

Sustainable and Ethical Food Policy 2019-2020

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1. Scope and Purpose

London Metropolitan University currently outsources catering services across its campuses and works closely with its catering contractor to incorporate environmental, ethical and social considerations into our purchasing choices. This Policy aims to improve the sustainability of the University's hospitality services and sets out the University's intentions to minimise the impact of its catering operations on the environment and to promote sustainable practices. The Policy applies to all the catering outlets and any hospitality run by the University's Campus Services Department.

London Metropolitan University's Sustainable and Ethical Food Policy outlines our commitment to ensuring that all foods are prepared and served on campus in an environmentally sustainable and ethical manner.

London Metropolitan University will strive to ensure that all foods are sourced locally, where possible, thereby minimising food miles and reducing CO2 emissions.

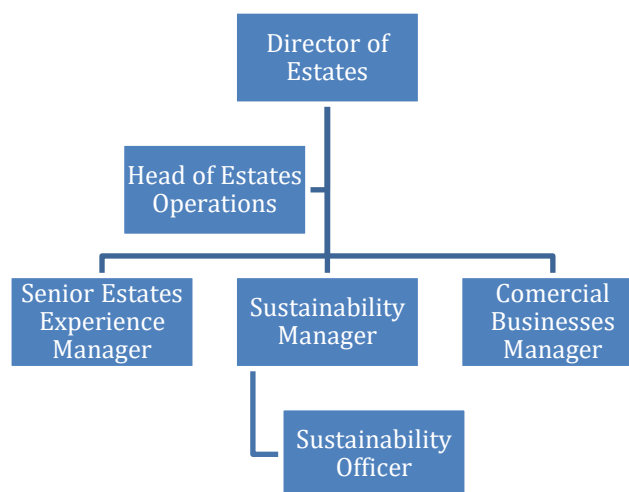
We are also committed to ensuring that food producers (farmers, fishermen, kitchen staff etc.) are paid a fair price for their products, and a fair wage for their services, one that reflects the current market values.

London Metropolitan University understands that healthier, ethically sourced, more sustainable food may help to improve lifestyle choices both in and outside of the University, leading to an overall positive impact on health and wellbeing as well as the environment. We also recognise the benefits to local, national and international communities.

Our Sustainable and Ethical Food Policy is linked to the University's Carbon Management Plan and other policies related to waste management, sustainable procurement and Fairtrade.

2. Key Responsibilities

Ownership and implementation of this policy sits with the Estates Department. Estates will communicate this policy to its stakeholders and review the policy annually and update accordingly.



3. London Metropolitan University Caterers

We will aim to ensure that University caterers comply with the policy and the standards set by the Estates Department.

As the main food service provider, it is important that the caterer's policy reflects that of London Metropolitan University's, and in order to meet this requirement, will have following documentation and is reviewed annually as minimum requirement:

- A Purchasing and Supply Policy (see Appendix 1 for Compass Group UK Policy).
- Environmental Policy which includes information on how caterers take responsibility for pollution prevention, waste management, energy efficiency, recycling and the use of recycled materials (see Appendix 2 for Compass Group UK Environmental Statement).
- Ensure compliance with ISO 14001:2015 Environmental Management System.

4. Current good practice

London Metropolitan University caterers are performing sustainably and in accordance of People and Planet University League by carrying out the following initiatives:

- Ensuring all catering outlets have free drinking water available on site to encourage the recycling of cups and bottles (see Appendix 3).
- Caterers have a separate Purchasing and Supply Policy that lists the criteria (traceability, UK sourcing, food miles, distributors role, quality assurance, etc.) that must be adhered to when purchasing foods and services on behalf of the University (see Appendix 1).
- Source fish only from suppliers that support sustainable fishing practices (i.e. Sustainable Fish City, etc.). All London Metropolitan University fish is Marine Stewardship Council approved (see Appendix 4).
- Caterers are using Fairtrade products wherever possible and suitable (see Appendix 5).
- Used coffee grounds given away free of charge at all coffee shop outlets for composting purposes.
- Discount given on all hot drinks purchased when customer providing their own cup/mug (see Appendix 6).
- Reusable travel mugs made available for purchase at each catering outlet.
- Reusing unopened drinks and food items such as juices, biscuits and water bottles etc. in Hospitality services (see Appendix 7).
- Following the correct environmental protocol when disposing of waste cooking oils.
- Food labelling

5. Key Objectives

Over the next year the university's objectives are to:

- Promote Fairtrade and increase Fairtrade product sales
- Decrease dairy consumption
- Increase the use of organic, free range and seasonal ingredients on all meals cooked on site
- Support campus to kitchen initiative's
- Locally sourced ingredients
- Decrease waste by reducing food waste and single use plastics sales
- Improve recycling facilities for all catering staff
- Increase awareness about healthier food options available in the refectory and across the campus.

