

# UVA ECONETWORK



## Food and Shopping

There are a number of ways to make your food and shopping intake more sustainable. On-Grounds and beyond, student organizations, dining services, restaurants, and stores have made efforts to reduce carbon emissions and waste. The following document outlines these initiatives.

### CIOs/Clubs

- Veggies of Virginia
- Animal Justice Advocates
- Sustainability Advocates
- Nitrogen Working Group
- Campus Kitchen
- FeelGood at UVA
- Food Law at Virginia Association
- Greens to Grounds
- Growing for Change
- Project Peanut Butter
- Hearts for the Homeless
- Morven Kitchen Garden (more information at the end of this document)

## UVA Sustainable Dining Overview

UVA has three dining contactors which provide food to the University: the UVA Health System (Morrison), UVA Dining (Aramark) and Darden School of Business (Flik). The three food providers are working to bring sustainable food options into their spaces through the [Sustainable Food Strategy Task Force](#), a collaborative group implementing [UVA's Sustainable Food Action Plan](#).<sup>1</sup>

- **Green Dining resources**
  - [UVA green dining blog](#)
  - [Green dining initiatives](#)
  - [UVA Sustainable Food Action Plan](#)
  - [Green dining video guide](#)
- **UVA Dining Sustainability Contact** Brooke Kinsey, [bkk2ra@virginia.edu](mailto:bkk2ra@virginia.edu)

## UVA Dining Options

- For a full list of UVA's dining options, click [here](#).
- **UVA Dining Halls**
  - UVA's dining halls have daily options of meat, poultry, vegetables, and grains for every meal in each dining hall. The majority of UVA Dining expenditures are on poultry (43%). Not only are these meat-based meals expensive for UVA, but they also significantly contribute to the University's greenhouse gas emissions. If UVA wishes to be carbon-neutral by 2030, UVA Dining should begin by reducing the amount of meat served to students.
  - Luckily, UVA Dining has been making a noticeable effort in recent years to provide more plant-based options in dining halls. Initiatives to date include [Plant Forward Fridays](#) and [Meat Free Mondays](#).
- **On-Grounds dining locations**
  - Other on-Grounds dining options such as Rising Roll, West Range, and Argo Tea only have a few plant-based meal options.
  - The University is actively trying to expand sustainable non-dining hall options, including the newly renovated

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<sup>1</sup> <https://sustainability.virginia.edu/steward/food>

vegetarian eatery called The Castle and offering one to three on-Grounds farmers markets per semester.

- For a list of vegan meal options at on-Grounds dining locations, visit Animal Justice Advocates website [here](#).
- **UVA Farmers Markets**
  - UVA dining will host farmers markets from time to time, featuring local restaurants. In the past, there have been Carter Mountain apple cider donuts, ice cream sandwiches, flavored popcorn, and local burgers just to name a few.
  - The best way to find out about these markets is through the [Office for Sustainability's Newsletter](#) and Instagram.

## Sustainable Dining Options in Charlottesville

- **The Corner**
  - There are a number of restaurants on the Corner that offer vegetarian, vegan, and flexitarian diet options. These include Juice Laundry, Roots, Pearl Island, Thyme & Co., Oakhurst Inn, and Tropical Smoothie.
  - For a list of vegan restaurants on the Corner and in greater Charlottesville, visit Animal Justice Advocate's resource [here](#).
  - Reusable cups on the Corner
    - One huge issue students have with bars on the Corner is their wasteful use of plastic cups and straws. The Green Corner Consulting subcommittee of the CIO Green Grounds is trying to tackle this. They work with businesses on the corner to reduce their energy use and waste, helping them save thousands of dollars by becoming more sustainable. You can find more information on Green Grounds on the Student Organizations document.
- **Charlottesville Farmers Markets**
  - **City Market**
    - Hosted on the Downtown Mall (an easy trolley ride from Grounds), the City Market is a great place to eat delicious, local food, buy some local produce, and hear some live music.
    - On Saturdays. From April to September, runs from 8:00 AM to 12:00PM (noon). From October to November 23, runs from

8:00 AM to 1:00 PM. The “Holiday Market” goes from November 30th to December 21st and runs from 8:00 AM to 1:00 PM.

- You can get great plants here, from tiny succulents to indoor air-purifiers to big basil plants.
- Don't forget to bring your own bags!
- **Farmers in the Park**
  - Farmers market hosted on Wednesdays at the corner of Chesapeake Street and Meade Avenue.
  - May - September, runs from 3:00 PM to 7:00 PM
  - October runs from 3:00 PM to 6:00 PM
- **Key's Corner Indoor Market**
  - Description from online: “Charlottesville City Market introduces Key's Corner Indoor Market, a winter market that bridges the gap between the Holiday and City Markets. Don't break your Saturday routine of grabbing fresh local produce, scrumptious meals, and unique crafts from local artisans. The market will host over 40 vendors comfortably indoors at Key Recreation Center.”
  - On Saturdays from 8:00 AM to 11:30 AM from January 11 to March 21 (closed 2/8)

## Sustainable Shopping in Charlottesville

The most sustainable way to shop is by purchasing locally-produced foods as well as increasing the amount of plant-based foods in your diet.

Thankfully in Virginia, we are relatively close to the area in which many crops are produced.

- **Grocery Stores**

- **Integral Foods and Yoga**

- This is a great place to get in-season, locally grown fresh foods. They also provide some foods in bulk bins so that you can skip all of the packaging.

- **Trader Joe's**

- Many times donates bruised or otherwise unsellable produce to food shelters
- Downside: has seemingly ridiculous amounts of plastic on their food

- Updated on July 15, 2019 that they are in the process of implementing packaging changes to remove a total of nearly 4 million pounds of plastic from their stores annually
- **Whole Foods**
  - Upside: gives you a lot of information as to where things are sourced from so that you can choose the produce that is at least from within the US.
  - Downside: a bit pricey.
- **Kroger**
  - Upside: most of their produce is offered free from plastic, so if you bring your own bags then you can avoid the waste altogether.
  - Appears to have a focus on becoming a sustainable company. You can access their plans [here](#).

## Morven Kitchen Garden

MKG is a one-acre educational and market garden where UVA students learn, lead, and connect through growing food. The garden is located twenty minutes from grounds at Morven Farm, a 2,913 acre farm owned by the UVA Foundation. At MKG, students grow and tend vegetables, flowers, perennial fruits, and bees. Produce is sold through a CSA program and wholesale to UVA Dining and other area restaurants.

There are many ways for UVA students to be involved: volunteer at a weekly workday, intern for a semester or the summer, be a member of the student leadership team, purchase a CSA share, and attend a garden event or workshop. Students can sign up for the MKG email newsletter which provides the weekly workday schedule and latest garden news. To sign up, email [morvenkitchengarden@virginia.edu](mailto:morvenkitchengarden@virginia.edu).

More information can be found on their website [here](#).

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