

Sustainable Food

17th May 2017

University of Cambridge

Agenda



9.30	<i>Registration and refreshments</i>
10.00 – 11.00	<ul style="list-style-type: none">- Welcome to Cambridge, overview of activities- Which interventions work? Reducing the environmental impact of diet- Q&A, discussion
11.00 – 11.30	<i>Break</i>
11.30 – 12.30	<ul style="list-style-type: none">- What is Vegware and how can it be useful in Universities?- University of Brighton activities- Q&A, discussion
12.30 – 1.30	<i>Lunch</i>
1.30 – 2.50	<ul style="list-style-type: none">- TUCO perspective- Sustainable Food Cities and how it applies to Cambridge- Nottingham Trent University: A collaborative approach to sustainable food- Q&A, discussion
2.50 – 3.00	<i>Break</i>
3.00 – 4.00	Open space discussion – facilitated session for discussing sustainable food
4.00 – 4.30	Tour – implementing sustainability best practice in a catering operation

Welcome to Cambridge

Emily Dunning and Peter Lumb
Environment and Energy section, Estate Management

17 May 2017

Welcome!

- Housekeeping
- Aims of the day
- Sustainable Food –
‘The Cambridge
approach’



Housekeeping

- Fire alarms
- Toilets
- Wifi
- Photos
- Any problems, just ask!



Aims of the day

- Learn from each other
- Understand sector-wide activity
- Share experiences
- Inspire further action



Cambridge Context

Environmental Sustainability Vision Policy & Strategy approved 2015:

*“Positively influence **sustainability performance of suppliers, and sustainability credentials of goods & services we purchase**”*

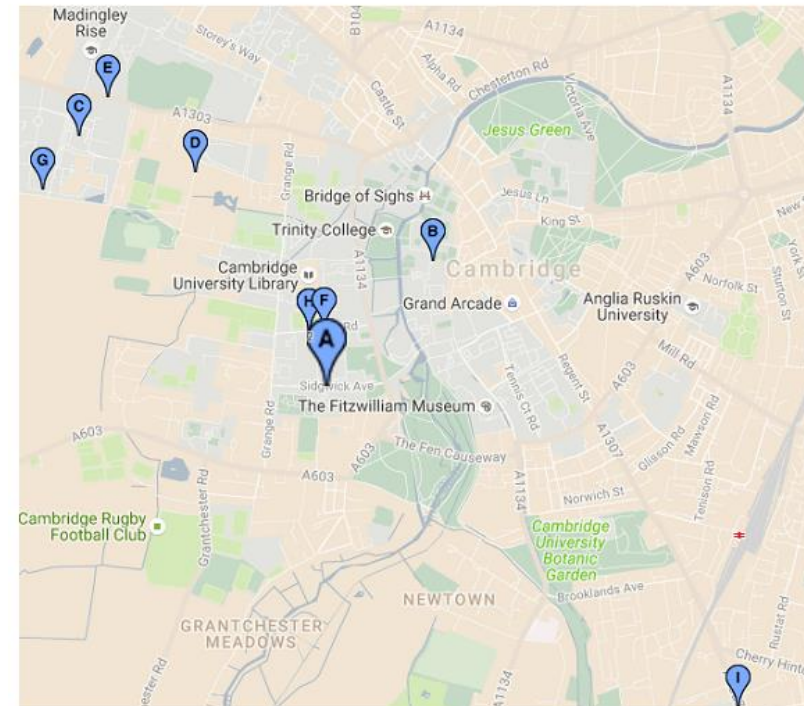
*“Match our aspirations to be a global leader in conservation and food security research, with **sector leading practical performance**”*



Cambridge Context

- University Catering Service – part of Estates Management
- *10 Cafes, mostly embedded in University departments*
- *+ University Centre (café, dining hall, Riverside Restaurant)*
- *No halls – Colleges separate*

University Cafes



A The Buttery

B Combination Room

C Computer Laboratory Café

D Mathematical Sciences Café

E Greenwich House Café

F University Library Tea Room

G West Café

H Arc Café

I Faculty of Education Café

J Faculty of Law Café

Developing the Policy

Explored what other Universities were doing...

