**WHAT YOU CAN DO**

**Meet People!** Attend a community dinner held at the Waysmeet center on the second Tuesday of every month.

**Volunteer!** Help out with seasonal food baskets and other items throughout the year at the Cornucopia Food Pantry.

**Make Dinner!** Impress your friends by making them dinner using local and seasonal food from New Hampshire’s bounty.

**Get Your Hands Dirty!** Spend an afternoon helping at UNH’s organic garden.

**Spread The Word!** Encourage your friends to join you when you are interested in events and organizations around campus.

**Do Your Part!** Small changes can make a big difference. Find out what you can do to everyday to help create a more sustainable world.

Get more sustainability tips by visiting www.sustainableunh.unh.edu/students

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**FOOD & SOCIETY INITIATIVE**

The Food & Society (FAS) Initiative is dedicated to helping UNH become a sustainable food community: a community that supports local, sustainable agriculture, nutrition and public health, and quality of life. With projects including the UNH Local Harvest Initiative, the Dual Major in EcoGastronomy, the New Hampshire Farm to School Program, and more, FAS promotes a healthy food system from farm to fork to nutrition and health outcomes. UNH is recognized as a national leader in sustainability.

**Learn more:**

www.sustainableunh.unh.edu
discoversustainability.org

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**EAT GOOD, DO GOOD:**

**YOUR CAMPUS GUIDE TO BUILDING A SUSTAINABLE FOOD COMMUNITY**
EATING WITH THE SEASONS

Each season brings fresh new flavors! Here are some examples of what to look for when. To find out more, check out the Seacoast Harvest Guide (see right).

Spring
- asparagus
- fiddleheads
- lettuce
- rhubarb

Winter
- garlic
- onions
- potatoes
- squash

Summer
- berries
- corn
- cucumbers
- tomatoes

Fall
- apples
- carrots
- broccoli
- spinach

Available year round:
- Yogurt, milk, eggs, meat, maple syrup, honey, preserves, and more!

WHERE TO LOOK...

To learn more & get involved on campus:

Community Dinners
Monthly dinners to promote sustainability and ease hunger in our community
www.unh.edu/campusministry

Cornucopia
UNH’s Community Food Pantry
www.cornucopia.unh.edu

Ecological Advocates
Promoting environmental awareness among students
www.sustainableunh.unh.edu/ecologicaladvocates

EcoGastronomy
New dual major on campus integrating agriculture, hospitality management, and nutrition and health
www.unh.edu/ecogastronomy

Local Harvest Initiative
Sustainable dining efforts on campus
www.sustainableunh.unh.edu/localharvest

Real Food Challenge
A student campaign for real food on campus
www.realfood.org

Slow Food UNH
Supporting good, clean, and fair food
www.unhmub.com/orgdirect

Student Nutrition Association
Raising nutritional awareness through education, leadership and outreach
www.unhmub.com/orgdirect

UNH Organic Garden Club
Cultivating UNH’s certified organic garden
www.sustainableunh.unh.edu/fas/ogc

University Office of Sustainability
Building a sustainable learning community at UNH
www.sustainableunh.unh.edu

To find local farms and foods off-campus:

NH Farmers’ Market Guide

NH Farm Stand Directory

NH Virtual Farmers’ Market
www.nhfarms.com

Seacoast Eat Local
www.seacoasteatlocal.org

Seacoast Growers
www.seacoastgrowers.org

Seacoast Harvest Guide
www.seacoasteatlocal.org/seacoastharvest