University of East Anglia Healthy & Sustainable Food Policy

UEA
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Our Healthy and Sustainable Food Policy

The University of East Anglia recognizes its responsibility to carry out its catering activities in an environmentally and socially responsible manner, In line with UEA environmental policy. For example, minimising our consumption of non-renewable energy and gross emissions of greenhouse gases, and minimising the production of waste through reduction, reuse and recycling. We also recognize that we can exert considerable influence through our buying power to encourage healthy and sustainable food production and consumption.

We will minimise our consumption of non-renewable and environmentally sensitive resources by incorporating environmental and social considerations into our product and service selection process. We recognise that it is our responsibility to encourage our suppliers and contractors to minimise negative environmental and social effects associated with the products and services they provide. We will also strive to ensure that local and smaller suppliers are not discriminated against in the procurement process and specifications, and that they are actively encouraged to participate in tendering opportunities.

Specifically, we aim to:

- 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.
- Ensure that agreed sustainability criteria are used in the award of contracts.
- Ensure that internal purchasers regularly audit their consumption of goods and materials in order to increase and maintain usage of sustainable products and minimize waste.
- Enhance employee awareness of relevant environmental and social effects of purchases through appropriate training via induction programmes and in continuing professional development.
- Provide guidance and relevant product information to staff members to allow them to select sustainable products and services.
- Ensure non-discrimination against smaller suppliers and active encouragement of their participation in tendering opportunities.
    - Our sustainable food policy applies to catering outlets managed by the university but we would use our experience to spread good practice across the campus.

To allow us to meet our aims we will:

- Develop clear objectives, with all our stakeholders, backed up by detailed targets, to minimise the environmental and social effects associated with the products and services.
- Identify the mechanisms that we intend to use to incorporate environmental and social factors into our product selection process.
- Develop performance indicators and evaluation criteria to measure our progress.
- Clearly specify the role that purchasing officers will play in the identification and selection of sustainable products and services.
- Conduct purchasing audits to identify good practice and areas for improvement.
- Identify and implement necessary changes to the procurement process and specifications to ensure non-discrimination against local and smaller suppliers.
- Examine this Sustainable Food Policy annually and assess whether the targets have been reached and if therefore they can be raised with the aim of continually improving targets.
- Build responsibility for the management of this policy into the job description of all catering staff.

We will apply this food policy to all of our catering outlets and hospitality services and this will also include the contents of the vending machines. We will ensure this policy is fully reflected in our catering tenders and contract(s).

Overall target: On an ongoing basis, a minimum of 60% of our total food spend will be spent on sustainable produce.

Communication

- We will communicate our food policy, and specific information related to our efforts to improve the sustainability of our food, on a quarterly basis to service users, visitors and staff via: - the staff intranet, newsletters and notice-boards.

Training

- Recognising our responsibility as an employer, catering staff will be trained in food sustainability. As a minimum target, staff will be aware of the various certification systems and their relevance for food production and food products that we use.

To be reviewed and updated on an annual basis from September 2011.

Signed by: Date: 20xx

20/3/2012

We have made specific commitments and set ourselves detailed targets in three areas which reflect the scope of our activity: Product, Community and Environment.

Product... offering quality and choice

We are focused, together with our partners and suppliers, on offering a wide choice of quality products, including healthy and certified alternatives.

Fruit and Vegetables

- By September 2012 we will make sure, on an ongoing basis, all our menus reflect the seasons - at least three (major) items per dish will be served in the season it is naturally abundant.
- Seasonal fruit will always be stocked in preference of non seasonal fruit.
- Recognising the importance of orchards to biodiversity we will support the stocking of orchard fruit when in season and juice products all year.
- We will ensure that, on an ongoing basis, 100% of fresh, seasonal orchard fruits (apples, pears, plums, etc), and 60% of fresh soft fruit purchased between the months of August and March is purchased from sources that support rural communities.
- Where possible we will build links through our suppliers to the growers of fruit and vegetables used in our catering promoting to staff our commitment to supporting these growers and their communities.
- We will monitor the amount of fruit and vegetables we purchase under the following schemes Entry Level Stewardship or Higher Level Stewardship scheme; LEAF-Marque certification and Organic certification.

