



# KITCHENS

It is the mission of Antioch Kitchens to provide quality meals and service to our community. We strive to support the ideals of Antioch College by being mindful of the products we use in doing so, the people that produce them, and the way in which they are produced. We want our food to make people feel welcome, invigorated and alive. Here are some of the things we are proud of.



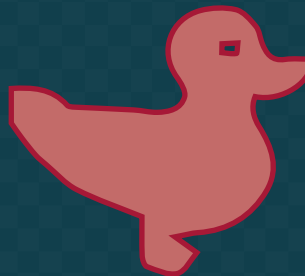
We use 100% *grass-fed* beef, raised by Keener Walnut Grove Farms in Trotwood, Ohio, a beautiful 60-acre farm where *cows can be cows*.



We help students and staff with food allergies by informing them of the procedures used to provide them with *special dietary services*.



All eggs are locally sourced and are produced by *cage-free* and *free-range* hens.



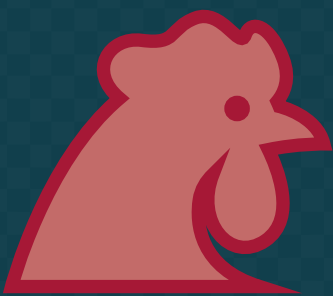
A portion of the eggs we use on campus are raised with *our own chickens and ducks*. This keeps packaging and transportation costs down and allows *our birds to lead happy lives*.



Our whole cuts of pork are *locally* raised. Pigs are raised *outdoors* and are given lots of room to be pigs. Sows are provided with *bedded pens* to birth and care for their piglets



All of the goat we use is *free range* and raised *locally*.



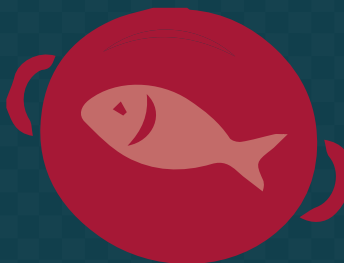
All meat chickens are raised *locally* by Ed Hill Family Farm and are *cage-free* birds.



Our honey is sourced from White Mountain Honey Farm in Xenia, Ohio. The hives are maintained *organically*.



The lamb we use is raised on our own farm or raised *locally*, all using *grass-fed* methods.



Fish is raised at *local* farms or is caught and/or raised using *sustainable methods* in waters with ample *regulation, oversight* and *environmental awareness* as recommended by the Monterey Bay Aquarium's seafood watch program.



Coffee is regionally roasted (in Columbus) and sourced from *fair trade* and *organic* shade-grown farms, *co-ops*, and single grower estates.



We use *local* maple syrup and *local* milk.

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At least **28%** of our locally-sourced seasonal produce is raised on the **Antioch Farm**.



There are **no** deep fryers in our kitchens.



We purchase **organic products** whenever possible.



We do a lot of our own baking and cook all of our meals **from scratch**.



We participate in the multi-stream **recycling** program (campus-wide). We recycle cans, glass, cardboard, paper and plastic containers.



We **compost** all the vegetable trim and coffee grounds we produce on-site. The farm picks up our waste buckets **daily** and maintains a composting system.



We have **trayless** meal service to cut down on wasted food.



We provide **reusable** to-go containers in favor of disposable to-go containers. Reusable cups, plates and flatware are used for regular service.



All the equipment we use is repurposed and/or Energy Star rated. Every equipment purchase will be **Energy Star** rater or better.



We use **natural lighting** as much as possible and do not have equipment on if it is not in use.



All full-time employees have access to **health benefits** and **retirement plans**.



We employ upwards of **30 student workers** per term in both dishwashing and food preparation positions.



We offer vegan and vegetarian dishes at every meal.

Of all the food served at Antioch, **56%** is **real food** as defined by the Real Food Challenge. This makes us the #2 Higher education institution in the country for **fair, humane, sustainable, ecological** food!