

SUSTAINABLE RECOMMENDATIONS FOR NEST CATERING

Practices to continue or implement:

1. Locally produced food

- a. Continue partnership with UBC farm
- b. Continue to purchase produce and dry goods locally when possible
- c. Source local proteins such as chicken and beef (1)
 - i. Sumas Mountain Farms, Abbotsford BC
 - ii. Two Rivers Meats
- d. Adjust menu to allow for seasonal foods (i.e. side of local, seasonal greens, topped with local, seasonal fruit) (2)

2. Plant-based options

- a. Incorporate more plant-based menu items
 - i. see Appendix D: Recipes
- b. Menu is labelled for menu choices such as “vegan”, “vegetarian”, etc.

3. Ethically and sustainably produced

- a. Continue to serve only 100% Ocean Wise certified fish
- b. Continue to serve organic, fair trade coffee
- c. Aim to use grass fed chicken and beef (2)
 - i. Sumas Mountain Farms, Abbotsford BC
- d. Seek out fair trade certification for items such as bananas, chocolate, sugar (3)
- e. Source cage free, certified humane eggs (3)
 - i. Rabbit River Farms, Richmond BC
- f. Aim to source SPCA certified, Certified Humane approved meats (1)
 - i. Sumas Mountain Farms, Abbotsford BC
- g. Menu communicates sustainable and/or ethical products to customers

4. Organic

- a. Aim to source meat that comes from animals raised without hormones, antibiotics, or chemical feed additives (1)
 - i. Sumas Mountain Farms, Abbotsford BC
 - ii. Two Rivers Meats, North Vancouver BC
- b. Purchase organic foods when possible, but focus on local over organic (1)

5. Reduce food waste

- a. Donate leftover food to shelters in Vancouver (2)

- i. Vancouver Food Bank Food Rescue Program
- ii. Vancouver Covenant House
- b. Compost all food waste in kitchen and dining hall (5)
- c. Recycle leftover cooking oil for future biofuel use (3)
 - i. recycle used cooking oil at Vancouver Zero Waste Center
 - ii. use service such as Redux to pick up and recycle used cooking oil

6. Green facilities

- a. Continue using 100% recyclable or compostable containers
- b. Recycling program for plastics, cardboard, metal and mixed media (6)
- c. Removal of water, juice and other beverages in plastic bottles from the menu (4)
- d. Papers towels made from 100% recycled paper (3)
- e. Cleaning products are biodegradable (8)
 - i. Eco-max commercial products
- f. Bulbs and lighting are Energy Star rated (3)
- g. Install low-temp drying dishwasher - uses less power and water (4)
- h. Install low-flow sink sprayers and taps to reduce water consumption (8)
- i. Install high efficient water tank and recirculating pump (5)
- j. Combine delivery trips and use smaller vans when possible (3)

Additional Next Steps:

Adapted from WWF-UK's Executive Summary: Catering for Sustainability

- **In your business:**
 - Pilot sustainable menus and, if successful, roll them out across all outlets.
 - 'Bundle' costs: calculate the overall costs and benefits of introducing a sustainable menu, not the cost of individual products.
 - Develop staff who are passionate about delivering sustainability: provide them with the space, tools and training to deliver sustainable diets.
 - Remove worst offenders: Rule out ingredients that are unsustainably sourced
- **Across your stakeholders:**
 - Educate and build demand: tell customers, clients and suppliers why sustainable diets are important.
 - Invest in sustainable supply chains.
 - Ask 'would customers eat your food if they knew where it came from, how it was made, and what its health and sustainability credentials were?'
 - Promote your values: tell stakeholders why sustainable diets matter to you.

- **Across your industry:**

- Share best practice, including non-commercially-competitive information about what has worked for you.
- Agree on a shared definition (or common principles) for sustainable diets to create a level playing field when implementing them.
- Advocate (to national governments) for a level playing fields; a change to competition law; and agree an industry-wide definition of sustainable diets.”

Resources

Sustainable catering companies:

1. Savoury Chef. Vancouver, BC

<https://www.savourychef.com/vancouver-caterers/green-sustainability-practices/>

2. Chef Laura. Vancouver, BC

<https://www.cheflaura.ca/about/sustainability/>

3. Basil Tree Catering. Boston, MA

<https://www.basiltree.com/practices/>

4. Pomona Dining. Claremont, CA

<https://www.pomona.edu/administration/dining/sustainability>

5. Culinary Capers. Vancouver BC

<https://www.culinarycapers.com/about-us/sustainability/>

6. Truffles Catering. Victoria, BC

<https://www.trufflescatering.net/culture>

7. Drew's Catering. Vancouver, BC

<https://drewscatering.com/about/sustainability/>

8. Windows Catering. Alexandria, VA

<https://www.catering.com/company/about-us/green-initiatives/>

Grey Literature:

Berkeley Food Institute. (2018). A Guide for UC Berkeley Departments on Sustainable and Just Catering. Retrieved from

<http://food.berkeley.edu/wp-content/uploads/2018/03/Sustainable-and-Just-Catering.pdf>

Monash University Office of Environmental Sustainability. (2009). Sustainable Catering Guide. Retrieved from

<https://static1.squarespace.com/static/54dd5ffce4b0cc2d46391991/t/594d1039b11be14d41a42967/1498222659822/Monash-Sustainable-Catering-Guide-2.pdf>

World Wide Fund for Nature UK (WWF). (2016). Executive Summary: Catering for Sustainability. Retrieved from

http://assets.wwf.org.uk/downloads/wwf_catering_summary_report_signoff.pdf?_ga=1.172826020.629931605.1470744313

Additional Resources:

Sumas Mountain Farms

<http://www.sumasmountainfarms.ca/>

Two Rivers Farms

<https://tworiversmeats.ca/farms/>

Rabbit River Farms

<http://www.rabbitriverfarms.com/>

SPCA Certified standards

<https://spca.bc.ca/programs-services/certifications-accreditation/spca-certified/>

Redux cooking oil recycling program

<http://www.reduxprogram.com/used-cooking-oil.php>

Vancouver Food Bank food recovery program

<https://foodbank.bc.ca/our-programs/food-recovery/>

Covenant House Vancouver food donations

<https://www.covenanthousebc.org/ways-to-give/other-ways-to-give-2/donate-items/>

Eco-max biodegradable cleaning products

<https://www.eco-max.ca/commercial-products/>