

## **SUSTAINABLE AND HEALTHY FOOD AND BEVERAGE POLICY**

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's Sustainable Development 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 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, supplied from UK farms only and is halal certified.
- Animal welfare is a major factor in our procurement processes.
- Continued use of beef and lamb sourced from the Brackenhurst Campus for graduation dinners.

### **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**

- 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.
- We are MSC certified which means that we are able to ensure that the fish we purchase is sourced responsibly.
- Where possible MSC certification will be a primary consideration in all of our fish and seafood procurement. We will only serve tinned tuna that is 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.
- 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 thereby provide such water in all of our outlets in either jug, water fountains or 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
- Providing only Lo-salt in our restaurants and restricting this to one central point.
- Only using healthy oils for cooking and dressing and limiting deep frying to a minimum.
- Always ensuring meals served are balanced and include all food groups.
- Actively promoting healthy options on our menus.
- Ensuring that where possible the nutritional values and guideline daily amounts are available.
- Ensuring 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 Served Here' 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 recyclable.
- Replacing where possible all single use plastic products with more environmentally friendly alternatives in support of the 'Plastic Planet' campaign supported by the university.

## Energy

- Catering work closely with the Sustainable Development 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.

Signed: \_\_\_\_\_



**Steve Denton, Chief Operating Officer and Registrar**

**Revised June 2018**



[www.ntu.ac.uk/sustainability](http://www.ntu.ac.uk/sustainability)

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## Sustainable Food and Beverage action plan 2018/19

Objective	Target date	Action	Progress
1 <u>Enriching society – Environmentally responsible</u> Continue to utilise the plate waste monitoring system in all restaurants including delivered hospitality and make adjustments as necessary to production methods and portion sizes.	Throughout the policy period and outcome assessed July 2019	Plate waste monitored on a local level between kitchen and front of house team at each site. Plate waste records reviewed periodically and corrective actions recorded.	System implemented and records reviewed monthly at Catering Managers team meetings
2 <u>Enriching society – Environmentally responsible</u> To reduce the amount of food wasted throughout the catering department	October 2018	Introduce new campaign 'Your Business is Food' designed by WRAP (Waste and Resources Action Program) to monitor and subsequently reduce food waste within outlets, kitchens and through the hospitality provision	Department registered for campaign, background information and documentation received
3 <u>Enriching society – Environmentally responsible</u> <u>Valuing ideas – Encouraging collaboration within NTU</u> Actively engage in the Universities green weeks in May and November.	November 2018	Catering to support NTU's Green weeks by providing a 'Lo-carbon' menu in all catering outlets. The menu will focus on three main elements: 1. Using 100% locally grown and sourced ingredients 2. 100% vegetarian 3. Maximum ingredients in season	Meetings scheduled to discuss menu options
4 <u>Enriching society – Environmentally responsible</u> To source fish products that are sustainable in order to contribute towards protection of overfishing and depletion of 'at risk' species	June 2018	To seek to gain MSC certification	MSC certification achieved at all campuses

5	<u>Enriching society – Environmentally responsible</u> <u>Valuing ideas – Encouraging collaboration within NTU</u> Collaborate with the Environment Team in supporting Fairtrade fortnight.	February 2019	<ol style="list-style-type: none"> <li>Promoting caterings range of Fairtrade products through communication in the form of posters, social media and information stands within catering outlets.</li> <li>Invite fair trade suppliers to demonstrate products and engage with students/staff</li> </ol>	Meetings to be scheduled with Sustainable Development Team
6	<u>Enriching society – Environmentally responsible</u> Support University Christmas and Easter energy reduction 'switch offs'	Ongoing	At both vacation periods ensure that all fridge/freezer stock is consolidated between units to reduce the amount of equipment running and reduce energy consumption.	Ongoing
7	<u>Enriching society – Environmentally responsible</u> Retain 'Silver food for life served here' accreditation in the three Dine outlets.	Audit Summer 2018	Ensure all documentation and procedures meet the requirements of the catering mark criteria and increase points awarded in 'Championing local suppliers' category.	Silver 'Food for Life Served Here' awarded Jan 2018. Research completed into possibility of increasing the organic food spend to meet the requirements for the Gold 'Food for Life Served Here' award
8	<u>Enriching society – Environmentally responsible</u> Continue to divert unsold pre-packaged sandwiches away from the current waste stream, possibly to homeless charities within the local region.	Ongoing	Work with NTU Sustainable Development Team in developing relationships with local charities to use unsold produce to distribute to and benefit those less fortunate in society.	Contracts in place with 'Tracy's Street Kitchen' to provide unsold prepacked sandwiches and salads, since June 2017 1972 sandwiches donated. Redundant kitchen equipment donated to help with the preparation of hot meals. The possibility of providing hot meals also currently being investigated
9	<u>Enriching society – Environmentally responsible</u> To replace current cleaning products and chemicals with more environmentally friendly options that are plant based, biodegradable and less hazardous.	Sept 2018	<ol style="list-style-type: none"> <li>Carry out cost benchmarking exercise</li> <li>Look at dispenser controlled systems</li> <li>Consult with other university users</li> <li>Look to implement across all NTU campuses by Sept 2018</li> </ol>	Mini tender planned for Summer 2018

