

## Good for you.

- Carl's Jr. beef/chicken breasts are charbroiled.
- Carl's Jr. offers chicken breast sandwiches.
- Carl's Jr. offers low carb choices and any sandwich can be requested with lettuce wrap instead of a bun.
- Carl's Jr. offers a choice of salads and low fat balsamic dressing.
- Carl's Jr. offers 1% low fat milk.
- Carl's Jr. uses zero trans fat oil.
- Carl's Jr. uses coffee sleeves and bags made of recycled paper.
- Soy Milk is available at International Grounds and Starbucks.
- Subway has 8 sandwich choices and 6 salad choices with 6 grams of fat or less.
- Subway's CalFit choices take the guesswork out of healthy eating.
- Subway offers 1% low fat milk.
- Subway offers two "healthy" side item options (sliced apples and raisins).
- Apples contain just 70 calories, are a good source of dietary fiber and Vitamin C and help maintain healthy teeth and gums. Raisins are an antioxidant superfood, ranking 2nd in one USDA comparison of common fruits and veggies.
- Subway makes it easy to eat those veggies:
  - Subway salad = 5 servings of veggies
  - Subway 6" sandwich = 2 servings of veggies
- Round Table Pizza offers a Skinny Crust option with 30% less carbs.
- Round Table Pizza offers low carb salads with your choice of fat-free dressing.
- Peet's Coffee at Bronco Student Center offers Fair-Trade certified, shade grown and certified organic coffees.
- Pony Express convenience stores offer a variety of salads, cut fresh fruit and cut veggies
- Pony Express convenience stores offer many choices of reduced fat, fat free, sugar free and low carb items including Baked Lays, Doritos and Sunchips, Quaker Rice Cakes and Soy Crisps, Quaker Chewy Granola Bars and Breakfast Bars, Dole juices, Gatorade, Aquafina water, Diet soft drinks, a variety of Quaker oatmeal and breakfast cereals and more.
- Poly Fresh Market offers a wide variety of organic and natural foods. Some examples are:
  - Salads & fruit cups
  - Cut vegetables
  - Organic milk and yogurt
  - Soy chips, snacks and milk
  - Natural and Specialty juices
  - SoBe and Arizona Green Teas
  - Cliff Bars, Power Bars, Balance Bars, etc.
  - Veggie chips
  - Vegetarian frozen entrées
  - Farm Store products
- Taco Bell offers low carb choices such as the Southwest Zesty Chicken Express Salad as well as 15 "Fresco Style" items with under 10 grams of fat. Say "Fresco" at Taco Bell for lower-fat alternatives.
- Freshens at Bronco Student Center offers fresh fruit smoothies with less than 155 calories as well as soft serve frozen yogurt, available in fat-free, low fat and fat-free no sugar added flavors.

Learn more at: [www.CPPDining.com](http://www.CPPDining.com)

## We're listening:

Together, we can make a difference in building healthy habits for you and for future generations. Let's help each other make smart choices!

Foundation Dining Services welcome suggestions and ideas about how we can help you, California and the environment. If you have any suggestions or comments, give us a call at 909.869.3189.

We're listening!

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[www.CPPDining.com](http://www.CPPDining.com)  
 909.869.3189



Denny's



Fresh Escape  
*"a salad experience"*



Good for you.  
 Good for California.  
 Good for Mother Earth.



The Green Campaign is about living healthy and staying fit ... it is about making smart choices for your health today and for future generations. Eating right, getting fit, emotional wellness, respecting the environment and disease prevention are all part of a healthy lifestyle for you!

Since 2004, when Foundation Dining Services launched the Green Campaign, we've been educating and promoting the enhancement of the health of the campus community, California and the world by promoting healthy choices and smart ways to live well.

The Green Campaign is Good For You, Good For California and Good for Mother Earth!

## Good for Mother Earth.



In support of the President's Climate Commitment, Foundation Dining Services makes recycling easy by providing recycling opportunities in convenient locations on campus. We also use recycled paper products, have gone trayless at Los Olivos and are reducing the use of "to-go" packaging with CFCs to benefit the environment. By purchasing seasonal, local produce and locally produced baked goods, we can obtain fresher and often healthier foods; this supports the nearby economy and reduces the environmental impacts of transporting food.

- By purchasing from local growers, we reduce fuel costs and pollution.
- Food prepared at Los Olivos is predominantly prepared from "scratch", meaning less packaging is used in the process and less waste.
- Los Olivos utilizes reusable plates and flatware.
- Los Olivos is "trayless"; reducing the use of thousands of gallons of water needed weekly to wash trays; trayless dining also reduces food waste.
- We encourage our patrons to waste less food through marketing communications regarding smaller portions; i.e. "Take what you wish, but eat what you take".
- Foundation Dining Services has reduced the use of take out containers containing CFCs.
- Foundation Dining Services recycles cardboard, plastic and cans in support of the University's recycling program.
- Carl's Jr. coffee sleeves and bags are made of recycled paper.
- We use unbleached napkins 100% recycled, 100% unbleached and 40% post consumer material.
- We have replaced or retrofitted with energy saving light bulbs in many areas.
- We have reduced the number of vehicles on campus by restricting the number of incoming deliveries.
- Pepsi and First Class Vending have installed Energy Star II vending machines.
- Greenopolis Dream Machines are located at BSC, Campus Center Marketplace and Denny's to provide convenient opportunities to recycle while offering rewards.
- Foundation Dining Services has provided giant Pepsi bottle-shaped recycling containers throughout campus and has installed recycling stations at Campus Center Marketplace to provide convenient opportunities to recycle.
- We use small electric powered vehicles.
- We promote carpool and public transportation within the workplace
- We encourage the recycling of packaging.
- We buy "non-sweatshop" uniforms.
- We are striving to implement sustainable practices on campus by reducing waste, providing organic foods wherever possible and reduce emissions and energy use.
- We recycle surplus equipment which is sold at auction and reused elsewhere.

