



***Our Hearts were in our
Mouths ... and other
good food stories***

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- Publicly available sustainable food policy – reported on annually at senior level
- Sustainable food actions: eggs, fish, seasonal, organic milk, less and better meat, reduced bottled water
- Student food co-ops or veg box / bag schemes
- Meat free Monday / Part Time Carnivore

Using purchasing power as an anchor for sustainable university communities.

Sean Farmelo
Students For Co-operation.



- Students for Cooperation is a democratic federation of student co-ops across the UK, organising for social change.

Why act as an anchor institution?

- Universities are in the position to think long-term about their supply chains.
- Purchasing power should be used nearby to benefit local communities.
- Benefits of keeping money local in catering services, food supply chains and waste: Lower carbon emissions, local job creation, strengthened community links and better quality fresher produce.

Why support co-ops?

- The Co-op model – all shapes and sizes.
- Opportunity for student engagement, business experience & skills creation.
- Co-ops won't upsticks and leave, their needs, like a universities are rooted in their community.
- Case Study: Evergreen Co-operatives a system of co-operatives providing laundry, solar and veg growing for anchor institutions – Cleveland University and local hospitals -
<http://evergreencooperatives.com/>
- Case Study: Manchester Veg People a multi stake holder co-op connecting local growers, restaurants and catering services
<http://vegpeople.org.uk/>

Where to start?

- A short purchasing audit, what are you buying, where does it come from and who does it benefit most. Are you able to build up long term positive relationships with purchasers?
- Buying groups, allotments, growing houses. Support available from, Students For Co-operation, Co-operative Business Consultants.
- (CSA) – Community Supported Agriculture if universities are prepared to go in for the long haul on sustainable food creation they can bring real benefits to small businesses that would otherwise struggle.

The Catering Mark in universities



Swansea University
Prifysgol Abertawe



University of
Salford
MANCHESTER

UNIVERSITY OF **Hull**



The University of
Nottingham



Southampton
SOLENT
University



UNIVERSITY OF
GLOUCESTERSHIRE
at Cheltenham and Gloucester

University
of Wales,
Newport

Prifysgol
Cymru,
Casnewydd



STAFFORDSHIRE
UNIVERSITY



Aston University
Birmingham



Queen Mary
University of London



LANCASTER
UNIVERSITY



University of
BRISTOL



UNIVERSITY OF
SURREY



THE UNIVERSITY OF
WINCHESTER

MANCHESTER
1824
The University of Manchester



UNIVERSITY OF
BRADFORD
MAKING KNOWLEDGE WORK



Canterbury
Christ Church
University



the
UNIVERSITY
of
GREENWICH

NOTTINGHAM
TRENT UNIVERSITY



Food for Life Catering Mark - an overview



- A voluntary set of independent standards
- Inspected annually – quality insurance and integrity
- A clear framework for sustainability, local procurement and health
- Celebration and reward
- Bronze, Silver and Gold levels

FRESH FOOD YOU CAN TRUST

Why should the HE sector care about food?



- The food we eat accounts for 30% of the UK's carbon footprint*
- Keep ahead of the policy landscape – the government cites the Catering Mark as an effective way to raise food standards in schools and to recognise improvements in hospitals.
- Universities and colleges are in a unique position to provide environmentally friendly food to a receptive audience and reinforce a longer-term change in buying and eating habits.