- 8 universities responded
- Used this as part of discussion
- Helped inform our policy



1	Sustainable food aspects from other University food policies								9
2	Kingston	Edinburgh	Salford	Aston	Oxford Br	Winchest	Glouceste	Anglia Ru	TOTAL
3	Seasonal	1	1	1	1	1	1	1	8
4	Local	1	1	1	1	1	1	1	8
5	Reduce energy use	1	1	1	1	1	1	1	8
6	Free Range	1	1	1	1	1	1	1	7
7	Fair trade	1	1	1	1	1	1	1	7
8	Work with suppliers to reduce negative	1	1	1	1	1	1	1	7
9	Soil Association Food For Life	1	1	1	1	1	1	1	6
10	Organic	1	1	1	1	1	1	1	6
11	Red Tractor	1	1	1	1	1	1	1	6
12	Marine Stewardship Council	1	1	1	1	1	1	1	6
13	Healthy nutritious food	1	1	1	1	1	1	1	6
14	Reduce water use	1	1	1	1	1	1	1	6
15	Reduced meat	1	1	1	1	1	1	1	5
16	Provide/promote vegetarian	1	1	1	1	1	1	1	5
17	Communicate with stakeholc	1	1	1	1	1	1	1	5
18	Staff training on sustainable food	1	1	1	1	1	1	1	5
19	RSPCA Freedom Food	1	1	1	1	1	1	1	4
20	Provide tap water in all catering outlets	1	1	1	1	1	1	1	4
21	Reduce food waste	1	1	1	1	1	1	1	4
22	Compost food waste	1	1	1	1	1	1	1	4
23	Minimise food packaging	1	1	1	1	1	1	1	4
24	Increase recycling rates	1	1	1	1	1	1	1	4
25	Ensure access to info on susta	1	1	1	1	1	1	1	4
26	Reduced dairy	1	1	1	1	1	1	1	3
27	Provide/promote vegan options	1	1	1	1	1	1	1	3
28	Reduce bottled water	1	1	1	1	1	1	1	3
29	Recycle used cooking oil	1	1	1	1	1	1	1	3

Developing the Policy

Engaged with customers via surveys:

- **68%** UCS customers actively seek sustainable options
- **64%** are open to reducing their meat consumption
- **81%** of staff in David Attenborough Building agreed/strongly agreed that having a sustainable café is important to them



“Sustainable” Food?



