

## APES Sustainable Holiday Feast

Do your best to follow the guidelines below, but be honest in keeping track of where your food is coming from so we can rank **most sustainable dish**.

Prizes will be awarded for the following

- Most sustainable
- Most visually appealing
- Best tasting
- Weirdest recipe

Guidelines:

1. Using the recipe template in Google doc.s, create your recipe, share it Mr. Kennedy and post it before the feast.
2. Under the ingredients section be sure to identify **where** your ingredients came from.
3. Make enough for 30 people to have a "taste". You do not have to make enough to serve everyone a full portion. The beauty of a potluck is you try a little bit of everything.
4. Bring your food in reusable containers, bags, with reusable serving utensils!
5. Keep any trash generated from your recipe and bring to class to compare (make sure it is clean and won't grow mold or smell. For example if you have a Styrofoam tray that had meat on it please wash it well with hot soapy water or a jar of tomato sauce)

### **Buy local, seasonal produce**

<http://www.california-grown.com/PDFs/Whats-In-Season.pdf>

<https://www.seasonalfoodguide.org/california/early-december>

### **Need recipe ideas?**

<http://www.sustainabletable.org/921/cook-sustainably>

### **What about meat?**

Try and buy locally if possible. See more on guidelines below:

<http://www.sustainabletable.org/1649/the-meat-to-eat>

<https://www.eatwellguide.org/>

### **Additional tips:**

1. **Buy real, whole foods.** That means foods as close to their natural state as possible. Foods that haven't undergone energy-intensive processing and that do not contain chemically laden ingredients. "Think fresh strawberries, not strawberry-flavored breakfast bars."
2. **Move plant foods to the center of your plate.** Consider animal products as flavorings or additions, not the main event.
3. **Think organic:** Shop for foods that have been produced without industrial chemicals and other high-energy inputs. Look for the organic seal when shopping.
4. **Shop local -- support your local food economy.** Shop at supermarkets that carry local foods, at farmers' markets
5. **Don't be wasteful.** One of the biggest problems with moving to a more sustainable food system is something we can all understand: food waste. Between 30 and 50 percent of all food that could be eaten is wasted. And "if food waste were a country, it would be the third largest emitter of greenhouse gases in the world, after the United States and China! What can you do? Don't buy more than you need; use what you have, cook the vegetables in your refrigerator drawer rather than letting them wilt and die, and if they do then compost.

6. **Use less packaging.** Choose foods with minimal packaging when you shop; bring your own bags to the grocery store or farmers' market; use reusable containers for your leftovers.