

# Food Audit Toolkit

---

How does your institution rate on its sustainable food choices? The Hazon Food Audit Toolkit is designed to help you evaluate your institution and identify areas of focus for change or improvement. The sections on the following pages match the chapters in the Food Guide; use those chapters to help you understand the issues and decide what next steps you can take.

For each question, assign yourself the number of points that best represents your community's practices. Then total each section, and compile at the bottom to show your Food Audit Score!

An excel version of the Audit, which will calculate your score for you automatically, is available for download at [www.hazon.org/foodguide](http://www.hazon.org/foodguide).

### 1: Healthy, Sustainable, Kosher: Food "Fit" to Eat

	Almost Always	Sometimes	Rarely	Never	N/A
<b>How often do you serve....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Organic vegetables (fresh, dried, frozen, or home preserved)					
Organic fruits (fresh, dried, frozen, or home preserved)					
Organic milk					
Organic cream or half-n-half					
Organic cheese and other dairy products					
Organic coffee					
Organic tea					
Organic eggs					
Local vegetables (fresh, dried, frozen, or home preserved)					
Local fruits (fresh, dried, frozen, or home preserved)					
Local milk					
Local cream or half-n-half					
Local cheese and other dairy products					
Bread and pastries from local bakeries					
Local eggs					
Fair Trade Tea					
Fair Trade Bananas					
Fair Trade Coffee					
Fair Trade Chocolate					
Tav HaYosher certified catering					
Foods with the Magen Tzedek seal					
Foods with a sustainable Hechsher (Earth Kosher, Apple K kosher and/or Wholesome kosher)					
Grass-fed or pasture-raised meat					
Organic meat					
Local meat					
Free roaming/cage free eggs					
Pastured/Free Range eggs					
Sustainable fish					
Vegetarian (or meatless) events					
At least one vegetarian/meatless/vegan option at all meals and events					
Whole grain foods					
Low sodium options					
Water whenever food is provided					
Sustainable wine					
<b>Subtotal</b>					

	Almost Always	Sometimes	Rarely	Never	N/A
<b>How often do you avoid....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
GE (genetically engineered) or GMO (genetically modified organism) ingredients					
High Fructose Corn Syrup					
Products with trans fats, hydrogenated, or partially hydrogenated oils					
Sweetened beverages (soda, juices, etc)					
<b>Subtotal</b>					
<b>Total from "Food Fit to Eat" (out of 114)</b>					

<b>2: Eating Together: Planning for Meals, Kiddush, Simchas and Holidays</b>					
	Almost Always	Sometimes	Rarely	Never	N/A
<b>How often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Ask your caterer to source food from local, sustainable, and/or fair trade sources					
Ask members/participants preparing food to use local, sustainable, and/or fair trade ingredients in meals they prepare to share at events					
Place signs on tables indicating when food and drinks were purchased locally, are organic, fair trade, ethically raised, etc.					
Host a sustainable kiddush					
Promote healthy and sustainable Jewish Holidays (Rosh Hashanah, Passover, etc.)					
Encourage sustainable Simchas and provide resources to those who are celebrating Bar/Bat Mitzvahs or weddings in your community on how to do so					
Encourage food blessings / reflections during communal meals					
<b>Subtotal</b>					
<b>Total from "Eating Together" (out of 21)</b>					

