



Nottingham Trent  
University

Catering Services

# Sustainable Food at NTU

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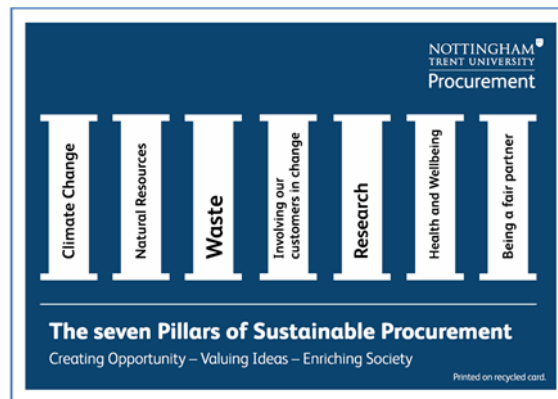
Version: 4  
Date: 23/05/2023

# 1. Introduction

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NTU Catering work in partnership with the university Environment and Procurement teams to ensure that we give consideration to ethical, social and environmental factors when making decisions on the products and services we provide throughout Nottingham Trent University.

The procurement team supports purchasing and tendering activities across the university using the values underpinned by SCoRE - Sustainability, Commercial effectiveness, Research, and Employability. The sustainability elements are divided into seven pillars



We have developed a Sustainable Food Policy which is accessible to all our customers via our website and serves as the main driver in our commitment to deliver healthy and sustainable food and beverage products. Our Sustainable Food Policy is updated annually to ensure targets are kept up to date and regularly reviewed.

## 2. Aims and objectives

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How we meet our aims and objectives to promote and embed a sustainable food culture:

### 2.1 Local suppliers

NTU Catering have a commitment to utilising local suppliers in order to reduce our carbon footprint and keep food miles low. By using local suppliers CO2 emissions are reduced which in turn minimises any negative impact on the environment, wildlife and human health.

Wherever possible we choose local suppliers over their national competitors as we are committed to supporting local producers and farmers which also has a positive impact on both the local job market and the local economy.



Local suppliers we currently use include:

### Owen Taylor & Sons Ltd

All fresh meat supplied by our butcher Owen Taylor is sourced from local farms in Nottinghamshire, Leicestershire and Derbyshire. Owen Taylor are a Red Tractor certified butcher, this means that the meat we purchase from them has met strict standards regarding traceability, food safety and hygiene, animal welfare and environmental protection.

### Luke Evans Bakery

Luke Evans, founded in 1804, is a family owned bakery based in Derbyshire and are our preferred supplier for bread, rolls and cakes.

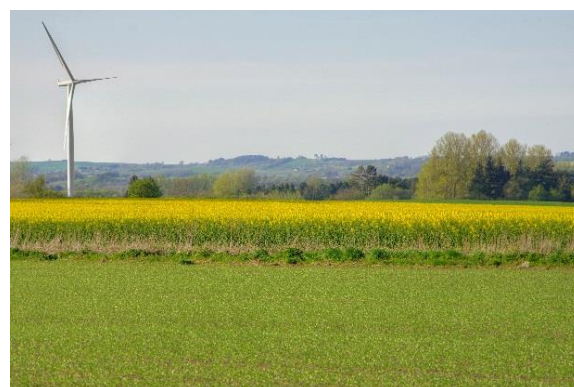
### Millside Barrowcliffe Ltd

Millside Barrowcliffe have been our main fruit and vegetable supplier for over 5 years. We work closely with this Nottingham based company to ensure that they source as many products as possible from the local region. Our close collaboration has resulted in an increase in the range of products now supplied from farms within Nottinghamshire, Lincolnshire and South Yorkshire.



## **2.2 Environmentally friendly oil**

All of the cooking oil purchased by NTU Catering is supplied from Campbell Environmental Oil which trades under the product name of R-Oil. NTU Catering and R-Oil share a strong ethos in protecting the environment and as a result all the waste oil we have is collected by R-Oil and turned into bio-diesel. R-Oil also ensure any of the crops left over after oil extraction are used as animal feed.



R-Oil is cold-pressed and supplied from Campbell's farm in the Cotswolds. NTU Catering co-ordinated our deliveries with Nottingham schools in order to minimise food miles.

## **2.3 Fair trade**

NTU believe strongly in the rights of farmers to receive a fair price for their products and for their workers to receive a fair wage and good employment conditions.

All of our coffee is Fair Trade, organic and certified by the Rainforest Alliance, our tea is also Fair Trade and sourced from certified plantations where workers' basic rights are protected enabling them to have a better quality of life.



We are pleased to confirm that we also stock the following Fair-trade confectionery items - Maltesers, Twix, Kit Kat and Mars bars.