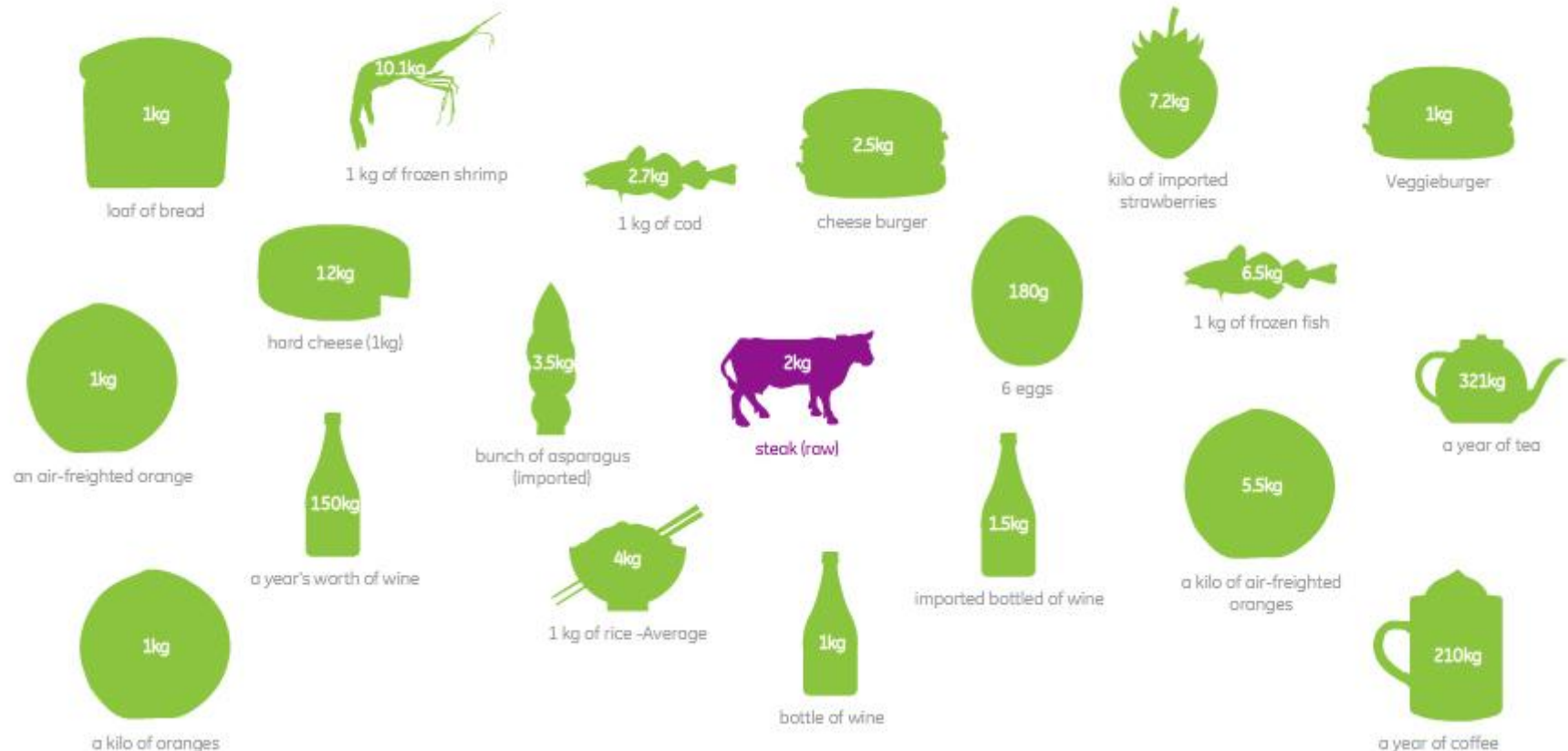


*2010 report 'How low can we go?', WWF and Food Climate Research Network

What's next?

Food is higher up on the public procurement agenda because...

How much CO₂ is created by...



EAUC Sustainable food workshop

Nottingham Trent University - Catering Services



Supporting NTU's commitment to sustainability

- NTU sustainable food policy
- Desire to lead the way
- Responsibility to our customers
 - Access to healthy, nutritional, ethically sourced food.
- Food for life catering mark
 - Criteria
- People and Planet green league table



The food

- Top billing for vegetarian dishes.
- Increased vegetable content in dishes.
- Protein content in dishes (balanced meal)
- 88% freshly prepared meals
- Being in control



Campbell Environmental Oils provide Nottingham Trent University with the rapeseed oil that goes into our cooking. Rapeseed oil has less saturated fat content than olive and sunflower oils, contains no trans fats and is more cost effective.



How much is too much?
Health experts recommend that adults consume less than 6g of salt a day (one level teaspoon). If you think you may be consuming too much salt, you are not alone. Currently, the average daily intake in the UK is far too high - with many people consuming over 9g of salt each day.

Checking nutrition information on food labels can expose healthier options for your diet. Figures as sodium or food labels is equivalent to 2.5g of sodium).

Labels will say how much sodium they label, so make sure you check before.

taste
NOTTINGHAM TRENT UNIVERSITY
Salt Awareness Week
11 - 17 March 2013

You don't have to add salt to food to be eating too much: 75% of the salt we eat is already in everyday foods such as bread, breakfast cereal and ready meals. NTU Taste use minimal salt in our recipes.

Let Salt is a great route your diet as it has 66% less salt. That's two thirds less.

Consume less than 6g. More than 75% of salt processed foods, under 1% about 10% is added during.



Chef's Choice

Chickpea, spinach, potato and cauliflower balti served with steamed coriander rice and a poppadum.



