

FOOD FOR THOUGHT

From Flying Squirrel Bakery Café

We all know that what you put on your fork and into your body has a profound impact on your health, but the earth is also greatly impacted by our food choices. Consuming and producing “sustainable food” means different things to each of us in the effort to balance food issues about health, environmental, social, and economic concerns. Here are some of the things we try to do at Flying Squirrel that we hope set small examples of creating food for thought about the food we eat.



No Bottled Water Available Here

Bottled water is just water, sometimes not even very high quality water. Bottled water also produces up to 1.5 million tons of plastic waste per year. Over 80% of plastic bottles are thrown away, if they make it to a garbage can. Plastic waste is now at such a volume that vast eddies of current-bound plastic trash spin endlessly in the world's oceans. Flying Squirrel has clean, regularly-tested well water and a filter system that makes the water as great tasting as it can be. When summer travelers come in asking for bottled water, we “**just say no to bottled water**” and hand them a cold glass from the tap or fill up a water bottle at no charge!

Healthy People, Healthy Planet

More whole grains. Less meat. Raw veggies. No gluten. Less sugar, natural sweeteners. Smaller portions. Bake, sauté, steam, but don't deep fry. Home-made, fresh, real, healthy, balanced, wholesome and satisfying. Sounds great and Flying Squirrel boasts all kinds of choices for healthy diets. But how does it help the planet? Encouraging healthier eating and healthier lifestyles reduces health care costs, ideally freeing up money worldwide for better uses!

Also, our casual style means no frills and **options for small portions** – which in the end means less waste. We're happy to report that the majority of Squirrel customers belong to the “clean plate club”!

Choosing to consume less meat may be the best way to “eat green.” Cattle consume *fourteen times* more grain than they produce as meat. It takes huge amounts of water, land, and energy to produce that meat; animal waste creates pollution; and feed lots are a large source for erosion. We encourage folks to eat less meat in proportion to veggies and grains to help reduce meat consumption for better health and a happier planet. The Squirrel also offers many vegetarian and vegan options.

Reduce/Reuse/Recycle

Our revolving, creative deli-style menu enables us to **reduce restaurant waste** by utilizing what we have on hand and making items that keep well. Our spent grain bread is made with reused barley grains from Denali Brewing Company's beer brewing process. Our to-go packaging is “earth-friendly.” All compostable food waste goes to a local farm. We are actively involved in Talkeetna's volunteer-run recycling program, contributing funding and paid employee time toward recycling cardboard, plastics, aluminum, tin, and paper. Look for Flying Squirrel reusable travel mugs for sale in the near future!



Discounts for the Planet!

YOU can help too and get 5% off Squirrel purchases.
See other side for details!

No High Fructose Corn Syrup Served Here

As writer Michael Pollan told *The Washington Post* in 2009, high-fructose corn syrup “may be cheap in the supermarket, but in the environment, it could not be more expensive.” Most corn is grown as a mono-culture, meaning that the land is used solely for corn, not rotated among crops. This practice depletes soil nutrients, requiring more pesticides and fertilizer while weakening topsoil. At Flying Squirrel, we do our best to **keep HFCS out of the building**, offering only select cane sugar sweetened sodas, paying close attention to all ingredients we buy, and preparing the freshest most minimally processed foods possible.



Local/Organic



Choosing to spend precious food dollars on locally grown and organic products can be expensive and challenging to acquire in rural Alaska, but it's an important step in