### 3: Serving and Cooking the Food

	Almost Always	Sometimes	Rarely	Never	N/A
<i>How often do you....</i>	3 pts	2 pts	1 pt	0 pts	3 pts
Purchase products and supplies in bulk to help reduce packaging waste					
Use cloth totes for transporting groceries					
Recycle, reuse, or donate plastic grocery bags					
Use reusable plates and bowls (e.g. ceramic, glass, etc. that can be washed and used again)					
Use reusable silverware					
Use reusable cups and mugs					
Use plates and bowls made from recycled materials					
Use silverware made from recycled materials					
Use cups and mugs made from recycled materials					
Use recyclable or biodegradable/compostable plates and bowls					
Use recyclable or biodegradable/compostable silverware					
Use recyclable or biodegradable/compostable cups and mugs					
Use cloth napkins					
Use reusable or cloth table cloths					
Use napkins made from recycled materials					
Use table cloths made from recycled materials					
Use pitchers and glasses, or a water cooler, instead of individual plastic water bottles					
Purchase environmentally friendly cleaning products (e.g. dish soap, dishwasher detergent, all-purpose cleaner) or make your own					
Air dry or use cloth towels for drying dishes					
Purchase milk in reusable glass containers					
Unplug small appliances when they are not in use					
Replace high energy-eaters (refrigerators, dishwashers, etc.) with Energy Star models					
When purchasing new pots and pans, consider ecological options					
	Yes - 3 pts	x	x	No - 0 pts	N/A - 3pts
Have you conducted a full-scale energy audit?		x	x		
<b>Subtotal</b>					
<b>Total from "Serving and Cooking the Food" (out of 72)</b>					

<b>4: Food Waste</b>					
	Almost Always	Sometimes	Rarely	Never	N/A
<b>How often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Try to reduce the overall amount of food you purchase and use					
Try to reduce the overall amount of waste you generate (thoughtfully plan actual amount of food needed)					
Reuse leftovers in dishes if not donating them					
Recycle all recyclable materials (paper, plastic, glass, metal, etc)					
Collect food waste to be composted on-site or picked up and composted off-site					
Collect compostable dishware and utensils to be composted on-site or picked up and composted off-site					
	Yes - 3 pts	x	x	No - 0 pts	N/A - 3pts
Do you have clearly labeled recycling bins set up in convenient areas?		x	x		
<b>Subtotal</b>					
<b>Total from "Food Waste" (out of 21)</b>					

<b>5a: Food Education - Adults</b>					
	Almost Always	Sometimes	Rarely	Never	N/A
<b>For an adult audience, how often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Include information pertaining to food sustainability and justice issues in the bulletin/newsletter					
Include food sustainability and justice issues in a sermon and/or during services in general					
Post signs to educate members about food sustainability and justice issues					
Distribute recipes using local and seasonal foods					
Have books and films related to food sustainability and justice available to members					
Encourage members to play leadership roles in food sustainability and justice activities					
Recognize congregants/members for making changes related to food sustainability and justice in their own lives					
	At least 1x month	Every 2-3 months	At least 1x year	Never	N/A
<b>How often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Organize field trips to a local, organic farm and/or to local farmers markets to see sustainable food systems in action					
Invite speakers (e.g. farmers, food justice workers, etc.) to teach about food sustainability and justice issues such as the Farm Bill or ethical kosher meat					
Host a Beit Midrash to enable members to learn about food, faith, and agriculture through text study					
Offer cooking classes focused on local and seasonal foods					
<b>Subtotal</b>					
<b>Total from "Food Education - Adults" (out of 33)</b>					

<b>5b: Food Education - Children &amp; Teens</b>					
	Almost Always	Sometimes	Rarely	Never	N/A
<b>For a teen and/or child audience, how often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Encourage youth and teens to play leadership roles in food sustainability activities					
	At least 1x month	Every 2-3 months	At least 1x year	Never	N/A
<b>How often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Invite speakers (e.g. farmers, food justice workers, etc.) to teach about food sustainability and justice issues					
Invite speakers to teach about food policy (e.g. Farm Bill)					
Incorporate lessons and activities related to food sustainability and justice					
Teach songs and crafts related to these issues					
Organize field trips to a local, organic farm or farmer's market to see sustainable food practices in action					
Hold film screenings and make books and films related to food sustainability and justice available to youth and teens					
Host a Beit Midrash to enable youth and teens to learn about food, faith, and agriculture through text study					
Offer cooking classes focused on local and seasonal foods					
Offer food tastings for youth and teens highlighting a seasonal fruit or vegetable					
<b>Subtotal</b>					
<b>Total from "Food Education - Children" (out of 30)</b>					

