



**Local and sustainable initiatives**

**Fairtrade Campus Week Oct. 25-29**



During this year’s Fairtrade Campus Week, we highlighted the benefits of choosing Fairtrade products and served students delectable treats made with Fairtrade chocolate and bananas, such as a chocolate banana smoothie bar and hot chocolate bar with their choice of toppings. Meanwhile, in our retail locations, we gave away 400 Fairtrade Marley® coffees with the purchase of a Fairtrade banana chocolate chip muffin.

**Climate Awareness Week Oct. 18-22**

**CLIMATE AWARENESS WEEK**

100g of Tofu equivalent to:  
0.05kg of CO2e / 0.4 km driven by car

100g of chicken equivalent to:  
182g of CO2e / 8.3 km driven by car

**IF YOU WANT TO MAKE A DIFFERENCE TODAY**  
Choose the tofu cacciatore on the lunch menu!

**WHAT'S WITH THE CUTE LOGO?**

**CONCORDIA FOOD SERVICES**  
REDUCED CARBON EMISSION

**WHO?**

The logo was developed by students in Prof. Jordan Lebel's marketing course (winter 2021 term) as part of a class project.

**JERK MARINATED TOFU**

**JERK PORK LOIN**

**GUESS WHICH ONE HAS LOW (CO2E) EMISSION**

As part of Campus Sustainability Month, we partnered with the university and ran a Climate Awareness campaign aimed at educating the Concordia community about how adopting a plant-based diet (composed mostly of vegetables, fruits, whole grains, legumes, nuts, grains and other vegetarian sources of proteins and meat only occasionally) can significantly lower greenhouse gas emissions.

In our dining halls and retail locations, we posted educational materials, which included menu signage that featured a Reduced Carbon Emission logo—developed by students in Concordia Professor Jordan Lebel’s winter 2021 Marketing of Food course—to identify dishes that have fewer greenhouse gas emissions, thereby prompting students to do their part and choose the option that’s less harmful to our environment.

## Field trip to Macdonald Campus Farm yields an abundance of produce



On Oct. 7, Concordia Food Services and Hospitality Concordia team members basked in the warm weather and visited a grower at McGill University’s Macdonald Campus Farm, one of our key local suppliers from which we purchase fresh produce from July to November. Food services staff members made off with squash, peppers, tomatoes, onions, and watermelons, and incorporated them into several dishes served in both our dining halls and retail locations.

## Why eating products made with crickets adds a skip to your step



In our dining halls, we raised awareness about how alternative and sustainable protein sources from plants and insects can spike your energy levels. To drive home the message, we featured Montreal-based sports and nutrition supplier nääk—the first to produce an energy bar made with cricket powder—and handed out 400 samples of salted caramel, vanilla, energy waffles.

## National Seafood Month: drawing attention to certified sustainable products



For National Seafood Month in October, our dining halls highlighted Marine Steward Council (MSC)-certified products accompanied by promotional signage that explained why eating this certified sustainable option contributes to maintaining the health of our oceans and protecting seafood supplies for future generations. In fact, most of our recipes contain seafood drawn from sustainable sources that are certified by third-party organizations, such as MSC or Ocean Wise.

## Rewarding a 15-minute break with a free cup of joe



On Oct. 6, we ran a marketing campaign called Take : 15, which called on Concordia community members to take a 15-minute break for the sake of their mental wellbeing and enjoy a free cup of coffee at our Le Marché Express retail locations. We proudly distributed 130 Fairtrade Marley® coffees.

## Special events

### Turkey with all the fixins on Canadian Thanksgiving

On October 11, students took part in a traditional Canadian Thanksgiving and feasted on these yummy dishes:

#### Grey Nuns Dining Hall:

- Dijon and maple roasted ham
- Rosemary Gravy
- Tofu, squash, sweet potatoes, pecans and chickpeas casserole
- Roasted garlic mashed potatoes
- Sautéed Rainbow carrots and green beans

#### Buzz Dining Hall:

- Roasted Turkey breast
- Thyme and rosemary gravy
- Seven grain rice
- Lentils Shepherd's pie
- Roasted vegetables medley



### Halloween: how sweet it was



Halloween festivities got underway on October 24, when students took part in a pumpkin-carving contest, after which the Concordia community voted for their favourite carved pumpkin on social media. On October 29, students attended a party organized by residence life and snacked on 100 cookies, soft drinks and Fairtrade hot chocolate—all courtesy of food services. And on Halloween day, our staff members wore costumes, decorated the dining halls and announced the winner of the pumpkin-carving contest, which drew 62 votes.

## Staff member spotlight



In October, we launched an initiative on social media that calls for introducing food services staff members to the Concordia community. We featured Greg, a cook at the Buzz Dining Hall who serves up delectable pancakes, and Amal, a sous chef in the Grey Nuns Kitchen, whose Palestinian origins and passion for cooking are reflected in her tasty dishes.

## Upcoming events

**November 4:** Indian feast in dining halls to celebrate Diwali

**November 11:** Origami competition in dining halls to mark World Origami Day

**November 25:** American Thanksgiving meal and football on TV in dining halls

**November 29:** Retail locations to offer free samples of trail mix by Montreal-based supplier Fourmi Bionique

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