



Nottingham Trent
University

Sustainability

Sustainable Food and Beverage Policy

Date: February 2021

1. Introduction

The sustainable food policy has been designed as a main driver in our commitment to deliver healthy and sustainable food and beverage products to our staff, students and visitors. NTU Catering work in partnership with the University's Sustainable Development and Procurement teams to ensure that we consider ethical, social and environmental factors when making decisions on the products and services we provide throughout Nottingham Trent University. We form strong relationships with all our suppliers to ensure that through open, constructive dialogue both new and existing parties consider the social, ethical and environmental impacts of their services and activities and address how to reduce them. We actively encourage local SME's to participate in tendering for university contracts and provide support to assist this process.

The NTU catering team aim to deliver the following strategies across all campuses as part of our on-going commitment to providing a sustainable product and service by considering the following factors in our decision making:

1.1 Fruit and vegetables

- Demand that our contracted fruit and vegetable supplier maximises the use of locally grown produce by working closely and forming relationships with local farms and suppliers to ensure that the fruit and vegetable products used in our recipes and menus reflect where possible, the current season.

1.2 Fresh Meat and Poultry

- All meat products used in our freshly prepared dishes must be certified as Red Tractor standard or equivalent as minimum and it is our aim that these products are all supplied from farms within the East Midlands.
- All fresh poultry is certified Red Tractor, supplied from UK farms only and is halal certified.
- Animal welfare is a major factor in our procurement processes.
- Continued use of beef and lamb sourced from the Brackenhurst Campus for graduation dinners where possible.

1.3 Oil

- We only use cold-pressed rapeseed oil that is produced in the UK for frying and olive oil or rapeseed oil for dressings as it has less unhealthy saturated fat than all other cooking oils and fats and is high in mono-unsaturated and poly-unsaturated fats omega 3, 6 and 9.
- All of our used rapeseed oil is returned to the supplier and recycled for use as bio-diesel for the fuelling of tractors and delivery vehicles.
- We will only use palm oil for cooking if it is guaranteed to be from a sustainable source.

1.4 Fish

- All of the fish we use is from a sustainable source and is always listed on the Marine Conservation Society's 'Fish to Eat' publication.
- We are MSC certified which means that we can ensure that the fish we purchase is sourced responsibly.
- Where possible MSC certification will be a primary consideration in all of our fish and seafood procurement.
- We will only serve tinned tuna that is certified dolphin friendly and is listed on the Marine Conservation Society's 'Fish to Eat' publication.
- We explore the use of alternative, more sustainable fish and seafood in order to contribute to the protection of over fished 'at risk' species.

1.5 Milk, Yoghurts and Eggs

- All the milk that we purchase for the Nottingham Trent University for use in freshly prepared meals is 100% organic.
- All the eggs that we use in our freshly prepared dishes including scrambled egg for breakfast are free range and organic.

1.6 Water

- Reduce where practically possible the use of bottled water on hospitality and conference catering with an alternative self-bottling system that reflects a more sustainable approach to our water provision.
- We recognise water as a natural product that should be readily available to all our customers in all our outlets at zero cost.
- We actively support the drinking of tap water by students and staff and thereby provide such water in all of our outlets in either jug, water fountains or tap dispensers as an alternative option to bottled water.

1.7 Fairtrade Options

- NTU has held Fairtrade status since 2008 and we strive to maintain making Fairtrade products available as widely as practicable in our cafés and restaurants. If for reasons of price, quality, supply availability or contractual obligations we are unable to provide these products, then the University is committed to offering them at a time when these issues are no longer a barrier.
- The University will offer Fairtrade coffee and sugar at all internal meetings and hospitality events.
- NTU commits to increasing the variety of Fairtrade products for events as it becomes possible to do so.

1.8 Nutrition and Healthy Options

It is an on-going commitment that we regularly review our menus and cooking practices to ensure that we retain the maximum nutritional content of our ingredients and products and ensure that a selection of healthy options is available throughout our catering provision. We do this by:

- Limiting the use of salt in cooking.
- Providing only Lo-salt in our restaurants and restricting this to one central point.
- Only using healthy oils for cooking and dressing and limiting deep frying to a minimum.
- Always ensuring meals served are balanced and include all food groups.
- Actively promoting healthy options on our menus.
- Ensuring that where possible the nutritional values and guideline daily amounts are available.
- Ensuring cooking methods reflect the aim to maximise nutritional value of our products.
- Increasing the range of vegan plant-based options.

1.9 Waste

- All our used rapeseed oil is returned to the supplier and recycled for use as bio diesel for the fuelling of tractors and delivery vehicles.
- All our food waste is removed by NTU's nominated waste management contractor and recycled for use in the production of electricity through Anaerobic digestion.
- As part of the 'Food for Life Served Here' catering mark programme we regularly monitor plate waste in our restaurants with a view to taking corrective action on portion size, product popularity and quality.
- Our recipes are designed to ensure that as much of a product is used in food production as possible, such as bones and vegetable stalks and leaves, therefore minimising food waste.
- We have systems in place to monitor and reduce food waste in all our outlets and from our hospitality provision.
- All our staff are trained and refreshed on waste segmentation and the correct waste disposal routes

1.10 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 to be discouraged.
- All the disposables used in our restaurants, cafes, delivered service and production kitchens are recyclable.
- Replacing where possible all single use plastic products with more environmentally friendly alternatives in support of the 'Plastic Planet' campaign supported by the university.

1.11 Energy

- Catering work closely with the Sustainable Development Team to explore new and alternative energy reduction methods in order to contribute to a reduction in the University's carbon footprint.
- Energy rating of appliances is a major consideration when purchasing new catering equipment.
- Staff are trained to utilise timers on catering equipment in order to reduce energy consumption.

- During university closure periods it is policy to ensure that the absolute minimum and only essential catering appliances such as fridges and freezers are left in operation.



Signed:

Steve Denton, Chief Operating Officer and Registrar

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