

# **BORDER GRILL: SUSTAINABILITY**

**Chef/Owners Mary Sue Milliken and Susan Feniger have always been champions of the environment and in recent years have stepped up their efforts with a host of environmentally-friendly policies at their restaurants.**

- **Border Grill Catering** serves only sustainable seafood, as part of the Monterey Bay Aquarium Seafood Watch Program. It's our mission to make lesser known, delicious, sustainable seafood like Arctic char, black cod, and barramundi as appealing as perennial favorites like salmon. As part of the Seafood Watch program, Border Grill Downtown LA distributes pocket seafood guides to customers.
- **Border Grill Catering** developed a program called "Good for the Planet, Good for You" giving guests the opportunity to choose dishes made with at least 80% plant-based ingredients. Because 18% of greenhouse gas emissions come from livestock--more than from transportation--and Americans eat about twice as much of the daily protein recommended by the USDA, Border Grill Downtown LA is encouraging guests to get meat out of the center of the plate and build the meal around vegetables, grains, beans, salads, and fruit.
- **Border Grill Catering** does not serve swordfish or most species of tuna, working with Oceana, a leading international conservation organization, in their Stop Seafood Contamination campaign. Oceana aims to reduce the amount of mercury released into the environment, as well as educate the public about the risks of consuming fish with high mercury levels. As part of Oceana's campaign, Border Grill Downtown LA agreed to remove swordfish and most tuna from its menus because of high mercury content. (After much research, we recently decided to occasionally serve albacore tuna as a low-mercury alternative to high-mercury bluefin, bigeye, and yellowfin tunas)
- **Border Grill Catering** does not serve Canadian seafood. After joining the Humane Society's "Protect Seals" Campaign, Border Grill Downtown LA took a pledge to boycott Canadian seafood products until Canada ends its commercial seal hunt.
- **Border Grill Catering** uses the Natura water purification system, instead of bottled water transported from around the world. The reusable glass bottles provide an environmentally-friendly alternative to the waste associated with the manufacture, transport, and disposal of conventional bottled water.
- **Border Grill Catering** uses organic long-grain rice and black beans, as well as beef, lamb, and uncured pork raised without hormones and antibiotics. We use seasonal, locally grown ingredients whenever possible and do not use any products containing artificial trans fat.



# **GOOD FOR THE PLANET, GOOD FOR YOU:** **Dishes Made with At Least 80% Plant-Based Ingredients**

## **According to the United Nations . . .**

- **18% of greenhouse gas emissions come from livestock--more than from transportation!**
- **Livestock is among the most damaging influences on the earth's increasingly scarce water resources.**
- **Livestock now uses 30% of the earth's entire land surface.**
- **70% of former forests in the Amazon are now used for livestock grazing.**
- **With increased prosperity, people are consuming more meat. Global meat production is projected to more than double by the year 2050.**

## **According to Center for a Livable Future at Johns Hopkins University . . .**

- **One personal act can have a profound impact on these issues--reducing meat consumption.**
- **To produce 1 pound of feedlot beef requires about 2,400 gallons of water and 7 pounds of grain.**
- **The average American consumes 273 pounds of meat each year.**
- **Even modest reductions in meat consumption in such a culture would substantially reduce the burden on our natural resources.**

## **For Your Health . . .**

- **For optimal health, build meals consisting of 80% vegetables and 20% protein into your diet.**
- **On average, Americans eat about twice as much as the 56 grams of daily protein recommended by the United States Department of Agriculture.**
- **Get meat out of the center of the plate and build the meal around what you used to consider side dishes--not only vegetables, but also grains, beans, salads and fruit.**

## **Meat-Free Mondays . . .**

- **Paul McCartney and PETA are encouraging people to adopt "meat-free Mondays" to cut carbon emissions.**
- **The former Beatle said cutting out meat one day a week is popular in Australia, where shoppers have become conscious of the environmental impact of cattle and meat production.**
- **He said: "A lot of people go to the gym on a Monday. With meat-free Mondays, it's a bit like going to the gym but with the added advantage of protecting the planet."**