Learn more at: [www.CPPDining.com](http://www.CPPDining.com)

## Good for California.



Since 2004, we have been partnering with California Grown to emphasize our strong ties to the land and to our neighbors; to restore pride in our homegrown products and our work; and to help our economy and our Californian way of life.

- Foundation Dining Services uses California Grown produce wherever possible.
- By shopping locally, we promote environmental sustainability. It also is a win for the economy. We can keep money circulating in California's economy by buying local. When our farms thrive, so will our communities and economy. In fact, the bounty provided by California's agriculture is what makes the Golden State prosper.
- Fresh Eggs – local from Lakeview, CA.
- Milk – local from Rockview Farms or Alta Dena Dairy. Both Alta Dena and Rockview Farms milk comes from cows not treated with the growth hormone rBST. All Alta Dena milk comes from local family farmers under contract to Alta Dena. Cows are fed a nutritious diet, including fresh green alfalfa hay. Milk is tested 29 times to make sure it contains nothing harmful. Alta Dena uses ingredients accepted by the Natural Food Industry, such as natural sweeteners (honey, fructose, fruit juice) and natural flavors without artificial colors, flavors or stabilizers. Alta Dena never fortifies their milk with powdered milk, only specially condensed fresh milk from their own rBST-free cows, for superior fresh-tasting milk. Rockview Farms operates their own dairies to provide a consistent supply of delicious milk. Rockview Farms does not use ultra-high temperature pasteurization to extend shelf life; they prefer lower temperatures to ensure maximum nutrition and fresh taste.
- The majority of fresh produce is locally grown for Cal Poly Pomona.
- Frito-Lay - The Southern California regional operation of Frito-Lay provides jobs for 1,500 people. Two manufacturing sites in the region, in Kern County and Rancho Cucamonga, are leading producers of Frito-Lay products.

Learn more at: [www.californiagrown.org](http://www.californiagrown.org) and [www.CPPDining.com](http://www.CPPDining.com)



## Good for you.



By providing a variety of healthy food choices we can combat obesity and other diet related diseases. This will allow students to establish good eating habits and a healthful lifestyle which will pay off as the years unfold.

- Foundation Dining Services promotes Meatless Mondays. Our goal is to get you off to a good start at the beginning of the week in making conscious choices on healthy eating behaviors. ([www.meatlessmondays.com](http://www.meatlessmondays.com))
- Los Olivos Dining Commons offers healthy, low-fat alternatives in its "Fit and Fresh" section featuring soy patties and skinless chicken, and at the Mongolian Grill where you can build your own vegetarian delight and then watch the chef stir-fry it to perfection on our sizzling grill.
- Los Olivos Dining Commons has switched to using light mayonnaise, sugar free syrups, and healthy condiments like Mrs. Dash.
- Being Vegetarian on Campus – Los Olivos understands
  - We always provide a freshly prepared vegetarian entree. Whenever possible, we prepare items with and without cheese and/or egg.
  - We always provide a vegan burger on our grill.
  - We prepare vegetarian/vegan sandwiches to order at our deli bar.
  - We provide vegetarian and vegan options daily at our Taqueria. (our beans and tortillas are lard-free and free of cheese).
  - Soy milk is available in our beverage area.
  - Vegetables are prepared without butter, margarine, or seasonings, unless noted.
  - Our mashed potatoes are made without milk or butter.
  - We provide a fresh fruit and salad bar daily.
  - We provide a fresh and frozen vegetable for every lunch/brunch and dinner daily.
  - We provide a vegetarian soup and chili daily.
  - We provide "To Go" options that cater to vegetarians and vegans.
  - Our potatoes for French fries have no animal by-products.
  - Our oil for frying contains no animal by-products.
  - We do not add MSG, sulfites or nitrates to our food. We do not knowingly purchase food or seasonings with MSG.
  - We wash our vegetables and fruit in a "FIT" vegetable wash to remove dirt and pesticide residues.
  - Our menu identifies vegan options.
  - Our chef is a national award winner in a NACUFS Vegetarian Recipe contest.
- We have converted to using no trans-fat oil.
- Fresh Escape offers 20 different fresh fruit or salad bar topping selections, many of which are low carb and/or low fat.
- Fresh Escape offers several low fat or non-fat dressings from which to choose.
- Fresh Escape offers a vegetarian soup or chili on a regular basis.

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