Local



GM-free



Seasonal



Low packaging



Food miles



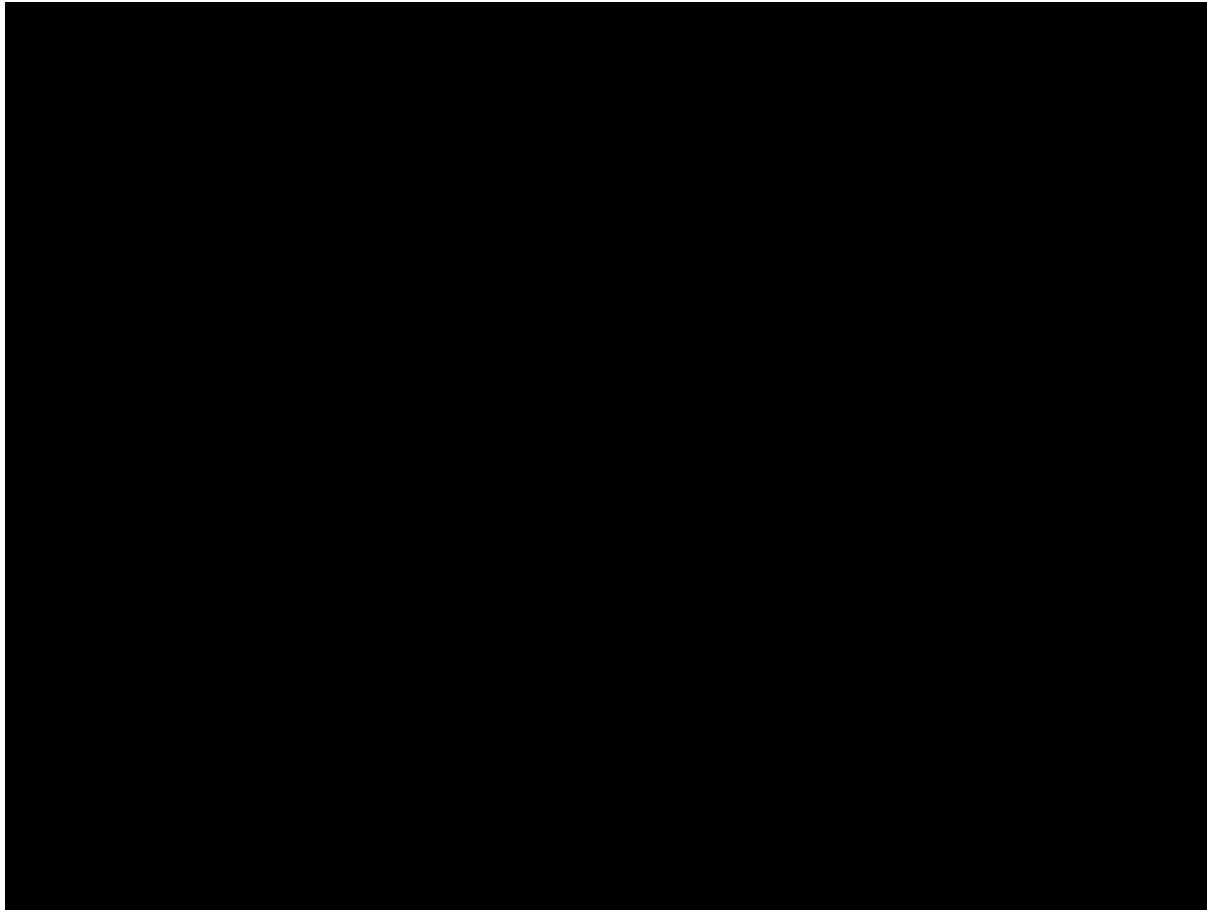
Developing the Policy

Engaged with academics from **Zoology** and **Geography** and the **Behaviour and Health Research Unit** leading to a focus on 4 key areas:

1. Improve vegetarian/vegan choices and actively promote these
2. Reduce ruminant meat
3. Increase sustainably sourced fish
4. Cut food waste



Launching the Policy



<https://www.youtube.com/watch?v=oCMkKlhj-GE>

University of Cambridge Sustainable Food Policy

Introduction

The University of Cambridge recognises its responsibility to provide healthy and sustainable food to our staff, students, and visitors. This Policy sets out the University's intentions to minimise the impact of its catering operations on the environment, and to promote sustainable practices and consumption. This Policy applies to the catering outlets in departments of the University run by the University Catering Service; it does not apply to the Colleges.

Policy aims

- Reduce the consumption of meat, in particular ruminant meat (e.g. beef and lamb).
- Promote the consumption of more vegetarian and vegan foods.
- Ensure that no fish from the Marine Conservation Society (MCS) 'Fish to Avoid' list is served in the University and seek Marine Stewardship Council certification.
- Reduce the amount of food that is wasted in the University.
- Source food and other products locally where possible in order to sustain the local economy and reduce environmental impacts.
- Use Fairtrade products where applicable, and promote products which actively support Fairtrade initiatives.
- Ensure that animal welfare standards are adhered to for any animal produce purchased and to insist on Red Tractor Assured standards as minimum, where applicable.
- Communicate to customers, staff and suppliers our commitment to serving sustainable food.
- Continue to implement all sustainability measures taken to date.

Implementation

- Raise awareness of the benefits to the environmental and individuals of following a mainly vegetarian/vegan diet via promotional guidance, product information and awareness campaigns.
- Set sustainable food targets and measure our performance against these annually.
- Examine this Sustainable Food Policy bi-annually (every other year) and amend targets.
- Work with suppliers to progress our sustainability agenda.
- Engage with other operators on University sites including outside caterers, departments not provided for by the University Catering Service and colleges, to encourage adoption of this Policy and its objectives.

