Sustainable Food Policy – Cardiff University

Document Title:	**Sustainable Food Policy – Cardiff University**
Author (s) (name, job title and department):	Annabel Hurst, Head of Catering and Foodservice, Estate and Campus Facilities
Version Number:	Two
Consultations held:	Sustainability Group, EMS
Approved by:	Philip Rees-Jones
Date Approved:	
Effective Date:	*June 2021*
Date of Next Policy Review:	*May 2023*
Implementation Plan:	*annually reviewed*
Superseeded Version:	Sustainable Food Policy – Catering and Hospitality Services, Cardiff University – v1
Document History	
Cardiff University, Campus Facilities, Catering and Bars Services, Sustainable Food Policy 2016/17	

If you require this information in Welsh or another format please contact Catering Services on, foodanddrink@cardiff.ac.uk

Sustainable Food Policy – Cardiff University

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 ethical and sustainable procurement and service of food across its catering services.

2. Context and Scope

This policy outlines the Catering Services commitment to support Cardiff University Sustainability Policy ensuring ethically and sustainably procured food across all catering activities, incorporating every stage of the food delivery chain from procurement through production to end consumer. It also considers impact of packaging and food waste and how to minimise our impact. As signatories of the UN Sustainable Development Goal (SDG) Accord, we are committed to embedding the relevant goals into our business and academic processes. SDG 2, 3, 6, 11, 12, 13, 14 and 15 are particularly relevant to this Policy.

Our vision is to operate a responsible catering service that succeeds in providing healthy, sustainable, and affordable food to the University community. We also aim to support staff and student-led activities and research to enhance the University's contribution to sustainable food systems.

The University's Sustainable Food Policy sets out our ambitions in four key pillars;
- Sourcing
- Environment
- Society
- Learning, teaching and research

Catering areas included in the policy are:
- Event Catering and Bars
- Delivered Hospitality
- Restaurants and Cafés
- Residential Catering

3. Relationship with existing policies

Environmental Sustainability Strategy Recast 2021
Sustainability at Cardiff January 2018 v2
Environmental sustainability action plan 2021
Single Use Plastics action plan 2018-2019
Nutrition Policy 2021 - 2023
Food Waste Policy 2021 – 2023
Sustainable Food Action Plan 2021 – 2023

4. Overarching principles/background

"Food is the single strongest lever to optimize human health and environmental sustainability on Earth."
-Eat-Lancet Commission Report (Willet, et al., 2019)

Nearly two-thirds (63%) of 11-18-year-olds said the environment and climate change were among the most important issues for the country in a new YouGov survey commissioned by the Eating Better Alliance. The environment and climate change are ahead of: the UK leaving the EU (54%) and healthcare (42%) as one of the top issues facing the country for 11 to 18-year-olds.
18-year-olds are more aware of the environment and climate change than younger teenagers. 76% of 18-year olds consider the environment and climate change to be one of their top issues, compared to 66% of 11-year olds.
https://www.eating-better.org/blog/climate-change-top-concern-for-british-teenagers

Mintel report; Surroundings 2021: Sustainable Spaces states "Consumers are more aware how a culture of consumption has impacted the environment and left them disconnected from how and where their purchases are produced, and are looking for brands to offer a better vision of how we reconnect with our spaces and resources in the future."
According to the United Nations, animal farming globally causes more greenhouse gas emissions than all the cars, lorries, and planes in the world put together, and the effect is increasing. It is also the biggest contributor to greenhouse gas emissions caused by the food system, which is responsible for just under a third (up to 30%) of all global emissions.
https://www.sustainweb.org/sustainablefood/meat_and_dairy_products_less_is_more/

https://eatforum.org/eat-lancet-commission/
Current overconsumption of meat in Western diets is a significant contributor to poor health and increases a person's risk of becoming overweight, obese, or developing certain non-communicable diseases. Projections show that global adoption of a Western diet high in meat intake matched with global population and economic growth will drive significant health burdens and push food systems well beyond environmental limits – multiple studies make the same predictions.

Allocating increasingly scarce, high-value agricultural lands or converting high carbon or high biodiversity ecosystems to agricultural land to produce foods is problematic – this guarantees the continued degradation of public health and a collective failure to meet both the UN Sustainable Development Goals and the Paris Agreement. This will also contribute to the growing social and economic costs of poor public health, climate disaster relief, and environmental degradation.

Avoiding these risks calls for a significant reduction of unhealthy food consumption – particularly poorly produced meat – in high-income countries, in addition to avoiding increasing consumption trends in middle-income countries. Simultaneously, the food system must ensure sufficient access to healthy levels of protein that are sustainably produced where hunger and malnutrition persist. Although this is a generalization supported by global trends, the EAT-Lancet Commission urges individuals, companies, and government officials to use this report's scientific targets to develop context-specific plans of action to ensure a healthy and sustainable future for all.

Sustainable Food Policy – Cardiff University

The EAT-Lancet Commission agrees that the number one priority for combating climate change is implementing a carbon-free economy by 2050. However, achieving the Paris Agreement requires halting conversion of high carbon ecosystems to carbon. Food production must also increase to meet the needs of 10 billion people by 2050 with agriculture's current greenhouse gas emission budget of 5 GT CO_2-e. This is not an insignificant challenge and calls into question increasing meat and feed production – notably beyond dietary needs – in the face of acute underproduction of fruits, vegetables, nuts, and legumes required in healthy diets.

