FRESH education

FAQ: How to Make Sustainable Choices at Breakfast

Q: What are some sustainable, quick, and convenient breakfast ideas?

A: Preparing a few breakfast options ahead of time that are easy to take with you on-the-go can save you lots of time in your busy morning routine. For example, homemade granola bars, apple slices with nut butter, tofu spring rolls, breakfast burritos, and sandwiches can also be made ahead and frozen. Smoothies packed with protein (from whole foods) and lots of fruits and veggies are also a great option to sip on-the-go.

Q: How can I include plant-based protein sources for breakfast?

A: Pulses are a great way to add plant-based protein to your breakfast. Pulses aren't only sustainable, but they have also been shown to reduce cholesterol! Try a tofu scramble, or blend some silken tofu into smoothies. Other options include hummus on toast, chia seed pudding, vegan lentil pancakes, or lentil granola!

Q: How can I make sustainable breakfast choices on campus?

A: Does your morning routine involve grabbing a coffee before class? Cut down on waste and bring your own mug! All campus eateries have a 10 cent off incentive for coffee if the customer brings their own reusable cup. Even if you forget your reusable mug at home and need to use a disposable cup, be sure to recycle. You can also take advantage of food compost bins in campus residences instead of scraping your unfinished plate off into the garbage. Western Hospitality Services has partnered with Harvest Power, a renewable energy source initiative that creates electricity from the compost using anaerobic digestion.

Q: How can I eat local and seasonal fruits and vegetables?

A: Buying local produce in bulk when it's in season (and cheapest!) then freezing it for use throughout the year is a great strategy. Freezing does not significantly alter the nutritional value of the food, whereas canning can. If you do eat produce that isn't local or seasonal, try to limit the number of kilometers it has to travel to get to you.

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Brescia University College Food and Nutritional Sciences