Sustainable Food Policy

City University London recognises its responsibility to provide healthy and sustainable food to our staff, students and visitors. We will work with our contract caterers to incorporate environmental, ethical and social considerations into the products and services provided. We recognise that it is our responsibility to encourage our suppliers and contractors to minimise negative environmental, animal welfare 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 through our specifications.

We aim to:

- Promote the health and well-being of our staff and students.
- Increase sustainable food offerings in the catering outlets and hospitality menus.
- Give preference to products and services that are manufactured, and can be used and disposed of, in an environmentally and socially responsible way.
- Communicate to our customers, staff and suppliers our commitment to serving sustainable food.
- Carry out sufficient monitoring of our sustainability targets and review our objectives annually.
- Ensure that sustainability specifications are included in future catering contracts and that sustainability criteria are used in the awarding of the contract, for example ISO 14001.
- Ensure that internal purchasers regularly audit their consumption of goods and materials in order to increase and maintain usage of sustainable products.
- Achieve and maintain Fairtrade University status.
- Support the Sustainable Fish City campaign.
- Ensure animal welfare is on the agenda when procuring eggs, meat dairy products.
- Continue to reduce the amount of bottled water consumed on University premises by serving only freshly filtered tap water served in reusable glass bottles through hospitality catering and seeking alternative provisions for plastic water bottle retail sales.
- Address rising food costs by looking at ways to use alternative (sustainable) food products.

To allow us to meet our aims we will:

- Set sustainability objectives and targets and measure our performance against these annually (see Appendix A).
- Work with our suppliers to progress the sustainability agenda across the entire estate.
- Enhance customer, staff and contractor awareness of relevant environmental and social effects of a sustainable diet via promotional guidance, product information and awareness campaigns.
• Work with third party organizations such as Compassion in World Farming (Good Farm Animal Welfare Awards); Sustain (Good Food on the Public Plate and Sustainable Fish City); and the Soil Association (Food for Life).

• Continually monitor and review this Sustainable Food Policy annually, amend targets and communicate findings (including progress and gaps) to our customers.

• Ensure this policy is fully reflected in our catering tenders and contract(s), where applicable.

We commit to:

• Offer seasonal produce where possible and monitor the use of non-seasonal produce. Communicate clearly when seasonal produce is being served.

• Continue to use organic milk and free range eggs, and increase the use of organic and free-range products where possible.

• Support environmentally friendly farming, food/drink production and transportation. Communicate clearly what menu offerings are available and work towards increasing menu range where appropriate.

• Use demonstrably sustainable fish wherever possible. If this is not possible for certain species, then alternative menu items will be sought.

• Use meat and dairy that is produced according to high animal welfare standards. Aim to serve less meat and dairy products and focus on fresh seasonal produce, ensuring all meat and dairy served is sustainably sourced.

• Promote healthier eating habits and encourage the provision of healthier menus.

• Use as much Fairtrade as possible where non-seasonal food or imported products are used.

Attachments:

APPENDIX A: OBJECTIVES & TARGETS 2013-14

APPENDIX B: CATERING CONTRACTOR’S COMMITMENTS
1) Communication and Customer Engagement
   a. Improve communications to increase student and staff awareness and engagement across all stakeholders (including staff, students, visitors, catering staff, contractors, procurement, departmental food buyers).
   b. Promote seasonal fruit and vegetables to customers and inform them of where food is coming from.
   c. Highlight sustainable food offerings in the catering outlets and hospitality menus to increase awareness and sales. Consider piloting totally sustainable hospitality menus.
   d. Ensure all new food contractors/contracts are compliant with the Sustainable Food Policy. Ensure Policy is included within any tenders and that specific questions are included as part of the selection process.
   e. Increase awareness through The Point newsletter, Environmental Champions, City websites and intranets, and other City publications.
   f. Participate in Induction Week, Green City Week and other City events by promoting healthy and sustainable food.
   g. Participate in external campaigns to further educate our customers (e.g. National Vegetarian Week, Compassion in World Farming’s Bake with Compassion campaign, etc.).
   h. Continue to support City’s volunteer food projects (vegetable garden, food co-op, farmer’s market).
   i. Aim to win sustainable food awards where possible (e.g. Good Food on the Public Plate, Islington Giant Green Business Awards, Compassion in World Farming’s Good Farm Animal Welfare Awards).

2) Healthy menus
   a. Achieve Soil Association’s Food for Life Catering Mark (Bronze level).
   b. Strive for healthier menus by using less fat, salt and sugar and more fresh fruits and vegetables, and by offering smaller portions.
   c. Run regular healthy food campaigns to encourage healthier food choices (such as the ‘Eat Right Future Bright’ campaign).
   d. Encourage the selection of vegetarian offers and provide more vegan options.
   e. Increase the amount of protein served which is from non-animal sources.
   f. Run regular meat-free days and actively promote the sustainability and health value of increasing vegetarian meals within the weekly diet. Support National Vegetarian Week.
   g. Aim to provide nutritional content for all food served in order to incorporate an educational element into offerings.
   h. Expand the use of loyalty cards for healthy purchases.

3) Fairtrade
   a. Gain re-accreditation as a Fairtrade University by end of September 2013.
   b. Expand the range of Fairtrade food and non-food products used and sold where possible.
   c. Promote Fairtrade products in outlets where sold.
   d. Participate in Fairtrade Fortnight and other City-sponsored Fairtrade events.