**Enabling** a culture of **Sustainable Development** across NTU, **enhancing** the student experience and **creating** a global legacy.

10	<u>Enriching society – Environmentally responsible Valuing ideas – Encouraging collaboration within NTU</u> Utilise green space at City and Clifton campus to grow fresh herbs and thus reduce cost and food miles associated with these products.	Ongoing	Liaise with the University Landscaping team to explore options for a wider variety of herbs to be grown at the two relevant campuses and look to use these within NTU kitchens as opposed to purchasing.	Herb gardens now at Clifton (Pavilion) and City (Dryden quadrangle) now growing rosemary, parsley, chives and thyme which are used in dishes such as 'Leek, potato and chive soup' and 'Vegetable and garden herb soup
11	<u>Enriching society – Environmentally responsible</u> Continue to implement the system for the monitoring and recording of kitchen food preparation and spoilage waste with the aim of reducing food waste at all 3 campuses.	Ongoing	Continue to monitor the data collected in order to identify trends with a view to amending practice to actively reduce food waste.	System in place at all 3 campuses recording –Prep, spoilage and production waste. Recorded in graph form and reviewed with Head chefs at monthly Catering Managers meeting Green Impact project award achieved
12	<u>Enriching society – Environmentally responsible</u> Work with suppliers to introduce more environmentally friendly packaging for delivering ingredients	October 2018	Discuss with suppliers generating unacceptable levels of cardboard packing alternative options and solutions in order to reduce the environmental impact of the current packing.	Millside Barrowcliffe now provide 85% of all fruit and vegetables in plastic, reusable boxes –replacing the previous cardboard box product. Currently lobbying Adelie foods to address the issue of excessive cardboard packaging usage.
13	<u>Enriching society – Environmentally responsible Valuing ideas – Encouraging collaboration within NTU</u> Following student forum with NTU'S vegetarian/vegan society look to further enhance our non- animal based product offering by increased vegan dishes within NTU restaurants.	Continue to ensure the vegan dishes include soups, breakfast items, main meals and desserts	Kitchen team to convert existing vegetarian recipes where feasible to make them vegan friendly. Liaise with the NTU vegetarian/vegan society in order to communicate this action to the student body.	27 recipes to date converted to vegan friendly dishes.
14	<u>Enriching society – Environmentally responsible</u> To contribute to the university's aim to reduce plastic waste and introduce more environmentally friendly options	October 2018	To source environmentally friendly alternatives to all plastic consumables including cutlery, straws and drinking glasses	Paper straws introduced in place of plastic versions April 2018.  All plastic bottled drinks replaced with canned alternatives at all retail units from Oct 2018

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				<p>20,000 Plastic pots and cutlery used during graduation replaced with card pots and wooden cutlery</p> <p>Plastic cutlery within retail to be replaced with corn starch alternative from October 2018</p> <p>All plastic water cups replaced with compostable alternative</p>
15	<p><u>Enriching society – Environmentally responsible</u></p> <p>To reduce the amount of disposable cups used with hot drinks</p>	October 2018	To introduce an additional cost which is added to customer's orders when using the disposable cups.	Reusable takeaway cups introduced at all outlets, 10p levy to apply to all customers using takeaway disposable cups