

HOW DO WE MAKE SENSE OF FOOD?

01 **80/20 PRINCIPLE** - 80% OF OUR INGREDIENTS ARE PLANT-BASED. ANIMAL-BASED INGREDIENTS (EGGS AND DAIRY) ARE LIMITED TO A MAXIMUM OF 20%.

02 **80/20 PRINCIPLE** - 80% OF OUR INGREDIENTS ARE LOCAL DUTCH SEASONAL PRODUCTS SOURCED WITHIN 250 KM RADIUS. 20% IS SOURCED WORLDWIDE. THIS SHOWCASES THE BEST OF DUTCH PRODUCE WHILE ALSO INCORPORATING A GLOBAL PERSPECTIVE ON CUISINE

03 DISHES IN OUR STUDENT AND STAFF RESTAURANTS ARE DESIGNED 100% VEGETARIAN. MEAT AND FISH CAN BE OFFERED AS AN EXTRA (PAID) OPTION

04 RESTAURANTS OPEN TO EXTERNAL GUESTS SERVE DISHES THAT HAVE BEEN DESIGNED AS PLANT-CENTRIC, THERE IS A FOCUS ON VEGETABLES BUT MEAT AND FISH WILL BE OFFERED AS WELL.

05 OUR MENUS CONSISTENTLY FEATURE OPTIONS CATERING TO DIETARY RESTRICTIONS SUCH AS VEGAN, GLUTEN-FREE, AND LACTOSE-FREE.

06 WE PROMOTE INCORPORATING HEALTHY, UNPROCESSED FOODS AND FOCUS ON UTILIZING HEALTHY PREPARATION TECHNIQUES.

07 TO MINIMIZE FOOD WASTE WE FOCUS ON 'RESOURCEFULNESS' I.E. USING ALL OF OUR PRODUCE, HEAD TO TAIL AND ROOT TO STALK. WE PROMOTE FOOD WASTE PREVENTION INITIATIVES ON AND OFF CAMPUS

08 WHILE ADHERING TO OUR PROCUREMENT REGULATIONS. WE BUY OUR INGREDIENTS AS MUCH AS POSSIBLE FROM LOCAL SUPPLIERS AND ALUMNI.

SENSE

SEASONAL, ETHICAL, NUTRITIOUS, SUPPORTIVE, ENJOYABLE

MAKING SENSE OF FOOD

- ☐ **80/20** RATIO OF REGIONAL TO GLOBAL PRODUCE
- ☐ **REGIONAL** MUST BE SOURCED FROM WITHIN A 250KM RADIUS
- ☐ **VEGETARIAN DESIGNED** IN OUR STUDENT AND STAFF RESTAURANTS
MEAT AND FISH CAN BE ADDED AS AN EXTRA PAID OPTION
- ☐ **PLANT FORWARD MENUS** IN OUR RESTAURANTS OPEN TO EXTERNAL GUESTS
80/20 PRINCIPLE - 80% PLANT-BASED PROTEIN AND 20% ANIMAL-BASED PROTEIN
- ☐ OUR MENUS REFLECT A **SENSE OF PLACE** AND CONNECT WITH **LOCAL HEROES**
- ☐ VEGAN, GLUTEN-FREE AND LACTOSE-FREE OPTIONS ARE AVAILABLE
- ☐ ALL PRODUCE IS **ORGANIC OR MEETS COMPARABLE STANDARDS**
- ☐ **MEAT, GAME, AND POULTRY** ARE SOURCED FROM THE NETHERLANDS
- ☐ **FISH** ONLY NORTH SEA AND ACCORDING TO THE FISH & SEASON PROGRAM
- ☐ **FOOD WASTE** HAS BEEN MINIMIZED TO THE MAXIMUM
- ☐ PRIORITIZE **REDUCING PACKAGING WASTE**
- ☐ FOCUSED ON **HEALTH AND NUTRITION**
WHOLE FOODS AND WHOLE GRAIN WHERE POSSIBLE, LIMIT ADDED SUGARS
- ☐ **ALUMNI** ARE FIRST SUPPLIERS IF THEY PRODUCE "SENSE"ATIONAL PRODUCTS
- ☐ **WINES** 100% EUROPEAN
DUTCH WINES ARE AVAILABLE ON OUR MENU
- ☐ **SPIRITS** ARE PREFERABLY CONNECTED TO OUR LOCAL HEROES AND LOCALLY SOURCED
- ☐ **BEER** 80% REGIONAL_20% GLOBAL

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