based diet. Some vegetarians are motivated by ecological and humanitarian reasons. And still others feel that a vegetarian diet is the healthiest option.

Not all vegetarians are alike: different types of vegetarians eat different foods. Semi-vegetarians generally exclude red meat. Those who eat fish, but not other types of meat, are pesco-vegetarians. Lacto-vegetarians exclude meat and eggs, but not dairy. Ovo-vegetarians exclude meat and dairy, but not eggs. "Strict" vegetarians may also be called vegans. Vegans do not eat any food derived from an animal, such as meat, dairy, eggs, gelatin, rennet, or honey.

So what do vegetarians eat? Grains, fruits, vegetables, nuts, seeds, beans, soy products, and legumes. Can you be healthy if you do not eat meat? Yes. Both meat-eaters and vegetarians alike benefit from eating balanced, varied diets. Conversely, both groups can get into nutritional trouble if they eat too much junk and forget to include all the food groups.

For all of you carnivores out there, check out the vegetarian options at all of the food venues around campus. You're sure to get more dietary variety and discover new favorites. For all of you vegetarians, watch for the Vegetarian and Vegan Focus Groups taking place twice every semester. And regardless of whether you prefer burgers or tofu, feel free to talk to me (the dietitian) for any nutrition questions or concerns. Call 243-6325 for details.



The Hungry Grizzly is published by University Dining Services

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PLEASE
RECYCLE!

Dining Services recently stopped students around the Lommasson building to ask its patrons a few questions on the basics of healthy eating. Here's what they had to say!



What is the difference between a vegetarian and a vegan?

Justin: A vegetarian eats some animal products. A vegan eats no animal products.

Correct answer: Right on! Vegetarians don't eat meat products; however they do eat other animal products such as dairy.

How many servings of fruits and vegetables should you eat a day?

Katie: A person should eat between 4-7 servings of fruits and vegetables per day.

Amy: A person should eat between 5-8 servings of fruits and vegetables per day.



Correct answer: The daily recommendation for servings of fruits and vegetables is 5-9 servings per day.



What foods are a good source of protein?

Chris: Meats and carbohydrates.

Correct answer: Good sources of protein include legumes, fish, meat, eggs, dairy products, and nuts.

Vegetarian Focus Group

Do you have comments or concerns about vegetarian and vegan foods on campus? Then join us for a FREE dinner and discussion on Wednesday, November 3, 6-7 p.m. Meet outside the north entrance to the Food Zoo.

YES,

You Can Afford to Eat

Healthfully!

Is it true that fruits and vegetables are too expensive? No! Here's proof: When scientists at the US Department of Agriculture methodically priced 154 different types of produce, they found that more than half of them cost less than 25 cents per serving. And 82% of them cost less than 50 cents per serving. Despite what many people think, the researchers also demonstrated that fresh produce is usually cheaper than frozen or canned.

How can this be true? After all, sometimes bell peppers cost up to \$2.99 a pound. The answer lies in the serving size. One serving of produce may be smaller than you think: 1 cup of raw leafy vegetables; ½ cup of other vegetables, cooked or chopped raw; 1 medium apple, banana, or orange; or ½ cup of chopped, cooked, or canned fruit.

Americans spend about 15% of their food budget on fruits and vegetables. They spend almost 19% on bakery items, soda pop, candy, gum, and mints. Eating healthfully may be more a matter of priorities than economics. Don't take my word for it, though. Compare these prices from the Cascade Country Store.

<i>Food</i>	<i>Cost</i>
<i>Fresh fruit (1 piece)</i>	<i>.55</i>
<i>Cinnamon roll</i>	<i>1.50</i>
<i>Soda (16 oz.)</i>	<i>.60</i>
<i>Snickers bar (2 oz.)</i>	<i>.60</i>
<i>Trident gum (18 sticks)</i>	<i>1.09</i>
<i>Lifesavers (14)</i>	<i>.60</i>

Eating on the Go

Don't let good nutrition fall to the wayside in your busy life. Come to the **BiSip on Wednesday, October 27, from 6-7 p.m.** to learn more about healthy eating on the go. Our dietitian will give you practical tips, strategies, and recipes to help keep you performing at your peak.

TIP
OF THE MONTH