Please see Appendix for SMART Targets.

6. Key Performance Indicators

- Increase Percentage of food waste disposed of separately
- Compliance of purchase invoices with the Sustainable and Ethical food policy
- Purchase orders demonstrate increase of environmentally friendly cutlery and/or reduce purchase of plastic (list of reusable cutlery available in Appendix 7).
- Food for Life Served Here Accreditation
- Year on year reduction in single use plastics for sale
- Fairtrade University status
- Fairtrade Fortnight events

7. Related Documentation

- Carbon Management Plan
- Environmental Sustainability Strategy
- Fairtrade Policy
- Waste Policy and Strategy
- Sustainable Procurement Policy
- Caterers Purchasing and Supply Policy

8. Monitoring and Review

A review of the Sustainable Food Policy will be undertaken by end of August each year, or on a change of catering contractor in order to review the progress against the plan for that academic year. The review will:

- Review progress of targets set using SMART Targets in Appendix 8
- Identify new targets for the coming year.
- Report on progress to Estates Senior Management Team.
- The review will form the basis of the University's commitment to monitor progress towards targets and to report publicly on an annual basis.

Approval and Review	Details
Approval Authority	Sustainability Team and Campus Services Team
Lead	Sustainability Team and Campus Services Team
Next Review Date	August 2020

Signed:

Matthew Brewster
Director of Estates

Scott Bunyan
Catering Manager

Deirdre Martin
Interim Head of Campus Services

Andrew Marshall
Commercial Businesses Manager

APPENDICES

Appendix 1

Purchasing and Supply Policy

The Purchasing and Supply Policy states that 'Compass has a responsibility to make a positive contribution to our customers and the communities in which we operate, as well as continuously review the impact our business operations make to our stakeholders and the environment.' View [The Purchasing and Supply Policy](#).

Appendix 2

[Compass Group Environmental Statement](#)

Appendix 3

Free drinking water in all outlets

At present, all catering outlets provide access to free drinking water to promote the reuse of cups and bottles. Where bottled water is available, we aim to ensure all bottled water is produced by 'Life Water' bottled and marketed from a UK source, who work in partnership with charity Drop4Drop, whereby every life water drink funds clean water projects across the globe.

Appendix 4

Sourcing and Suppliers

We recognise the health, environmental and community benefits of sourcing food and drink from suppliers in the local and regional area, and seek to do this wherever possible. We aim to increase our partnerships with local and regional suppliers on a year by year basis.

We also recognise that trade with poorer countries supports sustainable economic growth and stability, and so we also ensure that we source food and drink from these suppliers, ensuring that the Fairtrade practices are in place.

Food Miles and Deliveries

We recognise the complexities involved in calculating 'food miles' and that food transported from overseas does not necessarily have a greater carbon footprint. Food transported long distances by boat, or food imported when it is in season abroad, can have a smaller footprint than food produced closer to home in heated greenhouses, or food that needs to be frozen or refrigerated, especially for long periods of time.

However, we recognise where food has been produced, stored and transported in similar ways, choosing food that has not travelled as far could help reduce CO2 emissions.

We work to reduce the number of deliveries made and have undertaken work consolidating 'road' miles with the contract with one of our major suppliers, making distribution more efficient, and cutting delivery frequency where available.

We have also reduced the total number of suppliers and hence deliveries to our site.

Animal welfare

Sustainable fishing is defined as that sourced from renewable stock and which minimises the impact on the eco system. We work with the Marine Conservation Society (MCS) guidance on sustainable and ethical fishing and all of the fish provided is from a MCS approved sustainable source.

All meat produced and served in the main refectory outlet is Red Tractor certified. Red Tractor is a world leading farm and food assurance scheme that provides traceable, safe food.

Free range eggs are used as standard within all kitchen areas.

All milk used in coffee shops outlets are of Farm Assured certification.

Healthier eating choices

The University's caterers have a healthy eating policy and recognises that sustainable food is often healthier food, as reducing the use of meat and other animal products, and increasing the use of local and seasonal fruit and vegetables, contributes to a healthier diet. Our approach to sustainable and ethical food therefore supports our commitment to promoting healthy lifestyles to our students, staff and visitors

Food and diversity

We provide vegetarian and vegan options as standard in our catering outlets and our catering for meetings and events, and these are clearly marked.