Scope of the Policy

This Policy is focused on the provision and procurement of food in the catering outlets within departments of the University; it does not apply to the Colleges.

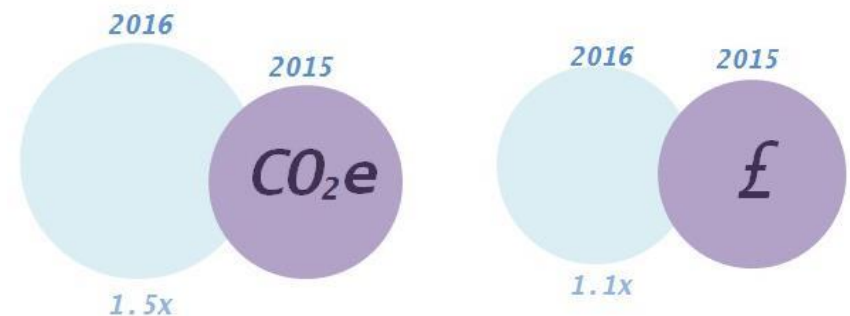
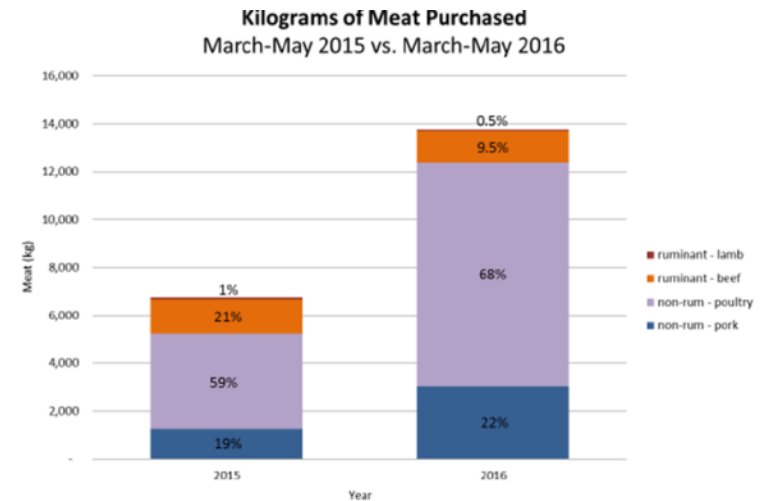
The Policy applies to all aspects of sustainable food, including procurement, preparation, provision, food waste and waste management, education.

All suppliers will be expected to assist the University in meeting the Sustainable Food Policy.

Sustainable Food Policy

Implementing the Policy – Ruminant Meat

- More vegetarian/vegan food, better promotion of choices, move from ruminant to non-ruminant meat (cut from all menus except restaurant)
- From 2015 – 2016:
 - ✓ Ruminant meat purchases decreased by 54%
 - ✓ 28% reduction in CO₂e emissions from meat
 - ✓ 16% reduction in cost from meat



Implementing the Policy – Sustainable Fish

- No fish from **Marine Conservation Society 'Fish to Avoid' list** was served in our operations
- **Sustainable Fish Cities** – UCS has signed pledge (along with Madingley Hall and 20 of the Colleges)
- Exploring **Marine Stewardship Council** accreditation



Implementing the Policy – Reducing Waste

- **Vegware** – biodegradable packaging and cutlery, food waste collections
- **Keep Cups** – high-quality refillable cups and discounts available
- **Cooking Oil** – Waste oil sent for reprocessing into biodiesel
- Exploring food waste collaborations (*Olio, FoodCycle, Community Fridges, Too Good To Go...?*)