However, the Commission does flag that even with the assumption that the world fully decarbonizes by 2050, reaching the Paris Agreement requires three important contributions from agriculture:
1. Halting land expansion into carbon-rich ecosystems.
2. Reducing methane and nitrogen dioxide emissions from agriculture, notably rice production and enteric fermentation from livestock.
3. Increased carbon storage in agricultural lands through improved cropland, pasture, and rangeland management practices.

5. Objectives

Sourcing

Cardiff University declared a Climate Emergency in 2019. In support of this declaration, Cardiff University Catering will take action to procure and produce less and better meat and dairy on its menus. A step that will positively affect – health, environment, animal welfare, and social justice.
- Menus will be prepared daily using fresh ingredients by our chefs on-site at each restaurant and will not source cook-chill products or ready meals.
- We will use local, seasonally available ingredients as standard to minimise energy used in food production, transport, and storage
    - Menu planning reflects seasonality
    - Suppliers encouraged to buy locally to minimise road miles
- Use nominated suppliers regulated through ongoing membership of TUCO (The University Caterers Organisation) and create local supplier contracts in partnership with fellow South Wales Universities.
- We will purchase food from farming systems that minimise harm to the environment and enhance animal welfare
    - Procure assured food standard food items such as Red Tractor products
    - Only serve free-range eggs
- Reduce the volume of beef procured and on our restaurant menus and not purchase beef products in our cafés
- Fish species identified as most 'at risk' by the Marine Conservation Society will be excluded from our menus and procuring will specify fish only from sustainable sources.
- We pledge to continue to commit to Fairtrade
- Fairtrade-certified products will be chosen for food and drinks imported from poorer countries to ensure a fair deal for disadvantaged producers
- Actively promoting tap water and reduce the volume of bottled water procured

- o Serve in-house bottled water at Events and Meetings
- o Ensure mains-fed, water fountains are available in all catering units, promoting Refill Wales
- • Procure and promote health and well-being, providing generous portions of fresh vegetables, fruit, and starchy staples like wholegrains, reducing procurement and use of salt, sugar, fats, and oils, and removing artificial additives
  - o Promote a healthy option on the daily menu in Restaurants
  - o Promote healthy meal deals in the cafés

Environment

We will look at the resources Catering's operational activities consume, from field to fork, acting responsibly towards the environment.

- • When replacing equipment, we will purchase energy and/or water-saving pieces
- • Staff training will be provided on the impact of Catering on our Environment. Encouraging staff and students to conserve resources.
- • Suppliers will be tasked to deliver only in minimal packaging (e.g., without lids), considering reusable packaging (e.g., crates).
- • 90% recyclable, compostable and biodegradable disposables will be procured and operating a closed-loop cycle for disposable packaging and food waste across Catering Services.
- • Customers are encouraged to separate different materials for recycling through bin banks and clear signage.
- • "Hug in a mug" scheme will continue to be supported with keep cup promotions and initiatives – introducing a disposable levy.
- • Single-use plastic bottle reduction by 90% of 2018 purchases across all catering outlets. Promoting sales of non-plastic refillable water bottles at not-for-profit prices.
- • Delivered Hospitality packaging will use only reusable packaging.
- • Continued support of the recycling collection scheme for waste kitchen oil to be collected and turned into biofuel for supplier delivery vehicles.
- • Record the amount of waste being discarded in the food outlets and look to best practices to reduce the level of food waste.
- • Measure current carbon-emission levels from the commercial kitchen equipment and propose a decarbonisation programme of catering equipment for funding and implementation.

Society

Catering will promote healthy eating, engage with the wider community and act responsibly towards people employed through the supply chain.

- • To promote health and well-being;
  - o Serve generous portions of fruit, vegetable, and wholegrains
  - o Using cooking methods that adopt cutting down on salts, fats, oils, and artificial additives
  - o To remove hydrogenated vegetable oils from the business
  - o Offer healthy "meal deals"
  - o Plan menus that promote less meat
  - o Diversify and expand the quality and quantity of existing vegan options to all catering menus

- Treat our employees fairly, pay our suppliers on time, and make sure our customers experience the highest product and service level.
- To work in partnership with University engagement programmes with the University community and wider City community, such as Pharmabees.
- Actively participate as members of Cardiff University Sustainability, EMS Steering Group and ERBAP groups, working collaboratively with colleagues to reduce food waste and enhance biodiversity.
- We will actively participate and support Cardiff Food, Sustainable Cities, Fairtrade Wales.
- Internal awareness campaigns of responsible usage of natural resources to be introduced
- Communicate responsibly, ensuring equality and diversity in our actions.

Learning, teaching and research
Catering will actively seek to support research projects, University and Student initiatives to deepen understanding, collaboration, and action on Sustainable Food and reduce Carbon Emissions.
- Support staff and student-led activities which enhance a positive University food culture.
- Support research and teaching on sustainable food systems and use research to improve Catering practices.

6. Monitoring:

Targets
- To reduce carbon emissions from food year on year
- An increasing proportion of plant-based meals year on year
- To reduce carbon emissions from commercial catering equipment

Key Performance Indicators
- Carbon emissions from food per £ revenue
- Kilograms of meat and dairy procured as a proportion of total food
- Proportion of plant-based meals served
- Number of single-use takeaway disposables used
- Number of plastic packaged drinks purchased
- Kilograms of food waste generated
- Green Impact Awards
- Reduction in carbon emissions from commercial catering equipment

7. Review
Catering will review the Sustainable Food Action Plan and KPI's progress, bi-annually, taking action to improve throughout policy life.
Catering will report progress to the Environmental Management Systems (EMS) Steering Group.
Head of Catering will review the policy every 3 years to respond to new developments and meet evolving best practices in the sector.