



HARVARD
FOOD
SYSTEMS
INITIATIVE

WHAT IS HFSI?

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**—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.





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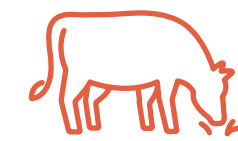
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HFSI LAUNCH WEEK!

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!

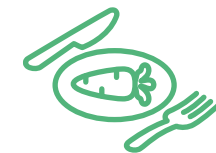
Healthy Plate, Healthy Planet

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.



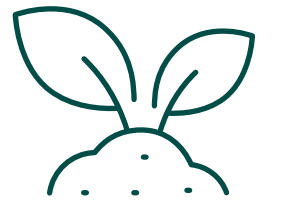
Eat Plant-Forward

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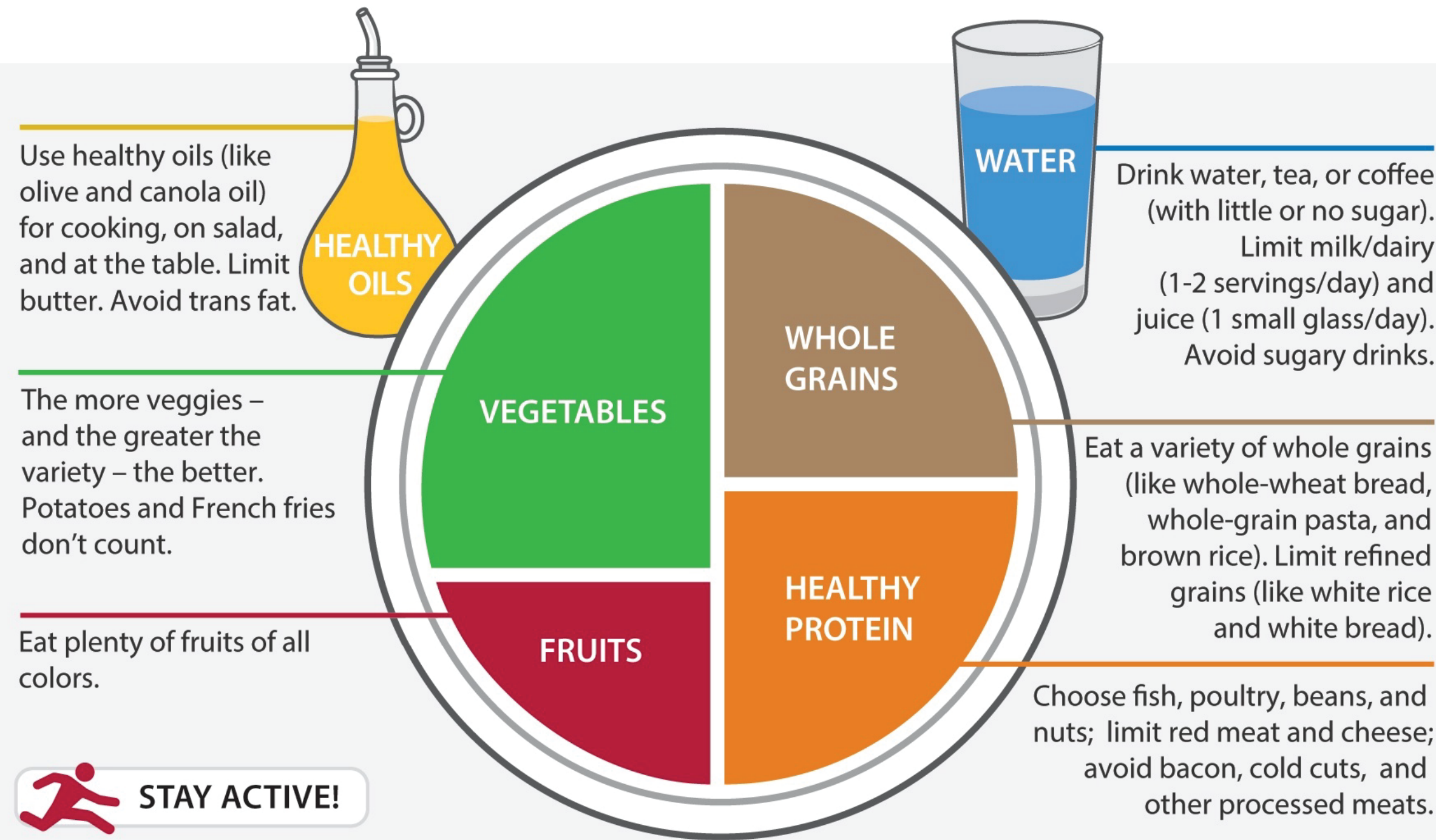
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Learn how to use this guide to build healthy, balanced meals.
Explore the Nutrition Source for more information on healthy food choices at:
www.hsph.harvard.edu/nutritionsource/healthy-eating-plate

HEALTHY EATING PLATE

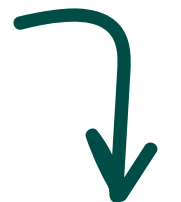


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 Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu 

SCAN TO VISIT THE NUTRITION SOURCE





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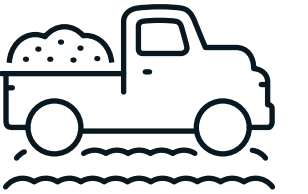
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What Are "Food Systems?"

