

Nutrition Policy – Catering and Hospitality Services

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Author (s) (name, job title and department):	Annabel Hurst, Head of Catering and Foodservice, Estate and Campus Facilities
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If you require this information in Welsh or another format please contact Catering Services on, catering@cardiff.ac.uk

Nutrition Policy – Catering and Hospitality Services

1. Purpose

This Policy applies to all staff employed in Catering Services who work within the Catering and Hospitality departments.

The purpose of this document is to set out the Catering Departments standards and aspirations for the provision of healthy and nutritious food and drinks served from our in-house catering operations.

2. Context and Scope

Cardiff University is committed to the supply and promotion of nutritious and balanced food options for its students, staff and visitors. This policy supports Catering's Sustainable Food Policy and should be read in conjunction with the University's Health and Wellbeing Policy.

The aim of this policy is to promote a balanced and healthy diet for our staff, students and visitors as part of our commitment to health and wellbeing. This will be delivered across all of our in-house catering outlets.

Catering areas included in the policy are:

- Event Catering and Bars
 - Delivered Hospitality
 - Restaurants and Cafés
 - Residential Catering
 - Vending
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3. Relationship with existing policies

Sustainability at Cardiff January 2018 v2

Environmental Sustainability Strategy Action Plan 2018-2023

Single Use Plastics action plan 2018-2019

Sustainable Food Policy 2018-2019

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4. Overarching principles/background

Overconsumption of energy is destroying population and planetary health at an unprecedented rate. For example, our food environment is swamped by promotion and availability of energy-dense nutrient poor foods and beverages. The consumption of these products is not only associated with serious and life-threatening illnesses, but the heavy processing, long-distance distribution, and packaging of these products use a considerable amount of planetary resources. Our current trajectory is not environmentally or socially sustainable.

Cardiff University is well placed to demonstrate leadership in living life to our full potential. To achieve this, the environment our staff and students spend much of their time in must promote and support a healthy lifestyle, to support physical health and mental wellbeing. Catering and Hospitality services aims to support such an environment, by promoting healthy eating through the implementation of our nutrition policy.

5. Procedure

What is Cardiff University Catering Services doing?

Our menus are prepared daily using fresh ingredients by our chefs on site at each restaurant. We do not source cook-chill products or ready meals. Our suppliers are nominated and regulated through our membership of TUCO (The University Caterers Organisation) and HEPCW (Higher Education Purchasing Consortium Wales).

Our menus meet healthy living guidelines

This policy covers all food outlets and food served by Cardiff University Catering Services and its contracted vending provider.

The department offers and is developing policies that will ensure healthy catering is produced, processed and sold in ways that include:

- Availability of healthy options at all Cardiff University run food outlets. This is to include healthy options for drinks, snacks and main meals
- Promoting health and well-being by offering generous portions of vegetables, fruit and starchy staples like wholegrains, cutting down on salt, sugar, fats and oils and cutting out artificial additives
 - We will promote a healthy option on the daily menu in Restaurants
 - We will promote healthy meal deals in the cafés
- Work with our suppliers to procure local, seasonally available ingredients as standard;
- To ensure healthy options are always available for all corporate events for ordering by our clients, to include a healthy buffet option and option of water jugs for tap refill
- Promotion of healthy eating through competitive price points
- Fresh fruit to be located at each till point for purchase, maintaining low price, to encourage healthy impulse purchases
- Reduce the number of sugary snacks available in cafes and restaurants and offer alternative healthier impulse options
- Promotion of healthy and balanced diets through annual promotional events each year aimed at staff and students during Speak Week and Positive Health and Environment Week (PHEW), as well as additional promotional healthy meal deals around examinations

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- We will not provide salt shakers on restaurant tables. Minimal salt shakers will be available on the condiment table encouraging customers to consider before adding salt to their meals
- Catering staff will be trained to understand the healthy menu options and in being able to promote them to customers
- Promoting tap water
 - We will serve in-house bottled water at Events and Meetings
 - We will ensure mains-fed, water fountains are available in all restaurants, providing the ability to refill
 - We will have refill points in each of our catering outlets promoting our in house ‘refill’ campaign
- Continue to work with our vending suppliers to provide healthy options in all machines. Vending machines offer a useful and alternative service point for the provision of food and drink within the work and study place. Where vending is available, selling items such as healthy cereal bars, low sugar/salt produce and bottled water will be available as a minimum

6. Future Actions

Our objectives for 2018 - 2020 are to continue to develop and adapt our menus and promotions for our customers to include;

Marketing and awareness

- Create an identity tag to label healthy options on our menus
- Ensure that 50% of our meal deals have identified healthy options

Promote health and well being

- Generous portions of fruit, vegetable and whole-grains
- Cooking methods that adopt cutting down on salts, fats, oils and artificial additives
- Remove hydrogenated vegetable oils from the business
- Healthy “meal deals”
- Menu plan and promote less meat days
- Introduce more vegetarian and vegan options to all catering menus

Catering staff training

- Chefs to attend training courses, to include health and wellbeing menus, vegetarian and vegan cuisine, nutrition awareness
- Front of House staff training to understand the benefits of health and wellbeing and to understand the benefits of promoting healthy menu offers