*Vegware helped divert **12 tonnes** of waste from landfill last year*



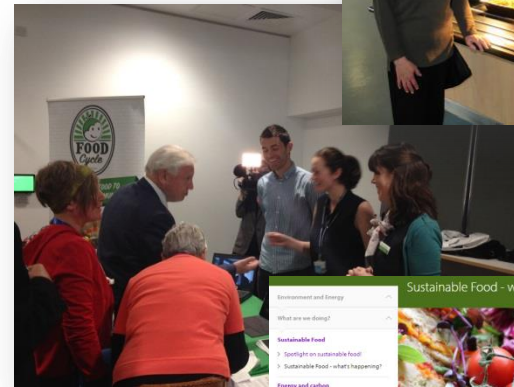
***66,000** disposable cups saved in 3 years since scheme launched*



*Around **100 litres** of oil a week is recycled*

Implementing the policy – comms & engagement

- ‘Spotlight on Sustainable Food Month’ in February – range of events including insect tasting, panel discussions, film screenings
- Recipe competition – winner’s recipe was cooked and served in University Centre
- Intern this summer to look at sustainable food marketing & placement
- External engagement – New webpage, Earth Optimism event



Environment and Energy

What are we doing?

- Sustainable Food
 - Spotlight on sustainable food!
 - Sustainable Food - what's happening?
- Energy and carbon
- Recycling and waste
- Taxi!
- Sustainable procurement
- Biodiversity
- Sustainable construction
- Water
- Environmental sustainability in teaching and research
- Environmental Management System

Sustainable Food - what's happening?

Related links

- Sustainable Food
- Sustainable Food Quizzes
- Spotlight on Sustainable Food

Sustainable food in action at the University of Cambridge!

The University Catering Service (UCS) have taken a lead on sustainable food issues at the University through a Sustainable Food Policy. However there are many other catering outlets at the University of Cambridge which don't fall under the control of the UCS, as well as the 31 Colleges at Cambridge which operate separately from the University. Many University departments are also taking action on sustainable food issues. Here, we round up some of the action which is taking place across the University of Cambridge.

Christ's College

Christ's College have undertaken a number of sustainable food initiatives, which include:

- Two days of vegan cookery classes working with the Humane Society & SFA. These are being held at Magdalene College - both days will run within 24 hours
- Christ's hold an all-vegan formal ball and a vegan pancake breakfast in early 2021
- The College are continuing with 'Green Mondays' and also showing the low carbon meal on our canteen meals with a blue footprint
- The College are working towards the Green Impact award for the first time
- Low food are available in the coffee shop

Madingley Hall/ACE

The Institute of Continuing Education and Madingley Hall have been doing much to champion sustainable food and green issues over the past few years, including a Sustainable Food Policy which was launched in 2014. This is due to be reviewed again shortly, and will include sections on Palm Oil.

• For other highlights from the Institute's work see:

- Green Impact Gold Award
- Sustainable Restaurants Association 3 Star Rating
- Signatory on Sustainable Food City Bill
- Signatory on Sustainable Fish City Bill
- Vegan and vegetarian options available daily
- Low Carbon meals available daily
- Host of Local Food Fair in August 2016 highlighting local street food suppliers
- Working towards Soil Association Accreditation

College examples – Vegan cookery class

- Two days of vegan cookery classes working with the Humane Society & SRA.
- Organised by Christ's, held at Magdalene College - both days sold out within 24 hours