4) Meat, Fish, Eggs & Dairy
   a. Increase the range of animal products from certified higher welfare standards (such as organic, RSPCA Freedom Food certified, free range...
or equivalent). This is particularly relevant for chicken and pig meat while respecting religious requirements of customers.

b. Investigate ways of increasing higher welfare meat through cost neutral methods such as portion size and looking for value cuts.

c. Continue to support the Sustainable Fish City campaign.

d. Obtain the MSC Chain of Custody certification.

e. Continue to avoid using fish from the MCS fish-to-avoid list, maximize the use of fish on the MCS fish-to-eat list, and aim to serve only MSC-certified fish.

f. Continue to use only free-range eggs.

g. Continue to use only organic milk and actively encourage departments that supply milk to staff to do the same.

h. Attain relevant awards from Compassion in World Farming (Good Chicken, Good Dairy, Good Pig)

5) Drinking water & water bottles
   a. Continue to support the TapWater.org scheme.
   b. Increase the number of fresh tap water dispensers on campus.
   c. Sell reusable water bottles in Students’ Union shop and catering outlets to help reduce purchases of plastic water bottles.
   d. Investigate the option of charging an ‘environmental tax’ (such as 10p per bottle) on drinks sold in plastic bottles in order to help fund some of the University’s environmental initiatives.

6) Waste
   a. Investigate ways to reduce food waste, especially in hospitality catering.
   b. Ensure all food waste is being collected for recycling and not as part of general waste.
   c. Monitor food waste and record amounts being collected for composting.
   d. Investigate ways of reducing packaging waste.
   e. Measure and reduce the amount of disposables used on an annual basis.
   f. Increase overall rate of food and packaging waste being recycled.
   g. Continue to offer a discount on hot drinks for those who use their own cups within the catering outlets.
   h. Look into offering discounts for customers who bring their own reusable food containers (“Bowl for Life”) as a way of reducing disposables used. Consider selling reusable containers for this purpose.
   i. Work with Property & Facilities to ensure waste and recycling streams are properly communicated within the catering outlets.

7) Key Performance Indicators
   a. Achieve Food for Life Catering Mark (Bronze standard).
   b. Achieve MSC Chain of Custody.
   c. Achieve CiWF Good Chicken, Dairy and Pig Awards.
   d. Attain Fairtrade University re-accreditation.
   e. Achieve maximum points in sustainable food section of the Green League (this ties in directly to City’s KPI for environmental performance).
   f. Link sustainable food objectives and targets to the University’s Environmental Management System and report on annually in City’s Annual Sustainability Report.
   g. Ensure sustainable food and other environmental/sustainability objectives are incorporated into the re-tender of the catering contract.
APPENDIX B:
CATERING CONTRACTOR’S COMMITMENTS
Compass Group UK & Ireland

Sustainable sourcing objectives:

1) Provide full traceability of products and suppliers within our approved supply chain to ensure that sustainable, ethical and safety standards are built in to our requirements.
2) Support British sourcing, working with farmers and growers to use local and regional produce made, grown or reared to support local or regional requirements.
   Our approach is to take advantage of seasonal, locally grown or reared produce to maximize taste, support the UK farming industry and ultimately reduce food miles. We welcome approaches from Regional Food Groups and as a result of this policy we are proud to declare that:
   - 90% of our fresh meat produce is sourced from within the UK
   - 95% of our fresh vegetables are sourced from within the UK
3) Work in partnership with our clients, suppliers and distributors to reduce the impact of our business on the environment.
4) Support Fairtrade farmers and their communities.

Milk: All milk provided at City is organic.
Eggs: All eggs used in the production of our catering and sandwiches are free-range. 100% of our eggs are sourced from the UK.
Fish: Compass Group has had a longstanding commitment to source its seafood as ethically as possible and in September 2008 became the first EU contract caterer to gain Marine Stewardship Council (MSC) certification, and has increased its ‘Fish to Avoid’ list to 69 species (this number will fluctuate as and when MSC revises its list).
Meat: Purchasing animal welfare policy endorses the ‘Five Freedoms’ concept proposed by the Farm Animal Welfare Council (FAWC) as outlined by Council Directive 98/58/EC on the protection of animals kept for farming purposes. The five freedoms are:
   - freedom from thirst, hunger and malnutrition
   - freedom from discomfort
   - freedom from pain, injury or disease
   - freedom from fear and distress
   - freedom to display most normal patterns of behaviour
Chicken: 100% of our fresh chicken is sourced from the UK and is Red Tractor Farm Assured.
Pork: We currently purchase 80% of our pork from the UK and this carries the Quality Pork Standard mark – awarded by industry watchdog BPEX. This mark demonstrates the highest animal welfare for pigs anywhere in the world.

Environmental objectives:

- Reduce the water and energy used in our principal office and production units
- Reduce the CO2 emissions of our vehicle fleets
- Reduce the waste packaging of our supply chain
- Track, measure and reduce the volume of office waste (i.e. card, paper, plastic and metal)
- Reduce food miles by increasing the use of seasonally available products sourced from the relevant domestic markets
- Increase the volume of recycled used cooking oil
- Increase the volume of biodegradable and compostable disposables

**Healthy eating objectives:**
Compass Group recognises the impact that its supply of food can have on the health and nutrition of its consumers. We strive to set high standards in ‘healthier eating’ and consider thoroughly aspects of diet, nutrition and lifestyle in our policy-making and procurement strategy. We will:
- Continue to source healthier options, such as low salt and low fat alternatives where appropriate, and to provide guidance on this to support our suppliers.
- Ensure that nutrition based claims such as ‘low salt’ meet all legislative requirements.
- Ensure product specifications include a full nutritional breakdown.
- Provide our consumers with full nutritional information about our national meal programmes, and follow industry guidelines on the presentation of such information.
- Seek to engage with key decision and policy makers and national authorities regarding new initiatives in healthy eating and comply with all legislative requirements.