

Sustainable food and Beverage Policy



Loughborough University embraces its responsibility to create a more sustainable planet for the future and we seek to embed sustainability in everything we do cultivating socially responsible students, staff, alumni, and partners. The University Strategy “Creating Better Futures. Together” puts Sustainability and addressing Climate Change and Net Zero at the heart of the University’s agenda to 2030. We are a proud signatory of the United Nations Sustainable Development Goals and aim to use our position as a Top 10 UK University to address global challenges and create a sustainable future for all.

Climate Change and Nature Emergency

How, and what, we farm and fish, eat and dispose of are some of the biggest contributors to dangerous climate change and precipitous loss of nature.

Nationally Recognised Need

As a nation the food we consume accounts for around 30% of the UK’s carbon footprint (According to Sustain, WWF and the Food Climate Research Network).

Significant Environmental Aspects and Impacts

Food and Beverage production and service contribute greatly to our significant environmental aspects of Energy & Carbon, Waste & Resources and Procurement, all of which can be mitigated through Sustainable practices.

Our overarching principles

Supporting the SDG's

The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by all United Nations Member States in 2015 as a universal call to action to end poverty, protect the planet and ensure that all people enjoy peace and prosperity by 2030. Loughborough University has signed up to the SDG Accord.

Energy, carbon & Water Efficiency

We collaborate with the FM department, Energy Manager and Energy Technician who have responsibility for both reporting and reducing the energy consumption, financial expenditure and carbon emissions across the campus.

Reducing the consumption, expenditure and associated carbon emissions are everyone's responsibility.

Working closely with key stakeholders and organisations to identify opportunities to support in continuing the work that has identified and implemented a number of projects to reduce the energy consumption and has secured funding to assist in the implementation of energy saving projects.

As a catering department we are taking action to ensure the equipment we purchase is energy efficient with a need to move away from gas in favour of electric powered alternatives running ideally off green grid electricity. This can be evidenced by the move to electric ovens when replacing aged gas equipment in the last year and the upgrading of aging electrical infrastructure in summer 2024 to future proof this initiative.

We are exploring opportunities for funding to assist in the implementation of energy saving projects such as this.

Reduce Packaging

By working with our suppliers we aim to reduce packaging, encourage its reuse but ensure that essential single use packaging is recycled.

We have designed and produced branded reusable cups & bottles and have them on sale in all outlets at a cost as low as possible.

We are launching a new project in collaboration with Lboro Sports and [bottleup](#).-

Water on the go is not going away. And why should it? These days, it's part of our carefree, active lifestyles. The convenience of bottled water is great! It's the wastefulness that has to go. Instead of asking people to change their lifestyle, we changed the bottle.

Our bottle is better. It's made from renewable sugar cane, which is better for the planet. It's BPA free so you can reuse it again and again, which reduces single-use plastics. And it's filled with pure spring water, so it's always refreshing. Bottle Up is water on the go, without the woes.

Customers encouraged to bring a reusable cup for their hot drink purchases. They are charged a supplementary charge for a disposable cup.

Plastics

There are many products which come in plastic packaging of varying types making plastic hard to avoid, particularly as not all products are available in alternative packaging. There are also issues around the use of alternative packaging if this is substituted for a less sustainable alternative or if a potentially sustainable alternative is used but is then not recycled resulting in a greater environmental impact. Plastics are a highly versatile form of packaging which can protect the products our customers wish to buy and where possible we will be seeking to ensure that these are the right types of plastic to make them readily recyclable. Our customers can reduce the environmental impact of plastics by ensuring that they recycle these in the plastics or mixed recycling bins across the campus and not in the non-recyclables bins.

Reduce Transport

We aim to reduce transportation by sourcing local, seeking efficiency in deliveries and reducing deliveries through reduced food waste, which can all reduce our negative environmental impacts. Electric fleet deliveries may offer significant opportunities in this regard and we are encouraging our suppliers to adopt more Electric fleet vehicles. [zero-emissions-deliveries](#)

Reduce Food waste

As a university we have been segregating food waste for around 12 years and in that time, we have diverted over 4000 tonnes of food waste from landfill across our catering, halls, retail and commercial operations. We are committed to increasing the segregation of food waste from landfill in the areas where this doesn't yet happen (as this lessens the impact) but also fundamentally reducing the amount of food waste we generate in all these areas. This will be achieved through using technology to predict service levels, reusing food leftover where safe to do so and cooking in smaller batches. Also by training our catering and retail teams and engaging and educating our customers.

