

DRAFT* Sustainable and Healthy food Policy *DRAFT

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.

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.

Reduce Packaging

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

Reduce Transport

Reducing transportation by sourcing local, seeking efficiency in deliveries and reducing deliveries through reduced food waste can all reduce our negative environmental impacts. Electric fleet deliveries may offer significant opportunities in this regard.

Chemicals

We seek to use cleaning materials that have a reduced impact on the Environment whilst ensuring that effectiveness is not compromised.

Reduce Food waste

As a University we have been segregating food waste for around 9 years and in that time, we have diverted over 2000 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.

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.

The Waste Hierarchy

The management of our waste is in accordance with the Waste hierarchy as shown below. This will be a key element in our procurement and service packaging requirements but also in the monitoring of our environmental impact from our operations



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.

Food Quality, Nutrition and Healthy Eating

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

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.

What we eat and what we serve our families—influence our health and the health of our planet.

A healthy diet is essential for good health and nutrition.

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.

<https://www.who.int/initiatives/behealthy/healthy-diet#:~:text=A%20healthy%20diet%20is%20essential,are%20essential%20for%20healthy%20diet.>

The brain

The most energy-hungry organ in the body. Despite the fact that it weighs just 1.5kg, it steals roughly 25% of the body's energy requirements. It is therefore dependent on a second-to-second supply of energy, which is only provided by the food we eat.

We were first accredited by food for the brain in 2007 being one of the first to be recognised as clearly demonstrating that our business is genuinely committed to providing food that is both delicious and nutritious. <https://foodforthebrain.org/>

Body Protection

Vitamins and minerals protect from diseases and keep us healthy. Food items that give us vitamins and proteins are called protective foods. Spinach, mango, carrot, papaya, milk, lemon, tomato, green vegetables, etc. are rich in vitamins and minerals. These food items are called protective foods. These food items protect us from diseases and keep healthy. We are committed to ensuring a plentiful supply of these foods to our patrons.

Muscle Growth

Food items that give us proteins are called Muscle Growth foods. Eggs, pulses, milk, cheese, fish and nuts are the main sources of proteins. We are committed to ensuring a plentiful supply of these foods to our patrons.

Muscle Fuel

Food items that give us energy or fuel for our muscles are called energy giving foods. Bread, rice, potato, etc. give us carbohydrates, and are called energy giving foods. We are committed to ensuring a plentiful supply of these foods to our patrons.

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 an internationally recognised sports university, our customer base have specific needs for meat based protein whilst demanding choice and 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 replace 20% of the meat in a recipe with tasty alternatives such as mushrooms, lentils, beans and vegetables.

Our dairy is sourced from Pensworth 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 to 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.

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.mjseafood.com/where-we-source-from>

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/>

Sustainable Palm Oil

Palm Oil has been and continues to be a major driver of deforestation of some of the world's most biodiverse forests, destroying the habitat of already endangered species like the Orangutan, pygmy elephant and Sumatran rhino. This forest loss coupled with conversion of carbon rich peat soils are throwing out millions of tonnes of greenhouse gases into the atmosphere and contributing to climate change. There also remains some exploitation of workers and child labour. Unfortunately Palm Oil occurs in many products we find on our retail shelves and as such is hard to avoid (it can be found in around 50% of products). It is an extremely versatile oil that has many different properties and functions which makes it so useful and widely used. However Palm Oil can be produced more sustainably and things can change. The Roundtable of Sustainable Palm Oil or RSPO was formed in 2004 in response to increasing concerns about the impacts Palm Oil was having on the environment and on society. The RSPO has a production standard that sets best practices producing and sourcing Palm Oil, this is referred to as Certified Sustainable Palm Oil (CSPO). WWF International is committed to the RSPO's vision of sustainable Palm Oil, as demonstrated by the role it played in establishing the RSPO in 2001 and its ongoing engagement in the RSPO process since then. Loughborough University has made a commitment to actively encourage and support the production of Palm Oil in a sustainable and socially responsible manner and has a full statement and action plan in respect to this.

Oil

Cooking Oil – 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 rescued and the oil recycled into Bio Diesel.

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.