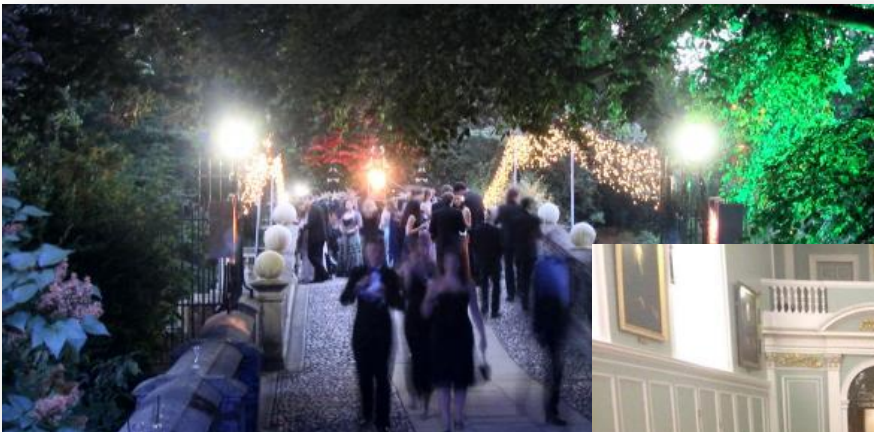
College examples – Waste reduction

- **KeepCups, LugAMug & KeepCup discounts** at several colleges: Christ's, King's, Emmanuel, St Catherine's, Trinity, others
- **Compostable** disposable packaging – Emmanuel, King's and Queen's Colleges have adopted 'Vegware' or similar.
- **Discouraging bottled water** – many colleges now use bottling plants, meaning that re-useable glass bottles are filled with still and sparkling water for events and meetings



College examples – Events

- Wolfson, Emma & Trinity – Green formals and sustainable ball



Formal Hall Menu

Tuesday 14 March 2017

Green Formal

Starter

Roast Norfolk Mushroom
Soup & Homemade Olive
Bread



Main Meal

Grilled Cambridgeshire
Chicken Breast, Red Wine
Jus



Vegetarian

Roast Suffolk Vegetable &
Quinoa Strudel, Red Wine
Jus



Side Dishes

Fondant Potatoes

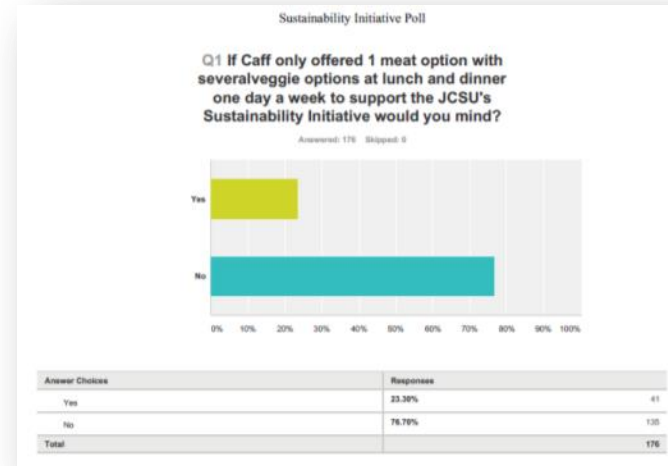
Baton Local Vegetables



Information of any item of food not on the menu.
Information on the item of food does not contain allergens.

College examples – Promotion & Communication

- Mostly Meat Free Monday at Jesus
- St Catherine's catering department sends out a monthly newsletter to college members listing seasonal produce that will be featured in hall meals.



Best Produce in February

- Brussel sprouts
- Celeriac
- Jerusalem artichoke's
- Kale
- Purple sprouting broccoli
- Rhubarb
- Pomegranate
- Passion fruit
- Mackerel
- Mussels
- Oysters
- Scallops
- turbot

For more information on food that is in season go to:
<http://www.eattheseasons.co.uk/seasons>
<http://www.huttsbaider.com>

What's hot and what's not!!!

Hot

- Grains
- Coconut oil
- Vegetable yoghurt
- Locally sourced foods
- Sustainability

Not

- Food waste
- Tran's fats
- White carbs
- Red meat
- Food additives

Book your Formal Hall

Cafe Menus

Try something new this month.

Why don't you try something different this year?

Coconut oil-

- can help you burn more fat
- can reduce your hunger and help you eat less
- can improve blood cholesterol levels
- can boost brain function

For more information on coconut oil and recipes go to:
<https://www.organicfacts.com>

Lessons learnt

- ‘Just do it’ approach
- Trialled it first
- Collected and analysed data
- Proven approach
- Got approval by University Committee
- Working alongside in-house research
- Academics and Living Lab have helped support the case
- Collaborative approach
- Riding the wave of a ‘hot topic!’

Our Next Steps

- **Set sustainable targets and measure** our performance against these; review the Policy bi-annually
- **Work with our suppliers** to progress sustainability agenda
- **Raise awareness amongst our customers** via promotional guidance, product information and campaigns
- **Engage with other operators** around the University (including colleges) to share/learn best practice, encourage adoption of the principles of this Policy...

Thank You!

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