

1: Healthy, Sustainable, Kosher: Food "Fit" to Eat				
	Almost Always	Sometimes	Rarely	Never
How often do you serve....	3 pts	2 pts	1 pt	0 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 & 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 & 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				
Subtotal				

	Almost Always	Sometimes	Rarely	Never
How often do you avoid....	3 pts	2 pts	1 pt	0 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)				
Subtotal				
Total from "Food Fit to Eat" (out of 114)				
2: Eating Together: Planning for Meals, Kiddush, Simchas and Holidays				
	Almost Always	Sometimes	Rarely	Never
How often do you....	3 pts	2 pts	1 pt	0 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				
Subtotal				
Total from "Eating Together" (out of 21)				

3: Serving and Cooking the Food

	Almost Always	Sometimes	Rarely	Never
<i>How often do you....</i>	3 pts	2 pts	1 pt	0 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
Have you conducted a full-scale energy audit?		x	x	
Subtotal				
Total from "Outfitting Your Kitchen" (out of 72)				

4: Food Waste				
	Almost Always	Sometimes	Rarely	Never
How often do you....	3 pts	2 pts	1 pt	0 pts
Try to reduce the overall amount of material 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
Do you have clearly labeled recycling bins set up in convenient areas?		x	x	
Subtotal				
Total from "Food Waste" (out of 21)				

5a: Food Education - Adults				
	Almost Always	Sometimes	Rarely	Never
How often do you....	3 pts	2 pts	1 pt	0 pts
Include information pertaining to food sustainability and justice issues in the bulletin/ newsletter				
Food sustainability and justice issues included in the 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
How often do you....	3 pts	2 pts	1 pt	0 pts
Organize field trips to a local, organic farm and/or to local farmers' market 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				
Subtotal				
Total from "Food Education - Adults" (out of 33)				

5b: Food Education - Children & Teens

	Almost Always	Sometimes	Rarely	Never
How often do you....	3 pts	2 pts	1 pt	0 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
How often do you....	3 pts	2 pts	1 pt	0 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 screens 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				
Subtotal				
Total from "Food Education - Children" (out of 30)				

6: Community Agriculture and Gardens				
	Almost Always	Sometimes	Rarely	Never
How often do you....	3 pts	2 pts	1 pt	0 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
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	
Subtotal				
Total from Community Agriculture and Gardens				
6a: CSA bonus section (if you answered "yes" above)				
	Almost Always	Sometimes	Rarely	Never
How often do you....	3 pts	2 pts	1 pt	0 pts
Dont 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>				
6b: Gardening Bonus Section (if you answered "yes" above)				
	Almost Always	Sometimes	Rarely	Never
How often do you....	3 pts	2 pts	1 pt	0 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>				
Total from "Community Agriculture and Gardens" (including bonus sections)				

7: Food Justice				
	Almost Always	Sometimes	Rarely	Never
How often do you....	3 pts	2 pts	1 pt	0 pts
Donating leftover food from events to soup kitchens/ shelters				
Incorporating 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>Bonus: Encourage eligible members to participate in WIC, Senior Farmers' Market Nutrition Program, and SNAP</i>				
	Almost Always	Sometimes	Rarely	Never
How often do you....	3 pts	2 pts	1 pt	0 pts
Participate in a gleaning trip to a farm to help harvest food for those experiencing food insecurity				
Subtotal				
Total from "Food Justice" (out of 15, 3 bonus points possible)				