<b>6: Community Agriculture and Gardens</b>					
	Almost Always	Sometimes	Rarely	Never	N/A
<b>How often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Educate members about Community Supported Agriculture Programs					
Encourage vegetable gardening at home or in the community					
Do members/ congregants use the kitchen for cooking?					
	Yes - 3 pts	x	x	No - 0 pts	N/A - 3pts
Do you host a farmers market or farm stand?		x	x		
Do you host a Community Supported Agriculture program?		x	x		
Do you have an herb/ fruit/ vegetable garden at your institution?		x	x		
<b>Subtotal</b>					
<b>Total from Community Agriculture and Gardens</b>					
<b>6a: CSA bonus section (if you answered "yes" above)</b>					
	Almost Always	Sometimes	Rarely	Never	N/A
<b>How often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Donate produce from the CSA to a local food pantry					
Include low income/subsidized shares in your CSA					
Offer flexible payment options for your CSA					
<i>Total from "CSA Bonus Section" (out of 9)</i>					
<b>6b: Gardening Bonus Section (if you answered "yes" above)</b>					
	Almost Always	Sometimes	Rarely	Never	N/A
<b>How often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Use organic/sustainable gardening practices					
Donate foods from the garden to a local food pantry					
Encourage children in planting/harvesting/cooking produce from the garden					
<i>Total from "Gardening Bonus Section" (out of 9)</i>					
<b>Total from "Community Agriculture and Gardens" (including bonus sections)</b>					



<b>7: Food Justice</b>					
	Almost Always	Sometimes	Rarely	Never	N/A
<b>How often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Donate leftover food from events to soup kitchens/ shelters					
Incorporate fresh fruits and vegetables into meals prepared to be donated					
Incorporate healthier substitutes into meals prepared to be donated (i.e. whole grains, low saturated fat, no trans fat/ hydrogenated or partially hydrogenated oils, low sodium)					
Donate healthy nonperishable food items to food pantries					
<i><b>Bonus:</b> Encourage eligible members to participate in WIC, Senior Farmers' Market Nutrition Program, and SNAP</i>					
	Almost Always	Sometimes	Rarely	Never	N/A
<b>How often do you....</b>	3 pts	2 pts	1 pt	0 pts	3 pts
Participate in a gleaning trip to a farm to help harvest food for those experiencing food insecurity					
<b>Subtotal</b>					
<b>Total from "Food Justice" (out of 15, 3 bonus points possible)</b>					

<b>Scorecard</b>					
	Earned	Possible	Percent		
1: Healthy, Sustainable, Kosher: Food "Fit" To Eat					
2: Eating Together					
3: Serving and Cooking the Food					
4: Food Waste					
5a: Food Education - Adult					
5b: Food Education - Children					
6: Community Agriculture and Gardens					
6a: CSA Bonus Points					
6b: Garden Bonus Points					
7: Food Justice (includes 3 bonus points)					
<b>GRAND TOTAL</b>					

## Food Audit Worksheet

Use the following questions to help you determine your next steps for making positive food changes at your institution.

1. Review your score for each question, and the score for each section overall. According to these scores, what are the strengths and weaknesses of your policies and practices?
2. Choose one of the weaknesses that you'd like to address. List several actions that would help you improve your score (hint: you can find suggestions in the pages of the Food Guide!)
3. Rank your potential actions based on five factors— importance, cost, time, commitment, and feasibility using the chart below. Add the points together for each action, and use the total to help you choose a couple of top priority actions to recommend for as-soon-as-possible implementation.
  - Importance – how important is the action to my community?  
(3 = high; 2 = moderate; 1 = low)
  - Cost – how expensive would it be to plan and implement the action?  
(3 = low cost; 2 = moderate cost; 1 = high cost)
  - Time – how much time and effort would it take to implement the action?  
(3 = little time/effort; 2 = moderate time/effort; 1 = high time/effort)
  - Commitment/enthusiasm – how enthusiastic would my community be about implementing the action?  
(3 = high; 2 = moderate; 1 = low)
  - Feasibility/Difficulty – how difficult would it be to complete the action?  
(3 = easy; 2 = moderately easy; 1 = highly difficult)

Action	Importance	Cost	Time	Commitment	Exam	Total Score	Top Priority? ✓