



sustainable • healthy • fresh

LOCAL AND ORGANIC FOODS

FRESH FOOD MARKET

Fresh Food Market opened in Fall 2006 at Towers Dining Hall offering organic, local, fresh, and natural foods. Fresh Food Market employs dedicated chefs who are very knowledgeable about Fresh Food Market food's origin and inform students what farm the ingredients are from. The menu is evolving with the change in seasons, and all food is served to order making little waste.



Organic farms that provide food to Ithaca College include: Stick and Stone Farm, BB Farms, Remembrance Farm, and Finger Lakes Fresh. Approximately 100 people are served per meal. Towers Dining Halls serves approximately 600 people for lunch and 450 for dinner.

Q: What variety of food is available at The Fresh Food Market?

A: The Fresh Food Market features food that is:

- Sustainable
- Natural
- Locally Grown
- Organic

Q: What is organic food?

A: For food to be considered organic, it must pass USDA guidelines. These foods cannot be genetically modified, must be grown without chemicals, etc.

Q: Where and when is The Fresh Food Market available?

A: The Fresh Food Market is available at Towers Dining Hall for lunch and dinner.

The Fresh Food Market menus are available on-line at www.ithaca.edu/dining. Selections include: organic turkey and club sandwiches, tower burgers, mushroom walnut burgers, crisp polenta, portabella wellington, free range chicken, burritos and tacos with grass-fed beef, and organic pasta.

The most popular items include: fresh organic salad, marinated tofu, and grilled vegetable heros. All menu items are cooked to order. Organic salads and fixings are always available.