## 2.4 Organic produce

Our organic eggs are produced from hens that are able to roam freely outdoors, eat organic feed, and are not given antibiotics unnecessarily.

Our seed mixes and soya are harvested from plants grown without synthetic chemicals and pesticides.

By purchasing organic produce we are reducing damage to the environment and ensuring animal welfare is of the highest possible standard.



## 2.5 Sustainable fish

NTU Catering only purchases Pollock and prawns that are Marine Stewardship Council (MSC) Certified. MSC are a non-profitable organisation focussing on safeguarding seafood supplies. By only using MSC Certified fish we are supporting sustainable fishing practices, helping to reduce the risk of over-fishing and minimising the environmental impact



## 2.6 Freshly prepared seasonal menus

Our Chefs work hard to ensure our menus make the best use of seasonal fresh produce and that these are highlighted on all our menus. The use of seasonal menus makes it easier for us to source local ingredients and keep our food miles to a minimum.

## 2.7 Food waste and disposal

Where globally an estimated one third of all food is wasted, NTU Catering are striving to improve our standing by putting measures in place to reduce plate waste and increase recycling. Procedures we have put in place to minimise our negative impact include:

**Plate waste:** We measure and record plate waste in our catering outlets on a daily basis and as a result corrective actions such as adjustments to portion sizes enable us to control levels of waste in this area.

**Unsold produce:** We donate any unsold sandwiches to a Nottingham based charity who collect and distribute them to homeless and less fortunate people around Nottingham city centre. Previously these products would have been disposed of.

**Food Waste:** We ensure all our food waste is separated as part of our overall recycling programme and work closely with our waste management contractor 'ENVA' to ensuring this is processed through an anaerobic digester to provide electricity and biofertiliser. This is important as it contributes towards renewable energy.

**Packaging and disposable products:** We actively encourage our suppliers to use alternative packing to ensure where possible a sustainable, recyclable product. The use of excessive cardboard packing in deliveries is strongly discouraged. An example of this is that we have seen a vast reduction in cardboard packaging since working with our fruit and vegetable supplier who now supplies all product in reusable plastic crates.

We have made a conscious effort to ensure all of the disposables used in our restaurants, cafes, delivered service and production kitchens are recyclable and increasingly biodegradable. By switching to sustainable packaging NTU Catering further reduces its carbon footprint as packaging previously destined for landfill sites is now composted or recycled instead.

## 2.8 Healthy options

We are committed to providing our customers with the option to select healthy dishes. We provide snacks such as dried fruit and nuts at our till points and ensure fresh fruit is always available and is always a cheaper alternative to processed desserts.

All our sandwiches, baguettes and rolls are available using wholemeal bread and we ensure all our main meals are served with at least one portion of vegetables or salad.



We have made steps to reduce salt intake by not adding it unnecessarily in the cooking process for instance we steam potatoes, vegetables and rice and do not add any salt, we only use Lo-Salt in our recipes and where suitable us alternative flavour enhancers such as herbs and spices. We do not provide salt on our restaurant tables however we do offer Lo-Salt at central condiment stations.

## 2.9 Drinking water

Here at NTU Catering we fully support the National Health Service's agenda to encourage the public to choose healthier drink options. We believe that water is crucial to good health and therefore, in addition to selling bottled water, we also ensure free drinking water and recyclable cups are available at every catering outlet throughout the university.



## 2.10 Sustainable Restaurant Association

NTU have been awarded 3 stars by the Sustainable Restaurant Association for their 'Food Made Good' accreditation. The Food Made Good Standard is the world's largest sustainability certification tailored for the sector. With a holistic approach that includes every aspect of what sustainability means in today's environment.

## 2.11 Customer Service Excellence

NTU Catering have been awarded the Customer Service Excellence award. As part of this award we ensure all our staff are trained regularly on matters concerning sustainability and the benefits of organic and Fairtrade products. By providing our staff with this knowledge they are then able to relate this information to our customers thus spreading the word regarding the benefits and importance of environmental issues.

## 2.12 Promoting and celebrating food

All the staff working for NTU Catering are encouraged to support the department in promoting food sustainability and healthy eating through regular events held at Nottingham Trent University. From delivering live cookery demonstrations to providing free handouts we are committed to sharing our knowledge and love for food with colleagues and students alike. NTU Catering work closely with various University departments in supporting numerous low-carbon and health and well-being events.



## 2.13 Volunteering

NTU Catering support local homeless charities through donation of unsold produce including prepacked sandwiches, salads and fruit pots and through the provision of marketing material, this initiative supports the university's 'Enriching Society' strategic theme and thus benefits the local community.