We recognise that a diet with less meat, fish and animal products is widely considered to have positive benefits for health and wellbeing and the environment, and that in addition, a number of religions require followers to eat a vegetarian or vegan diet.

We also aim to provide options which meet other dietary needs, including wheat and gluten-free where practicable.

Appendix 5

Fairtrade Policy

London Metropolitan University supports the aims of the Fairtrade Foundation and will demonstrate its support by working to the criteria stipulated by the Fairtrade Foundation and attaining Fairtrade University status.

Our Fairtrade commitment strives to create Fairtrade Policy awareness and to encourage our community of students and staff to understand and support the Fairtrade ethos. Our campaign will include:

1. Holding Fairtrade events
2. Promoting Fairtrade events, initiatives and products the University and Students' University Union websites and publications if applicable.
3. Selling Fairtrade products in all our retail outlets and offering Fairtrade refreshments during hospitality and meetings where practicable.

At the moment, London Metropolitan University already has the following Fairtrade items in the locations listed below. Some of the products such as tea, coffee fruit and juices are offered as a standard in all catering outlets.

Table 1. Fairtrade products available across the campuses in December 2019.

Supplier	Costa Blue Met	The Junction	Costa, Library	The Atrium	Hospitality
Pelican Rouge Hot Chocolate Powder Fairtrade (This Fairtrade certified product is as standard)	N/A – own brand	Bean to cup-current FT replacement not possible	N/A - own brand	YES	N/A - Doesn't serve
Sicilia Fairtrade Coffee Beans (This Fairtrade certified product is as standard)	N/A – own brand	Bean to cup-current FT replacement not possible	N/A - own brand	YES	YES
Teapigs everyday brew teabags Fairtrade (This Fairtrade certified product is as standard)	From December 2019	YES	From December 2019	From December 2019	From December 2019
Kit Kat assorted flavour Fairtrade	YES	YES	YES	YES	NO
Maltesers Fairtrade	YES	YES	YES	YES	NO
Dairy Milk Standard	YES	YES	YES	YES	YES
Green & Blacks Chocolate Fairtrade	YES	YES	YES	YES	NO
Clipper tea bags assorted variety Fairtrade (This Fairtrade certified product is as standard)	YES	YES	YES	YES	YES
Calypso Fairtrade Juices (This Fairtrade certified product is as standard)	YES	YES	YES	YES	NO
Bananas Fairtrade (This Fairtrade certified product is as standard)	YES	YES	YES	YES	YES
Propercorn	YES	YES	YES	YES	NO
Hospitality Juice	N/A	N/A	N/A	N/A	YES
Tate & Lyle Fairtrade sugar (This Fairtrade certified product is as standard)	N/A	YES	N/A	YES	YES

Appendix 6

Discount given on hot drinks

Discount given is £0.20p. Displayed prices on advertising boards are listed with the £0.20p discount already applied. A charge of £0.20p is levied against any hot drink purchased when not providing own cup/mug.

Appendix 7

Packaging and Waste

In our Waste Management Strategy and Action Plan we make a commitment to 'avoiding waste that is sent to landfill or incineration by maximising the re-use or recycling of all materials.'

The University catering contractors are committed to minimising their environmental footprint by fostering a culture that reduces, reuses and recycles. To support this, they work closely with their supplier and clients to create innovative solutions to reduce source packaging, enable recovery and reuse of discarded materials and recycle waste to create raw materials for other purposes.

At present, all cutlery and crockery provided for meetings, conferences and the like are non-disposable items such as china cups and metal spoons where practicable. We use the list below to identify areas across all outlets on type of cutlery we provide.

Table 2. Types of cutlery available across the campuses in March 2020.

Location	Existing type of cutlery for meals (fork, knife, spoon)	Existing type of cutlery for hot drinks
Highbury Canteen	Metal and wood	Wood stirrers
The Junction	Wood	Wood stirrers
Costa BM	Wood	Wood stirrers
Learning Centre Costa	Wood	Wood stirrers
The Atrium	Wood	Wood stirrers
Hospitality	Metal cutlery given where appropriate	Wood stirrers or metal spoons

Appendix 8

SMART Targets

SMART targets can be viewed in additional document.

Appendix 9

Food labelling

Labelling of food is vital, as well as a legal requirement within the UK. Food labelling must be clear, concise, and above all, correct.

This is to:

- Ensure that the right information is given to customers so they can make informed choices regarding allergens, intolerances and life style choices
- Ensure that all products made and served on site are made with the freshest ingredients possible to guarantee taste and quality
- Ensure that the risk of injuring or hurting is mitigated through not using out of date goods or those past their best before date.