

Sustainable and healthy food and beverage policy 2015-2016

The sustainable food policy has been designed as a main driver in our commitment to deliver healthy and sustainable food and beverage products to our staff, students and visitors. We work in partnership with our university Environment and Procurement teams to ensure that we give consideration to ethical, social and environmental factors when making decisions on the products and services we provide throughout Nottingham Trent University. We form strong relationships with all of our suppliers to ensure that through open, constructive dialogue both new and existing parties consider the social, ethical and environmental impacts of their services and activities and address how to reduce them. We actively encourage local SME's to participate in tendering for university contracts and provide support to assist this process.

The NTU catering team will aim to deliver the following strategies across all campuses as part of our on-going commitment to providing a sustainable product and service by considering the following factors in our decision making:

Fruit and Vegetables

- Demand that our contracted fruit and vegetable supplier maximises the use of locally grown produce by working closely and forming relationships with local farms and suppliers to ensure that the fruit and vegetable products used in our recipes and menus reflect where possible, the current season.

Fresh Meat and Poultry

- All meat products used in our freshly prepared dishes must be certified as Red Tractor standard or equivalent as minimum and it is our aim that these products are all supplied from farms within the East Midlands.
- All fresh poultry is certified Red Tractor and is supplied from UK farms only and should be Halal certified.
- Animal welfare is a major factor in our procurement processes.

Oil

- We only use cold-pressed Rapeseed oil that is produced in the UK for frying and olive oil or rapeseed oil for dressings.
- All of our used Rapeseed oil is returned to the supplier and recycled for use as Bio-Diesel for the fuelling of tractors and delivery vehicles.

Fish

- We will endeavour to ensure that where possible all of the fish we use is from a sustainable source and is always listed on the Marine Conservation Society's 'Fish to Eat' publication.
- Where possible MSC certification will be a primary consideration in all of our fish and seafood procurement. We will only serve tinned tuna that certified dolphin friendly and is listed on the Marine Conservation Society's 'Fish to Eat' publication.
- We explore the use of alternative more sustainable fish and seafood in order to contribute to the protection of over fished 'at risk' species.

Milk, Yoghurts and Eggs

- All of the milk that we purchase for the Nottingham Trent University catering provision is 100% organic, this is used in all of our freshly prepared meals and in the majority of our Caf  s.
- We also provide organic yoghurts within our retail outlets.
- All of the eggs that we use in our freshly prepared dishes including scrambled egg for breakfast are free range and organic.

Water

- Reduce where practically possible the use of bottled water on hospitality and conference catering with an alternative self-bottling system that reflects a more sustainable approach to our water provision.
- We recognise water as a natural product that should be readily available to all of our customers in all of our outlets at zero cost.
- We actively support the drinking of tap water by students and staff and there by provide such water in all of our outlets in either jug, water fountains of tap dispensers as an alternative option to bottled water.

Fairtrade options

- NTU has held Fairtrade status since 2008 and we strive to maintain making Fairtrade products available as widely as practicable in our cafés and restaurants. If for reasons of price, quality, supply availability or contractual obligations we are unable to provide these products, then the University is committed to offering them at a time when these issues are no longer a barrier.
- The University will offer Fairtrade tea, coffee and sugar at all internal meetings and hospitality events.
- NTU commits to increasing the variety of Fairtrade products for events as it becomes possible to do so.

Nutrition and Healthy options

It is an on-going commitment that we regularly review our menus and cooking practices to ensure that we retain the maximum nutritional content of our ingredients and products and ensure that a selection of healthy options are available throughout our catering provision. We do this by:

- Limiting the use of salt in cooking and restricting salt in our restaurants to one central point.
- Only use healthy oils for cooking and dressing and limit deep frying to a minimum.
- Always ensure meals served are balanced and include all food groups.
- Actively promote healthy options on our menus.
- Ensure that where possible the nutritional values and guideline daily amounts are available.
- Ensure cooking methods reflect the aim to maximise nutritional value of our products.

Waste

- All of our used Rapeseed oil is returned to the supplier and recycled for use as Bio Diesel for the fuelling of tractors and delivery vehicles.
- All of our food waste is removed by NTU's nominated waste management contractor and recycled for use in the production of electricity through Anaerobic digestion.
- As part of the food for life catering mark programme we regularly monitor plate waste in our restaurants with a view to taking corrective action on portion size, product popularity and quality.
- Our recipes are designed to ensure that as much of a product is used in food production as possible, such as bones and vegetable stalks and leaves, therefore minimising food waste.

