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News Release

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NMCC to host Earth Week activities

Aroostook County – ARAMARK, the dining services provider for Northern Maine Community College, will be holding several activities on campus during the week of April 23 in honor of Earth Week. Community members are invited to come to campus to enjoy some great food, while learning more about sustainable meals and local healthy eating options.

“With the rising cost of fuel, it now makes more sense than ever to explore local options. The food is fresh, wholesome and delicious, and most importantly, buying local helps support the local community and economy.” said Rob Ottaviano, director of food services on the NMCC campus. “We are excited to educate students about sustainability so they can make informed decisions about their food choices.”

To demonstrate the tasty options, Ottaviano and his staff will kick off Earth week on Monday, April 23, with a Sustainable Maine Meal featuring food products from throughout the state, with an emphasis on foods grown and raised in Aroostook County. Lunch will feature Maine clam chowder; Maine lobster bisque; free range chicken breasts encrusted with Fox Family potato chips with a Spring Break Maple and honey glaze; whole wheat pasta with Twenty-2 vodka sauce; cage free egg salad; local produce from Northern Girl; Bouchard Family Farm ploys; and blueberry cobbler. Lunch will be served from 11:00 a.m. and 1:00 p.m. in the Reed Commons; the cost is only \$ 5.75 per person.

During the lunch, a representative from Northern Girl, LLC will be on site to showcase their products and to answer questions about their new operation. Monday will also feature a video stream TED Talks presentation by celebrity chef Jaime Oliver.

On Tuesday, April 24, the campus welcomes Stan and Gail Maynard, owners of Aroostook Highlands Certified Organic Farm of Woodland, to talk about farming and about the Scottish Highlands breed of cows. Beef from their farm will be featured on the lunch menu. They will be bringing two of their Scottish Highland cows with them. Diners will have the chance to stop and see them on their way into the Reed Commons. Carol Bell from Healthy Aroostook will also be on hand to answer questions about sustainable food, local choices and the overall importance of eating right.

Earth week events at NMCC conclude on Wednesday, April 25, with a visit from John Chartier from the Maine Organic Farmers and Gardeners Association and Candy Shrewsberry from The Talk of The Town Farm in Connor Township. Shrewsberry will bring a couple of her goats with her to campus and will offer free samples of goat's milk and goat cheese.

“Student dining preferences have changed dramatically over the years. Students are much more informed and health conscious now,” said Ottaviano. “By showing them these healthy, local options, we are presenting them choices that may stay with them throughout their lives. Whenever you can do something good for yourself and your family, which also benefits your local community and the environment, it's a win-win situation for everybody.”

Earth Day began 42 years ago as an effort to educate and celebrate the importance of the planet. It has now evolved into Earth Week, a time each year on which events are held worldwide to increase awareness and appreciation of the Earth's natural environment.

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