Reduce our Carbon Footprint for food and drink

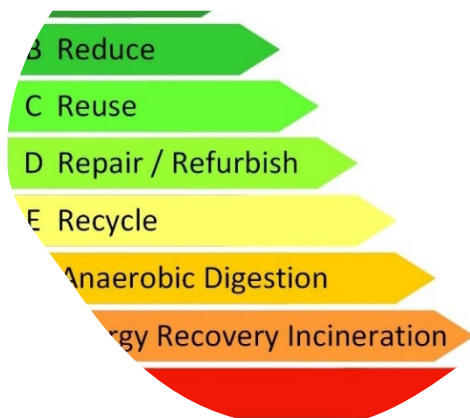
Measuring and monitoring our carbon footprint associated with food and beverage purchasing, production and service will be key to targeting year on year reductions and we will work with our procurement specialists and our suppliers to achieve this.

The Waste Hierarchy

The management of our waste is in accordance with the Waste Hierarchy being a key element in our procurement and service packaging requirements but also in the monitoring of our environmental impact from our operations.

Utilising the segregated recycling solutions for many key streams including metal, wood, paper, plastics, cardboard, food, cups, WEEE.

Participants of WARP-it scheme – We use WARPit to share availability of furniture and equipment across our operations to maximise reuse opportunities.



Loughborough University

Waste Action Reuse Portal (WARP-it) website

maximise the use of resources at Loughborough University, save money and reduce our environmental impact. We will encourage parties if we don't require them

Communication

We will communicate our food policy, and specific information about what we are doing to improve the sustainability of our food, to service users, visitors and staff via e.g. the staff intranet, newsletters and notice-boards and the promotion of the ethos of a healthy eating campus linked into the promotion of the Elite Athlete Centre and Hotel as a world-class venue that promotes the pursuit of excellence.

Training

Recognising our responsibility as an employer, catering staff will be trained in food sustainability. As a minimum staff will be aware of the various certification systems and their relevance for food production and food products that Loughborough University use. We will encourage initiatives from staff & recognise initiatives taken on board. TUCO – www.tuco.ac.uk, provide our teams with further training and insights to develop teams.

Food Quality, Nutrition and Healthy Eating

Reducing our carbon footprint goes in hand with maintaining & promoting food quality, nutrition and healthy eating.

In 2023 Loughborough university pledged to adopt the Menus of Change principles.

- The Culinary Institute of America and Harvard Chan School Launched the Menus of Change initiative as a way to integrate a long-term practical vision for optimal nutrition, and public health, environmental stewardship and restoration, and social responsibility concerns within the foodservice industry and Culinary Profession. At its core is the **24 Principles of Healthy, Sustainable Menus** which provide chefs and food service leaders with menu and recipe guidance for health and sustainability, along with business strategies that integrate both environmental and nutrition science imperatives.



As an internationally recognised sports university we are committed to ensure the food quality and nutrition supports the lifestyle of our stakeholders but also meets the needs of those with special dietary requirements.

A healthy diet is essential for good health and nutrition. Numerous studies show that good food quality and nutrition has a direct positive impact and is essential for optimum learning.

What we eat and what we serve our families—influence our health and the health of our planet. It protects you against many chronic noncommunicable diseases, such as heart disease, diabetes and cancer. Eating a variety of foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, are essential for healthy diet.

behealthy/healthy-diet#.

We are focusing on reducing meat consumption, but not eliminating it. As caterers it is our job to offer a wide range of exciting dishes that encourage customers to make choices that will benefit both them personally, as well as the wider community and indeed the health and wellbeing of our entire planet.

We will be helping our chefs reduce animal protein and where possible replacing 20% of the meat in a recipe with tasty alternatives such as mushrooms, lentils, beans and vegetables. We have collaborated with Quorn foods to develop and exciting range of vegan and vegetarian options which have replaced some of our meat dishes. We always offer more plant-based dishes as a choice than meat dishes in our dining halls. With a wide variety of fresh fruits and vegetables, alongside unlimited salad counters.

Procurement & Suppliers

Procurement

Sustainable procurement is the meeting of business needs for materials, goods, utilities and services in an environmentally-friendly, responsible and ethical way. Companies dedicated to sustainable procurement try to make economical and effective long-term decisions that benefit the company, customers, society and the environment.

Sustainability has been embedded within everything we do including procurement and relevant documents. Loughborough university is a member of TUCO www.tuco.ac.uk who recognize that food and sundry commodity choices have potential to influence a healthy lifestyle incorporating: People, Profit and Planet (3Ps).

