

Brookline Public Schools Food Services Introduces Meatless Mondays and All-Natural Local Hamburgers

Brookline Public Schools Food Services aims to increase awareness of the benefits of sustainable eating to both personal health and the health of the planet. Sustainable eating involves choosing foods that are produced using methods that are safe for the environment, respect workers, treat animals humanely, and support farming communities. Food Services is pleased to introduce two new initiatives to bring sustainable eating to the school cafeterias.

Meatless Mondays During April

In support of the Brookline Department of Public Health and National Public Health Week (April 5-11), the school cafeterias will feature “Meatless Mondays” during the month of April. All menu options on the K-8 school Monday menus will be meatless, including the hot entrees, sandwiches and salads. The Brookline High School cafeteria will feature “Meatless Mondays” in the hot lunch line and salad bar.

Eating meatless meals once a week may reduce your risk of chronic diseases such as cardiovascular disease, cancer, diabetes, and obesity by lowering your intake of saturated and total fat and increasing your intake of fiber, folate, and other nutrients found in plants. Plant-based diets also help reduce your carbon footprint by decreasing your dependence on industrial meat agriculture – an industry that relies heavily on fossil fuels and produces significant greenhouse gas emissions.

All-Natural Local Hamburgers

Choosing meat that is sustainably produced is another way to reduce your carbon footprint. Food Services is partnering with b.good restaurant to serve hamburgers made from all-natural, local beef every Tuesday at Brookline High School (beginning March 30) and to one K-8 school per week (beginning April 29) throughout the remainder of the 2009-2010 school year.

b.good now sources their beef from Pineland Farms Natural Meats, a collaborative of over 200 New England farms dedicated to raising livestock humanely by providing the animals with a clean, stress free environment. The cattle are fed a purely vegetarian diet and are never given antibiotics or growth hormones. Purchasing beef locally also helps the environment by decreasing the energy spent on transportation, and provides a fresh product. b.good receives beef weekly from Pineland Farms, and then grinds and patties the beef at their local facility the day before the burgers are served in the cafeterias. The names of the particular farms that supplied the beef on b.good burger days will be posted weekly in the cafeterias and on the Food Services website.

With these two bold initiatives, Brookline Public Schools Food Services will become a leader in developing innovative strategies for improving meal quality and working towards environmentally friendly operations.

Contact:

Sonya Elder, Ph.D., Director of Food Services

sonya_elder@brookline.k12.ma.us

Phone: 617-730-2499