



## Sustainability

Many diners are interested in hospitality and catering provisions that provide sustainable dining.

The aim of the three Rs of sustainability is to conserve natural resources and prevent excess waste. By following the rules of reduce, reuse, and recycle, hospitality and catering provisions can save money at the same time as attracting more diners and bringing in more profit.

Sustainability also means buying local produce, using organic ingredients, buying meat and poultry from farm assured producers who guarantee better welfare for the animals, using Marine Stewardship Council sustainable fish and offering meat-free versions of favourite dishes.

## Reduce

**Food waste:** If food and waste were its own country, it would be the third largest producer of greenhouse gas in the world! If it cannot be used to make new dishes or given away, then as much food waste as possible should be composted.

**Energy use:** Hospitality and catering provisions can save energy in many ways including using low-energy lighting, maintaining and upgrading equipment, putting lids on saucepans, batch baking and cooking.

**Food miles:** Using local suppliers means that the food does not have to travel as far from 'field to fork'.

**Water usage:** Use less in cooking by only just submerging vegetables or using a steamer. Use an energy and water efficient dishwasher.

## Reuse

Food that is past its best, for example a brown banana, or scraps such as bones can be used to create new dishes which in turn will decrease food waste. [www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com) has a vast range of recipe ideas for using surplus food.

- Bread: breadcrumbs, bread and butter pudding, bread sauce and croutons.
- Meat and poultry: bones can be used to make stocks.
- Fruit: banana muffins, apple crumble, fruit coulis, smoothies.
- Vegetables: bubble and squeak, vegetable stock, vegetable bakes, omelettes.
- Eggs: whites can be used to make meringue; yolks can be used to make mayonnaise.

## Recycle

Many hospitality and catering provisions have separate bins for recyclable materials. Professional kitchens should also have areas to separate waste into recyclable, non-recyclable and compostable materials. All staff should be trained to know how to dispose waste correctly.

Coffee grounds can be composted. Compost can be used to grow fruit, vegetables and herbs for use in the kitchen.

Jars and plastic containers can be used for storage in the kitchen. Glass bottles can be used to hold flowers or candles as table decorations.

*Too Good To Go*, *Karma* and *Olio* are apps used by restaurants and supermarkets. Customers can buy discounted food which would otherwise go into landfill.