All our suppliers are able to make a significant contribution to help improve and develop sustainable procurement.

All tenders now both include questions about sustainability but also involve the Sustainability Team in the specific questions used and the assessment of the responses. Loughborough university requires that sustainability standards are embedded in tenders & contracts with external contractors.

Use Local and Seasonal

Supporting British farmers by buying food that's local and in season has the potential to taste better, cost less, reduce the environmental impact support the local economy and helps you stay healthy. We will seek to create menus based on local, fresh, seasonal and healthy products which support British farmers and the local economy.

Meat and Dairy

Our meat is sourced from butchers that are local and hold many Awards & Accreditations and information can be found on the below link

We are committed to ensuring Adherence to appropriate quality assurance standards for food safety, animal welfare and production. All meat must be stunned prior to slaughter.

<https://www.owentaylor.co.uk/awards-and-accreditations/>

<https://midlandfoods.co.uk/accreditations/>

Where possible, we are committed to the #20percentlessmeat initiative that is being led by public sector caterers right across the UK. <http://20percentlessmeat.co.uk/>

We must however approach this in a balance manner to ensure the least negative economic impact on our longstanding partners in the local farming community.

We are focusing on reducing meat consumption, but not eliminating it. As caterers it is our job to offer a wide range of exciting dishes that encourage customers to make choices that will benefit both them personally, as well as the wider community and indeed the health and wellbeing of our entire planet.

We will be helping our chefs reduce animal protein and where possible replacing 20% of the meat in a recipe with tasty alternatives such as mushrooms, lentils, beans and vegetables.

Our dairy is sourced from Kirby and West who hold the STS Accreditation to enable supply into the NHS, schools and the Public Sector. They also operate depots to BRC Storage and Distribution Standards and hold the Red Tractor Certificate which ensures the food is traceable, safe to eat and has been produced responsibly. Red Tractor standards cover animal welfare,

food safety, traceability and environmental protection. Their plastic bottles are made from recycled materials and can be also be fully recycled, which are by us.
We offer non-dairy alternatives to milk as standard in all our outlets.

Fish

We have eliminated fish from the menu which are on the Marine Conservation Society's red list and promote only fish that is on the Marine Conservation Society's 'fish to eat' list.

We align to our main fish supplier's policy for sourcing which can be found in the below link <https://www.directseafoodscolchester.co.uk/sustainability/>

Our preference for tinned tuna will be pole and line caught or MSC certified.

We will promote sustainable fish and seafood to our customers.

Eggs

Our main egg supplier is local and family run, and information can be found on the below link. Free-range eggs have been used across the campus since 2005 and in 2011 our supplier achieved the "Good Egg Award" along with holding a list of credentials that include British Lion Quality, RSPCA Assured, BRC and Organic Farmers & Growers which is a testimony to their commitment to producing the highest quality eggs from the most contented of hens.

<https://sunrise-eggs.com/our-hens/>

Oil

Cooking Oil – Deep Fat frying has been either heavily restricted and removed.

All our deep-frying/cooking oil is Virgin Rapeseed Oil, which is purchased directly from the British farmer and producer who is passionate about sustainable farming and the environment

<https://www.r-oil.co.uk/environmental-farming/>

Virgin Rapeseed Oil has numerous health benefits <https://www.r-oil.co.uk/health/>

The waste oil is collected by our supplier in the original drums which are reused, and the oil recycled into Bio Diesel.

Certified Sustainable Palm Oil

On 15 March 2020 TUCO became an Associate member of the RSPO (Roundtable on Responsible Palm Oil) This confirms our continued commitment to support our members to purchase certified sustainable palm oil and another step on our journey to group certification.

[Click here to find our more about RSPO](#)



9-3628-20-100-00

Water

In all our dining halls we will ensure tap water and reusable or recyclable drinking vessels and water fountains are freely available to all our service users, visitors and staff, choosing mains-fed systems instead of bottled water systems.

Sandwiches

Our main food-to-go supplier, Real Wrap Co. is dedicated to making sure they minimise their impact on the environment. <https://www.realwrap.co.uk/ourplanet>

Their environmentally friendly commitments include:

Using only sustainably sourced palm oil, 100% recyclable packaging, zero food waste when making sandwiches, converting any other food waste into biogas and fertiliser to make electricity, Using MSC certified tuna, and even recycling their leftover crusts into beer!

