

The plan

The plan for how the above actions will be achieved is laid out in the following tables under the headings sourcing, provision, practice, development and awareness:



The Plan: sourcing

We will source food and drink that is produced to environmental, social and economically sustainable standards by:

Fruit and veg

- We will increase the amount of locally sourced produce. All suppliers are chosen after a comprehensive evaluation of their sustainability credentials considering environmental, social and economic factors.

Meat, fish and dairy

- Reduce the amount of animal-based produce served and lead with messaging around sustainable choices. Ruminant meats are more carbon intensive and we will reduce the use of these supporting health and environmental benefits.

Local

- Strive to increase the amount of local food that is procured, whether it be produced in our kitchens or using local suppliers.

Organic

- Work towards increasing the amount of organic food procured by regular review of product lines.

Fair trade

- By continuing to source fairly traded products and ingredients, the University is helping to support farmers across the globe. Fairtrade focuses on increasing farmer's resilience to climate change, aligned with the University's goals.

Oils and soya

- We will increase the amount of sustainable palm oil and responsible soya in our sourced products.

Drinks

- We will continue to make healthy and sustainable choices in product ranges.

Culture and education

- We will continue to purchase sustainable packaging such as compostable options, and source options being mindful of whole life cycle.

The Plan: provision

We will provide good value, high quality, healthy and sustainable food that meets dietary needs and enhances wellbeing by:

Fruit and veg

- We will increase vegetable quantity in meat-heavy dishes such as lasagna, as this benefits health and the environment. We will provide generous portions of fruit, vegetables and whole grains, enhancing healthy food availability.

Meat, fish and dairy

- We will move to more meat-free options (utilising meat-free days), provide a range of plant-based choices and explore the options of changing the default milk in hot drinks to a plant-based options.

Local, organic and fair trade

- We will improve the messaging of local and organic food within our point of sale information. We will increase the range of products and supply more point of sale information to increase the Fairtrade presence in people's minds especially during 'Fairtrade Fortnight'.

Health

- Promoting healthy eating is a key tenant of this Sustainable Food Plan and drives our decision making. We have taken steps to promote health by cutting down on fats and oils and increasing the number of our healthy meal deals.

Plants

- As the uptake of low-carbon diets increases, we will promote plant-based options normal within our catering offers. We will make vegan options more prominent, and increase the variety of meat-free packaged sandwiches in our cafes.

Drinks

- Hot drinks in our cafes are sold at a discounted rate to those who bring their own reusable keep up, which reduces waste. Engaging in City to Sea 'Refill Bristol' campaign, we promotes access to water refills as well as reducing plastic waste.

Culture and education

- Training catering managers, chefs and front of house staff on how to best provide sustainable and nutritious food will support creating a culture of health and sustainable food helping achieve all of our goals.

Food waste

- We will place a focus on ensuring that food waste is dealt with in a sustainable manner through campus wide food waste campaigns. This initiative may involve 'no tray' days in halls of residence dining halls.

The plan: practice

We will act responsibly towards the environment and people employed in our supply chains, and we will influence our suppliers to do the same, by:

Suppliers

- All suppliers are chosen after a comprehensive evaluation of their sustainability credentials, considering environmental, social and economic factors. We will design menus to reflect fresh and seasonal produce.

Fruit and veg

- We strive to use seasonal products where possible. We will reduce portion size and emphasise calorie quality over quantity to support our health and sustainability ethos.

Meat, fish and dairy

- We will reduce ruminant meat, starting with removing beef from cafe and retail outlets. Livestock farming is a significant contributor to climate change. We commit to reducing the amount of foods from animal origin (meat, fish, dairy and eggs).

Local and organic

- We aim to buy products that support our local community and if we can't buy local, we'll aim to buy products that support other communities accredited by the Soil Association Food for Life Catering Mark.

Fair trade

- We work with suppliers to increase and broaden lines of Fairtrade and other fairly traded products which are key to ensuring we act responsibly towards people and planet with our suppliers, aiming to become a Fairtrade University.

Oils and soya

- All waste kitchen oil is made into biofuel and we hope to reduce our overall oil consumption in the coming years. We will reduce the amount of oil and hydrogenated vegetable oils used in cooking, choosing healthier and more sustainable oils.

Energy and water

- Reducing our energy and water usage is a vital part of the University Carbon Free by 2030 strategy. We aim to replace equipment with water-saving and energy efficient options and liaise with suppliers to improve the efficiency of water during production.

Drinks

- Mains water drinking facilities have been installed in key locations promoted through the 'Refill Bristol' campaign; and we aim to serve 50% of drinks in reusable containers (we reached 42% in 2018/2019) and aim to reduce it by 30% by 2022.

Culture and education

- Menus are designed with the cross utilisation of products in mind. Food is ordered daily to reduce the levels of food waste by just in time use of raw ingredients. We are listed on the 'To Good To Go' app which reduces food waste through food sharing.

The plan: development

We will support initiatives that deepen understanding, collaboration and action on sustainable food by:

Local and organic

- The University aims to connect with students and other stakeholders to effectively support student led planting projects, take action on organic food issues and implement the most appropriate recommendations from stakeholders.
- We will endeavour to have a holistic approach to choosing our supplies and products, looking at the impact of supply and demand balancing local versus global markets.

Fair trade

- We currently engage students and staff in Fairtrade campaigns and events. We aim to create a steering group within a wider sustainable food action group and create additional educational opportunities by inviting speakers to discuss Fairtrade at one off events. Ultimately, we aim to implement Fairtrade in the curriculum through the group and become a Fairtrade University.

Health

- While we already provide healthy food options, these need to be communicated more effectively to encourage positive lifestyle changes for our whole community, leading to a positive impact on health and wellbeing, as well as on our environment.
- We aim to ensure there is sufficient nutritional information available at point of purchase and promote the health benefits of plant-based.
- In the future, we will develop student cooking lessons and support student led projects to ensure a sustainable legacy.

Plants

- We currently promote less-meat Mondays and aim to move to encouraging less meat at every meal time by changing the way protein is viewed. We aim to engage with the food research group to consider how best to share information around the benefits of a plant-based diet. We will use social media to share how carbon is connected to the food system. We will implement other appropriate actions as recommended by the food research group and other stakeholders.

The plan: awareness

Through great leadership and by adopting transparent and inclusive policies and practices that reflect our institutional values and aspirations, we will seek to raise awareness of sustainable diets and practices through:

Awareness campaigns

- We currently run Fairtrade activities to promote the importance of fair trade schemes and support the South West Fairtrade Network. We aim to set up a Fairtrade University Steering Group (within the Sustainable Food Action Group) and work with the food research group to implement education and curriculum changes.

Food groups

- A Food Development action group will be created early in 2021, with guest members invited from across the University. The action group will discuss food trends and ensure that the sustainability goals set out in the Sustainable Food Plan are woven into the development of food and menus.
- Additionally a 'Sustainable Food and Student Society Forum' will support the Catering department to deliver the sustainable objectives.

Awards

- We currently support the South West Fairtrade Business Awards and we have achieved Fairtrade University status. We have received the Good Egg award for our use of free-range eggs in catered halls of residence, functions, cafes and delivered food, and aim to maintain this level of attainment. In the future, we will work with the Soil Association Food for Life Catering Mark, Sustainable Restaurants award and MSC accreditation. These awards provide an independent guarantee that what is on your menu is freshly prepared, free from undesirable additives and better for animal welfare and ensures that fish is sustainably sourced.