caring for the environment. Organic ingredients we use include: all wheat and rye flours, chicken, carrots, black beans, soy sauce, quinoa, rice, and many more. All of our coffee and espresso is organic, fair trade and roasted at K-Bay Caffe, a small, independent socially-conscious roasting company in Homer. We are lucky to have a family connection with local farm Birch Creek Ranch, who supplies potatoes and in-season fruits, vegetables, herbs and flowers. We get local chicken eggs and microgreens from local farmers as well. We freeze locally grown kale, broccoli, berries and rhubarb to use year-round. Uniquely flavored, Talkeetna-made birch syrup is featured in special birch sweetened beverages and baked goods. Alaska Grown roasted barley and locally harvested chaga are featured in a delicious hot tea. Refreshing sparkling rhubarb ade is made with locally grown rhubarb and organic cane sugar. Alaska Flour Company barley flour is featured in Barley Bread and our addictive Barley Crackers. We serve Alaska brewed beer on tap, only use wild Alaska-caught salmon and cod, and keep researching more ways to buy **ingredients that reduce food miles** and are produced **using sustainable practices**.

Passing It On

Flying Squirrel seeks to have a positive social impact in the community and in the world. Sometimes we offer **kids cooking classes** which introduce young minds to cooking techniques, trying new foods, and making healthy choices. We **donate to and volunteer with community efforts** that educate the public, especially children, promoting healthier life-styles and care for the planet. **Visit the Flying Squirrel website to sign up for our e-mail newsletter to find out about events and specials.**

YOU Make the Biggest Difference of All!

When you **spend your food dollars locally** – by buying fresh bread or by ordering a birthday cake locally, you **save the gas for a trip to town**, you **support local business and jobs**, and you are guaranteed freshness, quality and a non-corporate personal connection. You also make a difference by using your voice to tell others about all the ways it makes you feel good to eat at Flying Squirrel. THANK YOU!

Buy Green, Buy Local, Buy Alaskan!

Food tastes better and is more nutritious when it's fresh. Replacing heavily processed foods with whole fresh produce, fresh whole grain breads and minimally processed foods will improve your health, too! Here are some of the purveyors Flying Squirrel uses to supply high quality locally sourced goods and services for the bakery.

- Alaska Flour Company
Alaska Grown Barley Flour and Whole Hulless Barley
- Alaska Pure Sea Salt – Sitka – specialty salt
- Green Alaska Solutions – Anchorage
Earth friendly disposable products
- Bear Creek Winery – Homer - Wine
- Birch Creek Ranch – Talkeetna
Rhubarb, berries, vegetables, herbs, potatoes, flowers
- Cubby's Marketplace – Talkeetna - local grocery
- Denali Brewing Company – Talkeetna
Spent barley grains
- Homer Brewing Company – Homer – Alaska & Zen Chai
- Keetna Farm – Talkeetna - microgreens
- Kahiltna Birchworks – Talkeetna
Birch syrup, birch caramel, birch toffee candy, chaga
- K-Bay Caffe Roasting Company – Homer
Organic/fair trade, Alaska roasted coffee beans
- Last Mile Freight – Wasilla
- Linford of Alaska – Anchorage – Alaska/family owned
bakery ingredients supplier
- Loopy Lupine Distribution – Homer
Biodegradable hot cups with logo
- Su Salmon Co. – Anchorage/Talkeetna
Susitna River wild Alaska red and silver salmon
- Summit Spice & Tea Company – Anchorage
Loose leaf tea
- Sunshine Transit Van – Talkeetna
Local transportation service
- Talkeetna Roasting Company – Talkeetna
Locally roasted, high quality, organic coffee
- Taco Loco – Anchorage - Whole wheat and corn tortillas
- Local eggs when available. Salmon, cod, halibut and crab is wild-caught and commercially fished in Pacific waters.

Thank you for supporting small, independent Alaska businesses!



Discounts for the Planet



YOU can help too!

Come to Flying Squirrel by **non-motorized means**,
{on foot, by bike, skis, horse, dog sled, rollerblades, skateboard or baby carriage}
and we will give you a 5% discount in honor of the late avid
bicycle and bread enthusiast Mike Fisher.

Bring **your own to-go container**
{travel mug for beverages, bags for bread, container for soup, etc.}
and get a 5% packaging discount for reducing
the use of single use packaging.

(Please tell the counter person before you pay! Sorry, no double discounts.)