Meat and Dairy

- We will find out how much higher welfare meat we currently buy (as a % of the total meat purchased) and increase the proportion by at least 5% per annum.

- We commit to ensuring that 100% of the livestock produce (meat, dairy, eggs) we serve is, as minimum, Red Tractor farm assured, or equivalent, by 2012.

- For health reasons, we pledge to monitor the frequency and portion size of the red meat and processed meats we serve, and, if necessary, serve less, i.e. reduce their frequency on the menu and the size of the portion, or the proportion of a dish that is made from red meat or processed meat. Financial savings achieved from reducing the amount and proportion of red and processed meats served will be invested in higher quality livestock products (in terms of environmental and welfare quality) across the rest of the menu.

- Our baseline for reducing red meat is from 42% of dishes on our menus to 30% by June 2013.

Fish (see also our Sustainable Fish Policy)

- We will eliminate any fish on the menu which are on the Marine Conservation Society's (MCS) red list

- We will seek to serve Marine Stewardship Council (MSC) certified fish and maximise use of fish on the Marine Conservation Society's 'fish to eat' list by.

- In line with our policy to promote sustainability to staff and customers we will investigate MSC chain of custody.

- We will promote the use of under-utilised species and actively participate in programmes to find markets relating to catch of species where robust data is available on the sustainability of stocks that would otherwise have been discarded.

- All tinned tuna will be pole and line caught skipjack and/or yellow fin as a minimum.

Community... supporting our community

We are supportive of community initiatives, both locally and globally, and also support activity undertaken by our supply chain.

Fairtrade

- Supporting the University of East Anglia as a Fair-trade campus we will find out how many ethically traded products we currently purchase.

- We will ensure that all our tea, coffee and sugar is ethically traded, and will seek to serve Fairtrade certified products.

- Further, we pledge to increase our ethically traded offer as more products and product categories become available, adding at least one more ethically traded product per year, where available.

Fairtrade Products Sold

Bananas
Coffee
Tea
Earl Gray tea
Herbal tea
Hot chocolate
Coffee Beans
Smoothies-Sold in Café direct
Orange juice-Sold in Café Direct
Jam coconut maroon-Sold in Café Direct
Date and walnut bar-Sold in Café Direct
Mango and brazil nut bar- Sold in Café Direct
Kit Kat
Oh so muffins
Oh So flapjacks

Dairy and Eggs

- We will ensure that, on an ongoing basis, 100% of the milk we purchase is certified British and when possible from East Anglian dairies.

- We will ensure that, on an ongoing basis, all whole / liquid / dried eggs purchased are from a free-range production system and any products purchased containing egg state that the eggs are from a free-range production system.

- We pledge to monitor and reduce the amount of dairy produce we serve, replacing them where possible with pulses, beans and other sources of protein that are not of animal origin, and increasing the proportion of plant-based foods, particularly wholegrain foods, fruit and vegetables.

Bread

- We will work with our suppliers, on an ongoing basis, to introduce baked goods, including bread, which do not feature unnecessary ingredients and additives, and which contain controlled levels of salt in line with Food Standards Agency guidance, and remove those that do.

Nutrition

- We will review our food offer in terms of nutritional quality, and identify products and practices that can be changed to improve the nutritional value of the food.

- We will set out a plan to make these improvements by March 2012. We will include specifications to support this in contracts, and train catering staff to implement this commitment in food preparation. This will include:

    - controlling salt, fat and saturated fat levels, in line with Food Standards Agency guidance; removing hydrogenated fat and other unnecessary additives from all food and ingredients

    - Using healthier cooking oils and cooking methods; prioritising dishes containing a high proportion of wholegrain foods, fruit and vegetables; providing foods for children (where applicable) that suit their nutritional needs

    - Limiting the provision and promotion of snacks that are high in fat, salt and sugar, and actively promoting healthier altematives.

- We will monitor and reduce, year on year, the number and proportion of less healthy options provided.

Environment... respecting our environment

We are committed to reducing our carbon footprint, handling our waste efficiently and increasing our ecological product offer.

Waste and Recycling

- We have established a baseline of how much food we waste per month and continue to regularly monitor the amount whilst seeking to reduce it