Food systems are the public policy decisions; the national and global supply chains; and the individuals and groups – public and private – that influence what we eat.



WHY 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



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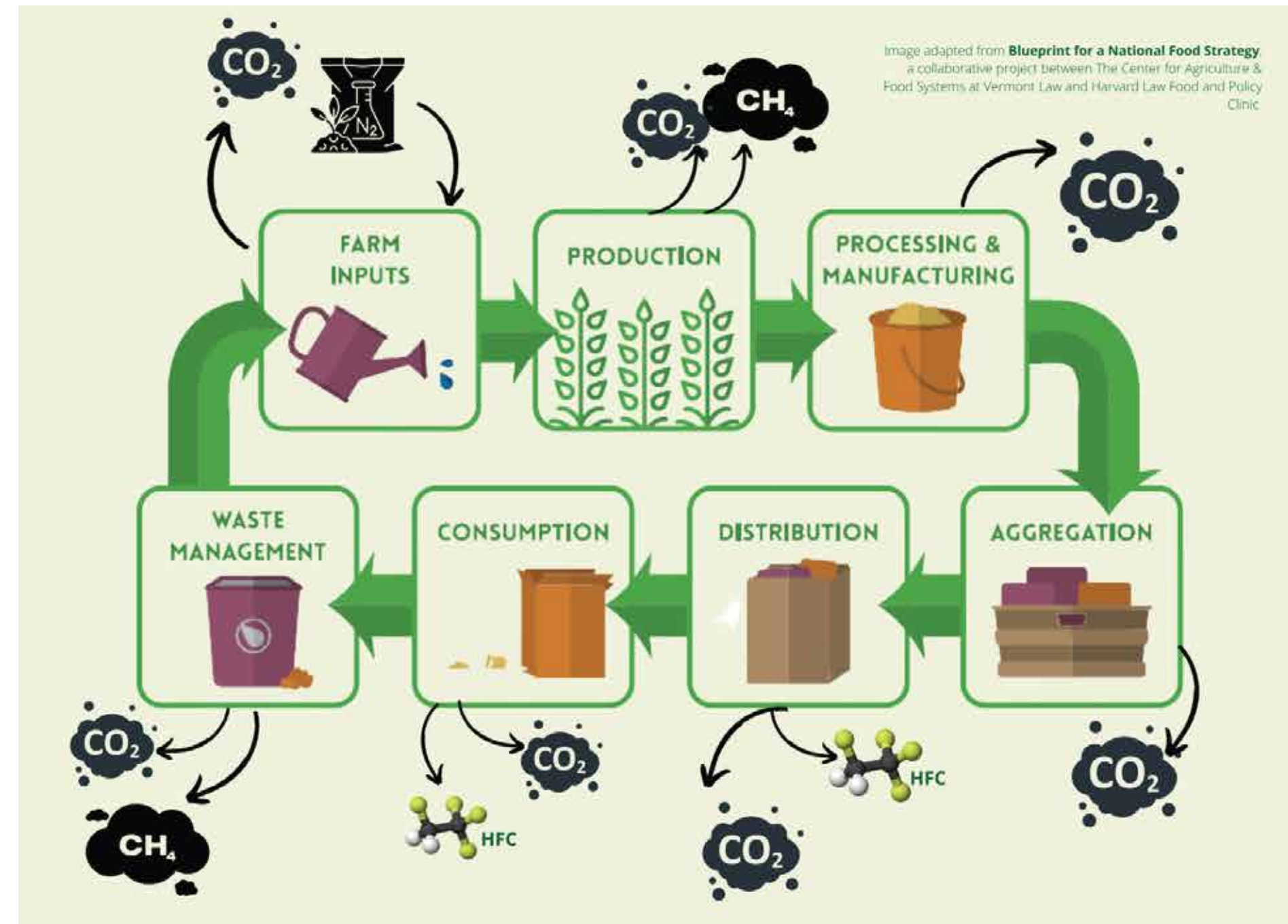
Environmental Impact of the Food Supply Chain

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)
- hydroflourocarbons (HFCs)



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Building a Healthy, Balanced Diet



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



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



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



Drink water! Skip sugary drinks and limit dairy.



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

Limit red meat and avoid processed meat.

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