

## Fact sheet: University of California, San Francisco

### FOOD OPERATIONS AND SUSTAINABILITY

UCSF offers a variety of food outlets that are operated by either the Campus Life Services or UCSF Medical Center's Department of Nutrition and Food Services (NFS). Purchasing policies and practices have been designed to increase the sale of organic or hormone-free foods.

NFS currently procures 26 percent of food for patients and guests from sustainable sources, donates leftover food to local pantries and conducts a robust recycling and composting program achieving 85 percent diversion.

UCSF has a robust sustainability program covering sustainability activities across the entire campus and medical center. Formal and grassroots efforts are happening in many areas of the organization, including food services.

### UCSF REDUCES IMPACTS ON THE ENVIRONMENT BY:

- Reducing long distance transportation of foods (local defined as <200 miles);
- Increasing support for local and/or organic farms;
- Reducing waste (examples: Going Greener and BYOC programs);
- Increasing composting and recycling;
- Increasing support for local businesses; and
- Reducing pollution from pesticides and other harmful chemicals.

To learn more about UCSF's environmental friendly efforts, go to the UCSF Office of Sustainability's "Living Green" website.

In 2009, UCSF launched the Smart Choice Smart U program (<http://smartchoice.ucsf.edu>) in partnership with MyFitnessPal, a leading mobile application and website and Fitbit, an activity tracker, that combines food tracking with physical activity to give real-time feedback about personal wellness goals.

In 2008, UCSF introduced Farmer's Markets at Parnassus Heights and Mission Bay, which serve more than 800 faculty, staff, students and neighbors weekly.

### RESEARCH

UCSF scientists and clinicians address diet and nutrition and their impact on health through myriad efforts including studies of salt, sugar and alcohol consumption, counseling to patients in hospitals and clinics, and advocating for policy changes to reduce health risks including obesity and heart disease.