

## Staffordshire University Healthy & Sustainable Food Policy

Staffordshire University recognises its responsibility to carry out its procurement activities in an environmentally and socially responsible manner, and the considerable influence we have in using our buying power to encourage healthy and sustainable food production and consumption. We will strive to incorporate 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.
- 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.

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 we purchase.
- 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 on at least an annual basis and assess whether the targets have been reached and if therefore they can be raised.
- Build responsibility for the management of this policy into the job description of all catering staff.

## Staffordshire University Commitments and Targets:

We will apply this food policy to all of our catering outlets and food served for events, including vending machines.

Overall target: On an ongoing basis, a minimum of 50% of our total food spend will be spent on sustainable<sup>1</sup> produce. In detail, our commitments and targets are as follows:

### Communication

- We will communicate our food policy, and specific information related to what we're doing to improve the sustainability of our food, on a quarterly basis to service users, visitors and staff via e.g. 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 staff will be aware of the various certification systems and their relevance for food production and food products that we use.

### Fruit and Vegetables

- By June 2011 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 bio diversity 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 50% of fresh soft fruit (berries, currants, etc) 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<sup>2</sup> we currently buy (as a % of the total meat purchased) and increase the proportion by at least 5% per annum.

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<sup>1</sup> For a definition of sustainable food please go to [www.sustainweb.org/sustainablefood](http://www.sustainweb.org/sustainablefood)

<sup>2</sup> Organically certified or Freedom Food certified or equivalent.

- 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 June 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.

#### Fish

- We have eliminated any fish on the menu which are on the Marine Conservation Society's (MCS) red list<sup>3</sup> or the IUCN red list<sup>4</sup>
- 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 ([www.fishonline.org/advice/eat/](http://www.fishonline.org/advice/eat/)) by June 2011.
- 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 underutilized species and actively participate in programs to find markets for bycatch of species where robust data is available on the sustainability of stocks that would otherwise be discarded.
- All tinned tuna will be pole and line caught skipjack and/or yellowfin as a minimum.

#### Fairtrade

- 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.

#### Dairy and Eggs

- We will ensure that, on an ongoing basis, 100% of the milk we purchase is Red Tractor certified.
- 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.

<sup>3</sup> [www.fishonline.org/advice/avoid/](http://www.fishonline.org/advice/avoid/)

<sup>4</sup> <http://www.iucnredlist.org/news/iucn-red-list-site-made-easy-guide>

## 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<sup>5</sup>, and which contain controlled levels of salt in line with Food Standards Agency guidance, and remove those that do.

## Water

- We will stop offering purchased bottled water in our hospitality service as soon as possible and at least by June 2011.
- We will implement the use either of tap water in jugs, or of purified still and sparkling tap water, bottled, using re-usable glass bottles in our hospitality services by June 2011.
- On an ongoing basis, we will ensure tap water is available in our main hot food catering outlets.

## 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 September 2011. 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/or sugar, and actively promoting healthier alternatives. Further, we will monitor and reduce, year on year, the number and proportion of less healthy<sup>6</sup> options provided.

## Deliveries

- By June 2011 we will have assessed how many food deliveries are made to the University's catering department per week and, working with suppliers, aim to reduce this number to an absolute minimum by September 2011.

## Engaging SME's

- We will actively seek to establish long term relationships with SME's either directly or indirectly through our contract caterers or suppliers of food. This will be measured annually.

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<sup>5</sup> As defined by the Real Bread Campaign [www.sustainweb.org/realbread/what\\_is\\_real\\_bread](http://www.sustainweb.org/realbread/what_is_real_bread)

<sup>6</sup> As defined by in-house dieticians and / or the Food Standards Agency's Eatwell Plate [www.eatwell.gov.uk/healthydiet/eatwellplate](http://www.eatwell.gov.uk/healthydiet/eatwellplate)

## Waste and Recycling

- By September 2011 we will find out how much food we waste<sup>7</sup> per week and continue to regularly monitor the amount whilst seeking to reduce it (via, for example, monitoring main sources of waste; implementing more efficient ordering, storage and stock rotation; customer surveys to ascertain why certain recipes are unpopular; separating wet waste from dry waste; auditing the waste; developing a strategy for reducing waste) to an absolute minimum by 2012\*\*.
- We will increase recycling of cardboard, paper, glass and metal waste, from sources generated by the catering staff and restaurant users, by 5%, year on year. We will work with suppliers to reduce packaging and use reusable packaging wherever practicable.
- We pledge to ensure that dry waste (e.g. cardboard, paper, metal) is kept separate from wet waste (e.g. food), and send any unavoidable food waste (e.g. potato peelings) for composting or energy recovery. By working with suppliers, we will reduce the amount of waste from all sources going to landfill to an absolute minimum by 2012.

## Energy and Water

- The catering team will assess how much energy and water we use and monitor the amount whilst seeking to reduce our energy and water usage by at least 10% by 2015. We further pledge to establish a plan for how this level will be reduced further beyond this point.

## Public Sector Collaboration

- § We will actively seek to partner public sector organisations in London through Good Food on the Public Plate aggregating purchasing power to increase the sustainability of the food we buy.

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

Signed by:

Retail Hospitality Managers  
Adrian Lowe, March 2011  
Eileen Phillips, March 2011

Director of Commercial Services  
Charles Manners, March 2011

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<sup>7</sup> 'Back door', plate and kitchen waste