



## **Healthy and Sustainable Food Policy**

### **1. Purpose**

Homerton College recognises its responsibility to provide healthy and sustainable food for our students, staff and visitors. This Policy sets out the College's intentions to minimise the impact of its catering operation on the environment and to promote sustainable practices and consumption.

### **2. Policy Aims**

This policy applies aims to focus on the following criteria:-

- Reduce the consumption of meat, in particular ruminant meat (eg. beef and lamb).
- Promote the consumption of more vegetarian and vegan foods.
- Ensure that no fish from the Marine Conservation Society (MCS) 'Fish to Avoid' list is served in College and seek Marine Stewardship Council certification.
- Increase and maintain usage of sustainable products and minimise waste.
- Source food and other products locally where possible in order to sustain the local economy and reduce environmental impacts.
- Use Fairtrade products where applicable and promote products which actively support Fairtrade initiatives.
- Ensure that animal welfare standards are adhered to for any animal produce purchased and to insist on Red Tractor Assured standards as minimum, where applicable.
- Communicate to students, staff and visitors our commitment to serving sustainable food.
- Give preference to products and services that are manufactured, and can be used and disposed of, in an environmentally and socially responsible way.
- Ensure that sustainability criteria are included in specifications to suppliers through the Foodbuy network.
- Enhance employee awareness of relevant environmental and social effects of food production and provide guidance and relevant product information to staff members to allow them to select sustainable products and services and reduce waste.

### **3. Implementation**

- Raise awareness of the benefits to our stake holders of following a mainly vegetarian/vegan diet via promotional guidance, product information and awareness campaigns.
- Set sustainable food targets and measure our performance against these annually.
- Examine this Sustainable Food Policy bi-annually and amend targets.
- Work with suppliers and Foodbuy network to progress our sustainability agenda.
- Engage with the Catering Managers Committee and CamEATSzero to improve knowledge and management of food sustainability

[Microsoft Word - CamEATS ZERO Sustainable Food Guidance tmm](#)

### **4. Scope for the Policy**

- This Policy is focused on the provision and procurement of food in the catering outlets within Homerton College. The Policy applies to all aspects of sustainable food including procurement, preparation, provision, food waste and waste management and education. All suppliers will be expected to assist in delivering our Sustainable Food Policy.

## 5. Roles and Responsibilities

- Homerton College has a responsibility to procure food in a sustainable manner in accordance with the Food Sustainability Policy.
- The Catering Manager and the Executive Head Chef have responsibility for implementation of the Policy in their department.
- Responsibility for application of the practical delivery of this Policy within the Catering department lies with the operational supervisors and Catering team members.

## 6. Objectives

### Communication and Engagement

- Increase awareness of this Sustainable Food Policy through advertising on telemetry TV and engagement with the HUS Green Officer and MCR Green Officer and the involvement in the Cambridge Green Impact scheme. The Policy will also be posted on the College website.
- Participate in University-wide campaigns and other events by promoting healthy and sustainable food including vegan options.
- Participate in Cambridge's efforts to become a Sustainable Food City. Showcase good examples and practices across the College that support the aims and objectives of this Policy.
- Provide Catering staff with training about sustainable food and the objectives and reasons for the Policy.

### Meat and Dairy

- Reduce the consumption of meat in particular ruminant meat (eg. beef and lamb).
- Promote the consumption of more vegetarian and vegan foods.
- Increase the range of animal products from certified higher welfare standards.
- Where possible and appropriate, use local produce/suppliers and actively include and promote use of these products in menus.
- Use free range eggs as standard.
- We will ensure that, on an-ongoing basis, 100% of the milk we purchase is certified British and, where possible, from East Anglian dairies.

### Fish

- Eliminate use of any fish which is on the Marine Conservation Society's (MCS) "Fish to Avoid" list.
- Seek Marine Stewardship Council certification.
- Use diverse species of fish to reduce pressure on sensitive stocks.
- Investigate various species of tinned fish and the capture method, aiming to purchase more sustainable alternatives where possible.

### Fairtrade

- Increase the Fairtrade product range and raise awareness of Fairtrade campaigns organised throughout the year.
- All tea, coffee, sugar and bananas that are provided are Fairtrade (subject to supply).

## **Fruit and Vegetables**

- Develop menus which make use of seasonal fruit and vegetables where practically possible.
- Actively promote vegetarian and vegan options more than meat options.
- Source fruit and vegetables that are from local suppliers and, where possible, that are Red Tractor Assured, equivalent or fully traceable.
- Encourage suppliers to understand the production system under which the fruit and vegetables were grown.
- Increase the amount of fruit and vegetables used that are grown from systems that cause the least harm to the environment where possible.

## **Sustainably Sourced Products Containing Palm Oil and Soya**

- Aim to avoid products containing palm oil or source products that are certified by the Roundtable on Sustainable Palm Oil (RSPO).
- Aim to source soya products that are certified by the Round Table on Responsible Soy (RTRS) or ProTerra.

## **Energy**

- Any new or replacement cooking/catering equipment should seek to provide efficiencies in energy consumption.
- Conduct energy audits to identify ways to reduce consumption within the College with a large focus on the main kitchen.

## **Waste**

- Record and monitor the amount of food waste to set a baseline figure.
- Reduce the amount of food waste going to landfill through the use of the waste food collection scheme where it is used to produce biofuel.
- Recycle used cooking oil for turning into biofuel.
- Ensure all disposable used are fully compostable.

## **Water**

- Uphold our provision and promotion of chilled water dispensers in all areas to reduce the demand for bottled water.
- Use of mains fed water dispensers where possible.
- Use of purified still and sparkling tap water, bottled water system using re-usable glass bottles in our conference services.
- Work towards ceasing the sale of bottled water.

## **Research**

- Work with CamEATZero to carry out research in food sustainability for improving monitoring, performance and impacts over time.

## **Reporting and Reconciliation**

- Number of meals served highlighting meat, fish, vegetarian and vegan.
- Percentage of vegan food vs meat and vegetarian and fish.
- Kilograms of food wasted.

## **7. Review and Updates**

- This policy will be reviewed biennially by the Catering Manager.
- Updates will incorporate best practices, regulatory changes and evolving College needs.

Stuart Bubb  
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