

Intro to Sustainable Food at MIT



What is a sustainable food system?

A sustainable food system protects people and the environment, celebrates cultures, is affordable and accessible, and is nutritious and delicious. At MIT, students, staff, and faculty are working toward creating a sustainable food system for MIT and the world – from menus, to food waste prevention, to agricultural research.

A few places to start:



Explore Plant-Forward

Plant-forward meals that minimize red meat tend to be healthy & sustainable. Exploring non-meat proteins while in and around MIT can be fun – meals that feature beans, lentils, nuts, yogurt, eggs, and more. Look to food traditions around the globe for inspiration. Share recipes and tips with friends!



Get to know the people in your local food system

Try meeting the people who grow, supply, cook, and think about food. The Cambridge/Boston area is filled with farmers, shop keepers, chefs, fishermen, teachers and more. By talking to people and visiting new places, we can learn how food is grown and produced, get cooking tips, make connections, and more.



Join the Conversation about Climate Action and Food at MIT

If you would like to learn more or engage in conversation about how food fits into MIT's climate action plan, reach out to Susy Jones in the Office of Sustainability. This year (2022), MIT is establishing a quantitative food goal to advance the Institute's commitment to climate – and we would love your input.

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For more food & wellbeing resources: doingwell.mit.edu

