

# WINDY FOOD PHILOSOPHY

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| <p><b>1</b> Writing menus that feature seasonal and regionally available ingredients.</p>                                    | <p><b>2</b> Offering a variety of vegetarian, vegan, and gluten-free options.</p>  | <p><b>3</b> Offering a variety of whole grain breads, pastas, and cereals.</p>                        |
| <p><b>4</b> Purchasing sustainable seafood that follows the Marine Stewardship Council's guidelines and recommendations.</p> |  <p><b>5</b> Sourcing from local farmers and small producers, and by participating in year-round, community sourced agriculture (CSA) programs.</p> |   |
| <p><b>6</b> Sourcing milk that is local and free of added growth hormones.</p>   |  |   |
| <p><b>7</b> Using trans-fat free oils, including non-GMO soy oil, that are produced in a green facility in Michigan.</p>     |  |   |
| <p><b>8</b> Never using MSG.</p>   | <p><b>9</b> Only serve proteins that are USDA certified.</p>   | <p><b>10</b> Offering organic, shade grown, fair trade, and rainforest alliance coffees and teas.</p> |
| <p><b>11</b> Serving produce that is fresh, fresh frozen or packed in 100% juice or water.</p>                               | <p><b>12</b> Accommodating nutritional and dietary requests.</p>   |   |