Packaging and disposable products

- We actively encourage our suppliers to use alternative packing to ensure where possible a sustainable, recyclable product. The use of excessive cardboard packing in deliveries is to be discouraged.
- All of the disposables used in our restaurants, cafes, delivered service and production kitchens are biodegradable.

Energy

- Catering work closely with the Environment team to explore new and alternative energy reduction methods in order to contribute to a reduction in the University's Carbon footprint.
- Energy rating of appliances is a major consideration when purchasing new catering equipment.
- Staff are trained to utilise timers on catering equipment in order to reduce energy consumption.
- During university closure periods it is policy to ensure that the absolute minimum and only essential catering appliances such as fridges and freezers are left in operation.

Reviewed and updated – February 2016

Review of sustainable action plan 2014-15

Target	Date Completed	Action taken
Monitor plate waste and make adjustments as necessary throughout the year.	Ongoing.	Plate waste monitored on a local level between kitchen and front of house team at each site.
Support the University-wide Green week.	November 2014.	Catering supported NTU's Green week by providing a 'Lo-carbon' menu. The dishes focussed on three main elements: 1: using locally grown and sourced ingredients with as few miles as possible. 2: vegetarian, a vegetarian diet is considered more carbon friendly than a meat-based diet. 3: Carefully considered cooking techniques to make sure as little energy is wasted as possible.
Support Fairtrade fortnight.	February/March 2015.	Catering supported Fairtrade fortnight with a Fairtrade coffee offer: Large coffee for the price of a small highlighting the use of Fairtrade beans and a stall was set up in each outlet with literature on Fairtrade and a display products of the Fairtrade products we offer including coffee beans, tea, hot chocolate, sugars, confectionary and juices.
Speak with another supplier to reduce packaging waste.	August 2015.	After discussion with veg supplier, all veg to be delivered in re-usable plastic crates instead of cardboard. KPs briefed to ensure plastic crates are saved for collection by supplier (and not to be used for other purposes).
Fully take-part in the University Christmas and Easter 'switch offs' ensuring all unnecessary pieces of equipment are turned off the 5-day shut down.	Christmas 2014, Easter 2015.	All outlets closed 30 mins – 1 hour early in order to clean down, condense stock from fridges and freezers to switch off unnecessary equipment and to ensure a thorough shut down.
Maintain Silver food for life accreditation in the three Dine outlets.	May 2015.	Up-to-date points calculation of spend on Organic, local, MSC etc. Update folders with all necessary evidence. Ensure new term's menus fit in with criteria.

Look into the feasibility and cost implication of achieving Gold food for life accreditation.	May 2015.	Unable to achieve Gold Food for Life accreditation due to cost implications
Work towards Silver in the Green Impact Catering workbook.	June 2015.	Silver Green Impact achieved

Sustainable action plan 2015-16

Target	Date to be actioned	Action to take place
Continue to monitor plate waste and make adjustments as necessary throughout the year.	Ongoing	Reviews of plate waste record periodically and actions recorded.
Support the University-wide Green week.	November 2015	Provide a 'low-carbon' menu and advertise the advantages to customers.
Support Fairtrade fortnight.	March 2016	Support with offers on Fairtrade products, displays of literature and highlighting products we sell that are Fairtrade.
Fully take-part in the University Christmas and Easter 'switch offs' ensuring all unnecessary pieces of equipment are turned off the 5-day shut down.	Christmas 2015, Easter 2016.	Stock in fridges to be condensed down and unused fridges to be switched off. All unused appliances to be switched off. To be checked by managers before leaving.
Maintain Silver food for life accreditation in the three Dine outlets.	May 2016	Up-to-date points calculation of spend on Organic, local, MSC etc. Update folders with all necessary evidence. Ensure new term's menus fit in with criteria.
Retain Silver in the Green Impact catering workbook.	June 2015.	Continue working through the workbook and update as required.
Work in collaboration with the environment team to look at possibility of donating surplus food produce	May 2016	Work with the environment team to look at local charity organisations such as Emmanuelle House where unsold retail packaged products such as sandwiches and salads could be donated benefiting the local community and utilising these currently disposed of