The Harvard Food Systems Initiative (HFSI) is an educational and experiential program to inspire elevated thinking and change to shape future food systems leaders for a more sustainable future. For students, with students—led by Harvard University Dining Services in collaboration with Harvard Faculty and practitioners in the field—HFSI will drive knowledge and experience in pursuit of food systems citizenship.

**The Food System & the Food Supply Chain**

The food system is more than just the supply chain (from farm inputs all the way to waste management). It includes a number of other factors that impact and are impacted by the food supply chain, such as:

- **Environmental**
- **Economic**
- **Health**
- **Social**

**WANT TO DIVE DEEPER?**

Read the [Blueprint for a National Food Strategy](hfsi.harvard.edu)—a collaboration between the Center for Agriculture & Food Systems at Vermont Law School and the Harvard Law School Food Law and Policy Clinic—which examines the need for a cohesive national approach to food system regulation through legal and scholarly research.

[hfsi.harvard.edu]
Healthy Plate, Healthy Planet
These simple steps will have an impact!

Limit Your Meat Consumption

Limit red meat and avoid processed meats. Choose plant proteins over animal proteins when you can.

Eat Plant-Forward

Center your diet around plant foods: fruits, vegetables, soy foods, beans, nuts and seeds.

Be Mindful About Eggs & Dairy

If you choose to consume cow milk, butter, cheese, and eggs, do so in moderation.

LEARN MORE about how your diet can protect the planet - check out this interactive guide on healthy, sustainable eating (a 10 minute learning experience to guide you towards simple dietary shifts!)

www.gaplesinstitute.com
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WHAT IS HFSI?
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HFSI LAUNCH WEEK!
Join us for the launch of HFSI with a week-long series of events. Stay connected with us for the year by exploring our website!

Learn how to use this guide to build healthy, balanced meals. Explore the Nutrition Source for more information on healthy food choices at: www.hsph.harvard.edu/nutritionsource/healthy-eating-plate

HEALTHY EATING PLATE

- Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.
- The more veggies—and the greater the variety—the better. Potatoes and French fries don’t count.
- Eat plenty of fruits of all colors.
- Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.
- Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).
- Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

[QR Code: Scan to visit the Nutrition Source]

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu
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WHAT IS HFSI?

WHAT ARE FOOD SYSTEMS IMPORTANT?

What we eat is one of the biggest determinants of our health and well-being.

Our current food systems have enormous impact on our planet, driving climate change and threatening ecosystems.

FOR MORE INFORMATION

Check out the food system research going on at Harvard’s School of Public Health

www.hsph.harvard.edu/nutrition-and-global-health/-food-systems/

WATCH THE VIDEO!

Watch “Changing the Food System is a Necessity,” an interview with Harvard’s Walter Willett

hfsi.harvard.edu

KNOWLEDGE. ENGAGEMENT. COMMUNITY.
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### Environmental Impact of the Food Supply Chain

The **Food Supply Chain** is only one part of the Food System.

#### Did You Know?

Each step that our food takes to reach our plates requires the consumption or emission of harmful chemicals and gases:

- carbon dioxide (CO₂)
- methane (CH₄)
- nitrous oxide (N₂O)
- hydrofluorocarbons (HFCs)

### Read the Blueprint for a National Food Strategy—A collaboration between the Center for Agriculture & Food Systems at Vermont Law School and the Harvard Law School Food Law and Policy Clinic.
Building a Healthy, Balanced Diet

Fill your plate with fruits and vegetables. Aim for color and variety.

Go for whole grains like brown rice, quinoa, oats, and whole wheats.

Choose healthy proteins: beans, soy foods, nuts, fish and poultry.

Limit red meat and avoid processed meat.

Use unsaturated vegetable oils (like olive, canola, sunflower) and avoid hydrogenated oils.

Drink water! Skip sugary drinks and limit dairy.

LEARN MORE on the Harvard Nutrition Source: www.hsph.harvard.edu/nutritionsource