Beef, Southwell mushroom and spinach pie served with mashed potatoes, seasonal vegetables and ale gravy.



Battered fillet of sustainably-sourced Pollock served with chips, mushy peas and fresh tartare sauce.



£3.75
(£3.38 smartcard price)

V Vegetarian **Vg** Vegan **H** Halal **GF** Gluten free **RT** Red Tractor Certified **MSC** MSC certified fish

Any queries relating to food allergies or dietary requirements should be directed to a member of the catering team who will be happy to advise.

Seasonal and local meat, fruit and vegetables are used where possible and subject to availability. All the milk used in our recipes is organic and any

food for life
CATERING
SILVER

The people

- Working with suppliers
 - Knowledge of our aims
 - Benefits for both parties
- Working with other departments
 - Purchasing, environment, health and wellbeing
- Communication with customers
 - Demonstrations
 - Where does your food come from?
- Educating our team
 - Animal welfare
 - Visiting the supplier



The planet

- Packaging
- Food and plate waste
- Waste oil
- Energy reduction

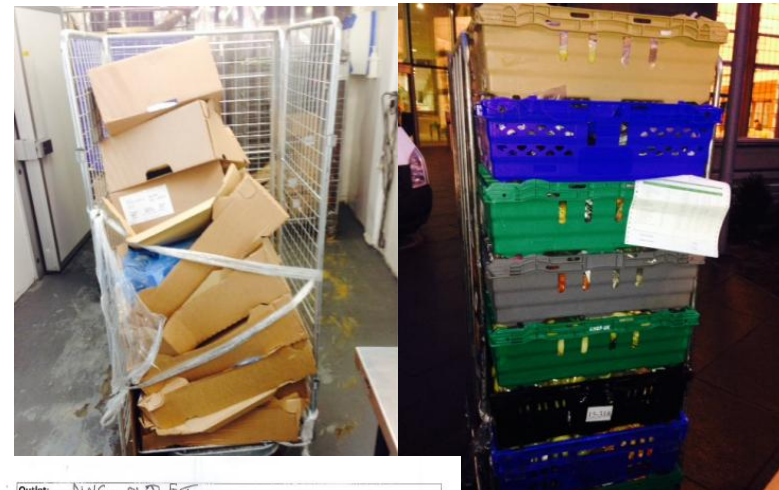


Plate Waste Record Sheet
Must be completed 1 day each week at random. Staff asked at the start of day to keep a mental note of key wastage Managers: Once this sheet is completed please bring it to the next CMT Meeting for discussion.

Date	Noted Plate Wastage (over day)	Recommended Action	Action Taken
Monday 20/12/13	SPINACH WITH MINCE & SAUCE halves		
	CHIPS	Reduce amount of	Discussed with
	BEANS	portion on every plate	
	Salad		
	Potatoes		
	RICE		
	CHIPS will be most	possibly look at portion size	
	not wastage	groups for area	

Outlet: NINE OUTLET

Most favoured option

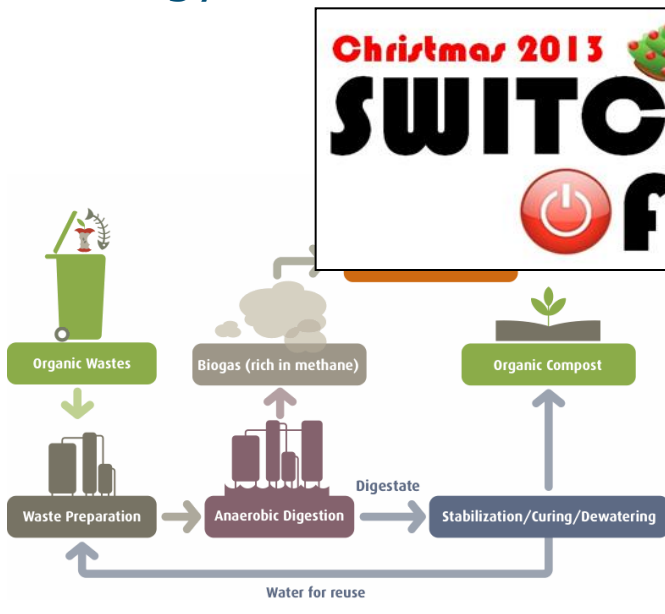
Reduce lowering the amount of waste produced

Reuse using materials repeatedly

Recycle using materials to make new products

Recovery recovering energy from waste

Landfill safe disposal of waste to landfill
Least favoured option



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