As part of our partnership, sandwich recycling bins have been placed across campus to encourage staff, students and visitors of the University to separate their waste and recycle correctly.

We are stocking ranges from our other sandwich supplier, [tiffinsandwiches](https://www.tiffinsandwiches.co.uk) that are made from wild farmed flour. [wildfarmed.co.uk](https://www.wildfarmed.co.uk) as featured on Netflix's "Clarksons Farm"

"wildfarmed was formed in 2018 when andy joined forces with edd lees and george lamb to found a business designed to change lives and landscapes by producing delicious, healthy and regenerative flour and bread. we're growing fast, partnering with bakeries, restaurant chains supermarkets and over 100 growers, to bring the buzz of the birds, bugs and bees to fields across the land"

What we are working towards

All meat sourced from external sources certified free-range or RSPCA Assured as a minimum.

We are working towards Soil Association's Food for Life served here Certification or the Food Made Good Standard by the Sustainable Restaurant Association, along with the MSC chain of custody certification and the Good Egg Award to demonstrate through certification the standards that we operate to.

Continue removal of any ultra (highly) processed foods

Moving to a more dynamic Kitchen Management System that will allow us to incorporate higher levels of seasonality, better labelling and more information for our guests, on our foods, including open source data.

Extending the variety of pulses, beans, grains and other produce present in our meals.

Develop and publish a hydration map to show the location of free to access water.

Dramatically reduce the amount of disposable cups used on campus, through the use of a returnable cup scheme.

Community Food that provides a viable livelihood for farmers, processors and retailers, whose employees enjoy a safe and hygienic working environment whether in the UK or overseas

We provide space and other support for student and staff-led sustainable food projects.

- LAGS – space for the Students Landscaping and Gardening Society to grow their own fruit and vegetables; but also
- Fruit routes – our on site unique project and art installation made up of over 150 fruit trees providing an enriched habitat for people, plants, insects and animals, as well as a location for community cultural activities and outdoor learning as part of the campus' living lab. Produce from the Fruit Routes is made available for students, staff and the community to enjoy and we encourage people to harvest fruits from the route as they ripen.
- All members of non-student staff are directly employed by the University. We do not accept tips or levy any service charges.
- All outlets currently rate five stars for food hygiene – www.scoresonthedoors.org.uk
- We have participated in multiple pieces of research to ensure our impact goes beyond our campuses, encourage our team to work on groups advocating best practice and attend events promoting food in Higher Education. Recent examples include the Executive chef attending the Menus of Change world conference. Our Development head Chef sits on the TUCO Executive Chefs group passing best practice between Universities in the UK.
- A significant number of products carried that are Fairtrade, Rainforest Alliance, UTZ, Cocoa Life or similar accreditation.
- Training is provided to all staff around sustainable practices and our cooking teams receive further training on creating menus that have a lower impact on the environment
- TUCO – www.tuco.ac.uk provide our teams with further training and insights to develop teams.
- We are fully owned and operated by the University who offer our permanent staff excellent benefits. All our permanent staff are employed on permanent contracts.
- Reusable containers, delivery trays and boxes are currently being used by a number of suppliers including butchery, fruit and vegetables, wholefoods
- We have provided cost of living support to staff and students for over 18 months through free and reduced cost breakfast across the campus.

A £1 hot breakfast at Cayley Dining Hall from 8am-9.30am. This offer includes a choice of sausage, scrambled egg, baked beans, and toast. There will also be a selection of free cereals, fresh fruit and self-service hot drinks available.

Free cereal, fresh fruit and self-service hot drinks are also available at the following locations on campus from 8.30am-10am:

- Martin Hall Café
- West Park Teaching Hub Café

Loughborough University has a range of support measures for students to help with the cost of living. From accessing our Hardship Fund and promoting the latest part-time work

opportunities, to money management sessions and free weekly sporting activities, various measures are in place to help you.

Monitoring and reporting

The University further monitors the Sustainable Food Policy through review meetings which also cover any new initiatives and improvements that can be made. Any significant developments within the food and beverage industry are considered when the Sustainable Food Policy is reviewed. The policy and updates are provided to the University sustainable sub-committee quarterly, which is chaired by John Downey MAE, Associate Pro-Vice Chancellor, Climate Change and Net Zero.

This document is a living document of both completed actions and those in progress so will be updated on a regular basis. It covers all University operated food outlets and food served by the university.

It excludes vending machines, and students' union food, for which university does not have responsibility.

We generally don't use external contractors or if we do, the same sustainability standards apply to any external contractors.