

Hazon Food Audit

Instructions: for each question, assign yourself the number of points that best represents your community's practices. In instances where you never do something because you're actually doing something more sustainable, be sure to score "N/A" rather than "never" so that your score isn't adversely affected (e.g., if you never use compostable plates because you always use reusable dishes, score N/A). Then total each section, and compile at the bottom to show your Food Audit Score!

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

	Almost Always	Sometimes	Rarely	Never	N/A
How often do you serve....	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 sugar					
Organic wine					
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					
Local wine					
Fair trade bananas					
Fair trade tea					
Fair trade coffee					
Fair trade sugar					
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					
Healthy options in your vending machines					
Subtotal					

	Almost Always	Sometimes	Rarely	Never	N/A
How often do you avoid....	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)					
Subtotal					
Total from "Food Fit to Eat" (out of 126)					

2: Eating Together: Planning for Meals, Kiddush, Simchas and Holidays					
	Almost Always	Sometimes	Rarely	Never	N/A
How often do you....	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 ways of celebrating Jewish holidays					
Encourage sustainable simchas and provide resources on how to do so to those in your community who are celebrating bar/bat mitzvahs or weddings					
Encourage food blessings and/or reflections during communal meals					
Subtotal					
Total from "Eating Together" (out of 21)					

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 are 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-eater appliances (refrigerators, dishwashers, etc.) with Energy Star models					
When purchasing new pots and pans, do you purchase the non-toxic option					
Use non-toxic cleaning supplies					
Do members/ congregants use the kitchen for cooking?					
Subtotal					
	Yes - 3 pts	x	x	No - 0 pts	N/A - 3pts
Have you conducted a full-scale energy audit?		x	x		
Have you done a waste audit to help you understand what is in your waste stream and how it is being disposed of?		x	x		
Are all or most of your kitchen appliances Energy Star approved?		x	x		
Have you checked your energy and water providers (utilities) or the DSIRE website to find out if your institution is eligible for energy and/or water efficiency incentives?		x	x		
Subtotal					
Total from "Serving and Cooking the Food" (out of 87)					

4: Food Waste

	Almost Always	Sometimes	Rarely	Never	N/A
<i>How often do you....</i>	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 (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					
Serve water in pitchers with reusable cups instead of single-use water bottles					
	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		
Have you done a food waste audit to help you understand how much food is thrown away?		x	x		
Subtotal					
Total from "Food Waste" (out of 27)					

5a: Food Education - Adults

	Almost Always	Sometimes	Rarely	Never	N/A
For an adult/general audience, how often do you....	3 pts	2 pts	1 pt	0 pts	3 pts
Include information pertaining to food sustainability and/or food justice issues in the bulletin/ newsletter					
Include food sustainability and/or food justice issues in sermons 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 food justice available to members					
Encourage members to play leadership roles in food sustainability and food justice activities					
Recognize congregants/ members for making changes related to food sustainability and/or food justice in their own lives					
	3+ times a year	Twice a year	Once a year	Never	N/A
How often do you....	3 pts	2 pts	1 pt	0 pts	3 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) to teach about food sustainability and/or food 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					
Offer food tastings highlighting seasonal fruits or vegetables					
Host film screenings and/or book groups related to food sustainability and/or food justice					
Subtotal					
Total from "Food Education - Adults" (out of 39)					

5b: Food Education - Children & Teens

	Almost Always	Sometimes	Rarely	Never	N/A
For a teen and/or child audience, how often do you....	3 pts	2 pts	1 pt	0 pts	3 pts
Encourage youth and teens to play leadership roles in food sustainability activities					
Have books and films related to food sustainability and food justice available to members					
	3+ times a year	Twice a year	Once a year	Never	N/A
How often do you....	3 pts	2 pts	1 pt	0 pts	3 pts
Organize field trips to a local, organic farm or farmer's market to see sustainable food practices in action					
Invite speakers (e.g. farmers, food justice workers) to teach about food sustainability and/or food justice issues such as the Farm Bill or ethical kosher meat					
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 seasonal fruits or vegetables					
Incorporate lessons and activities related to food sustainability and/or food justice (e.g., Hazon's Min Ha'aretz curriculum)					
Teach songs and crafts related to these issues					
Host film screenings and/or book groups related to food sustainability and/or food justice					
Subtotal					
Total from "Food Education - Children & Teens" (out of 30)					

6: Community Supported Agriculture (CSA) and Gardens					
	Almost Always	Sometimes	Rarely	Never	N/A
How often do you....	3 pts	2 pts	1 pt	0 pts	3 pts
Educate members about Community Supported Agriculture (CSA) programs					
Encourage herb/fruit/vegetable gardening at home or in the community					
	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		
Subtotal					
Total from "Community Supported Agriculture and Gardens" (out of 15)					
6a: CSA bonus section (if you answered "yes" above)					
	Almost Always	Sometimes	Rarely	Never	N/A
How often do you....	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					
Total from "CSA Bonus Section" (out of 9)					
6b: Gardening Bonus Section (if you answered "yes" above)					
	Almost Always	Sometimes	Rarely	Never	N/A
How often do you....	3 pts	2 pts	1 pt	0 pts	3 pts
Use organic/sustainable gardening practices					
Donate food from the garden to a local food pantry					
Encourage children in planting/harvesting/cooking produce from the garden					
Total from "Gardening Bonus Section" (out of 9)					
Total from "Community Supported Agriculture and Gardens" (out of 18, with 18 additional bonus points possible)					

7: Food Justice

	Almost Always	Sometimes	Rarely	Never	N/A
How often do you....	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)					
Collect and donate nonperishable food items to food pantries					
Encourage contributions of <u>sustainable and healthy</u> nonperishable food items for donation to food pantries					
Bonus: Encourage eligible members to participate in WIC, Senior Farmers' Market Nutrition Program, and SNAP					
	3+ times a year	Twice a year	Once a year	Never	N/A
How often do you....	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					
Subtotal					
Total from "Food Justice" (out of 18, with 3 additional bonus points possible)					

Scorecard					
	Earned	Possible	Percent		
1: Healthy, Sustainable, Kosher: Food "Fit" To Eat		126			
2: Eating Together		21			
3: Serving and Cooking the Food		87			
4: Food Waste		27			
5a: Food Education - Adult		39			
5b: Food Education - Children		30			
6: Community Supported Agriculture and Gardens		15			
6a: CSA Bonus Points		9			
6b: Garden Bonus Points		9			
7: Food Justice		18			
GRAND TOTAL		363			

Now What? Congratulations! You've completed the first step in helping your institution make healthy and sustainable food choices. Next Steps:

1. Read Hazon's Food Guide for suggestions on how to improve in each of these areas
2. Contact Hazon staff to develop a plan of action that's right for your community. Call us today at 212-644-2332 or email foodguide@hazon.org.