

Opportunities for sustainable food in Care Home Catering

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Sustain: the alliance for better food and
farming

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Today:

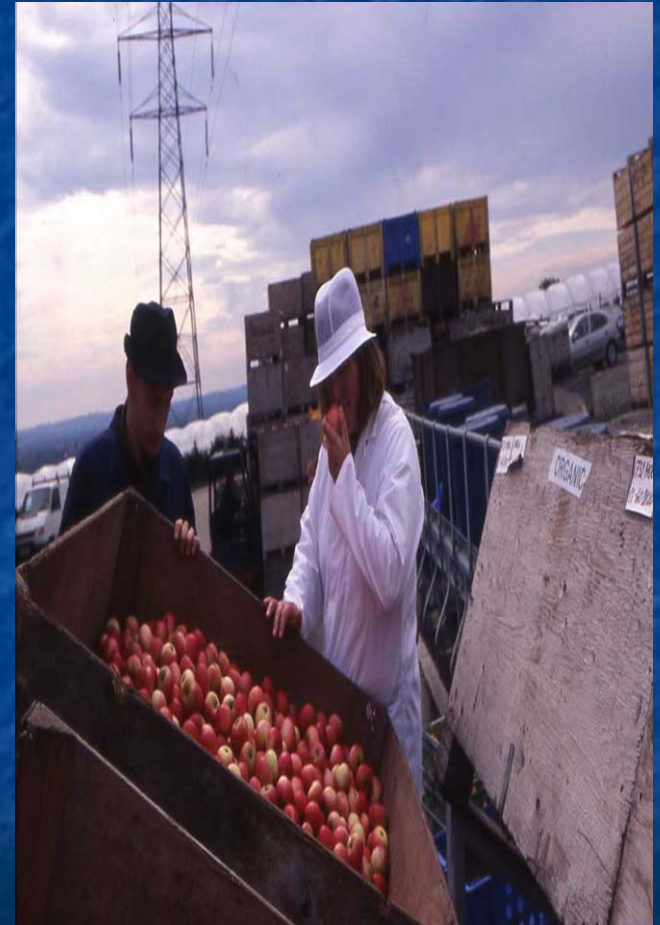
- Introduction to the work being carried out at Sustain
- Brief overview by what we mean by the term ‘sustainable food’
- The Good Food on the Public Plate project as an example of sustainable sourcing
- Overview of opportunities for sustainable food in Care homes

Introduction to Sustain

- Sustain is an alliance of over 100 national organisations which share an interest in making the food system greener and healthier,
- Members include the World Cancer Research Fund, National Trust, Campaign for Real Ale, Consumers' Association, Soil Association, Butterfly Conservation...
- We work by influencing and advising government policy at national and regional level, and by running projects.

The Good Food on the Public Plate Project

- Began in January 2004 as a two year Pilot project working with 4 hospitals in London
- The successful pilot phase means that the project has been extended to include 20 hospitals across the South East of England, along with 5 care homes and 5 schools



Aims:

- To increase the amount of sustainable food being provided
 - To improve the health of staff and patients by providing more fresh and nutritious food
 - To improve viability of local economies by providing new business



Policies that support sustainable public sector catering:

- UK Sustainable development strategy: ‘Securing the Future’
- Commitment to the UK becoming a sustainable public procurement leader in the EU
- Department of Health: Choosing a better diet: A food and health action plan
- Initiatives including Defra’s Public Sector food procurement initiative (PSFPI).
- Inclusion in the PEAT inspections

Examples of Sustainable Food

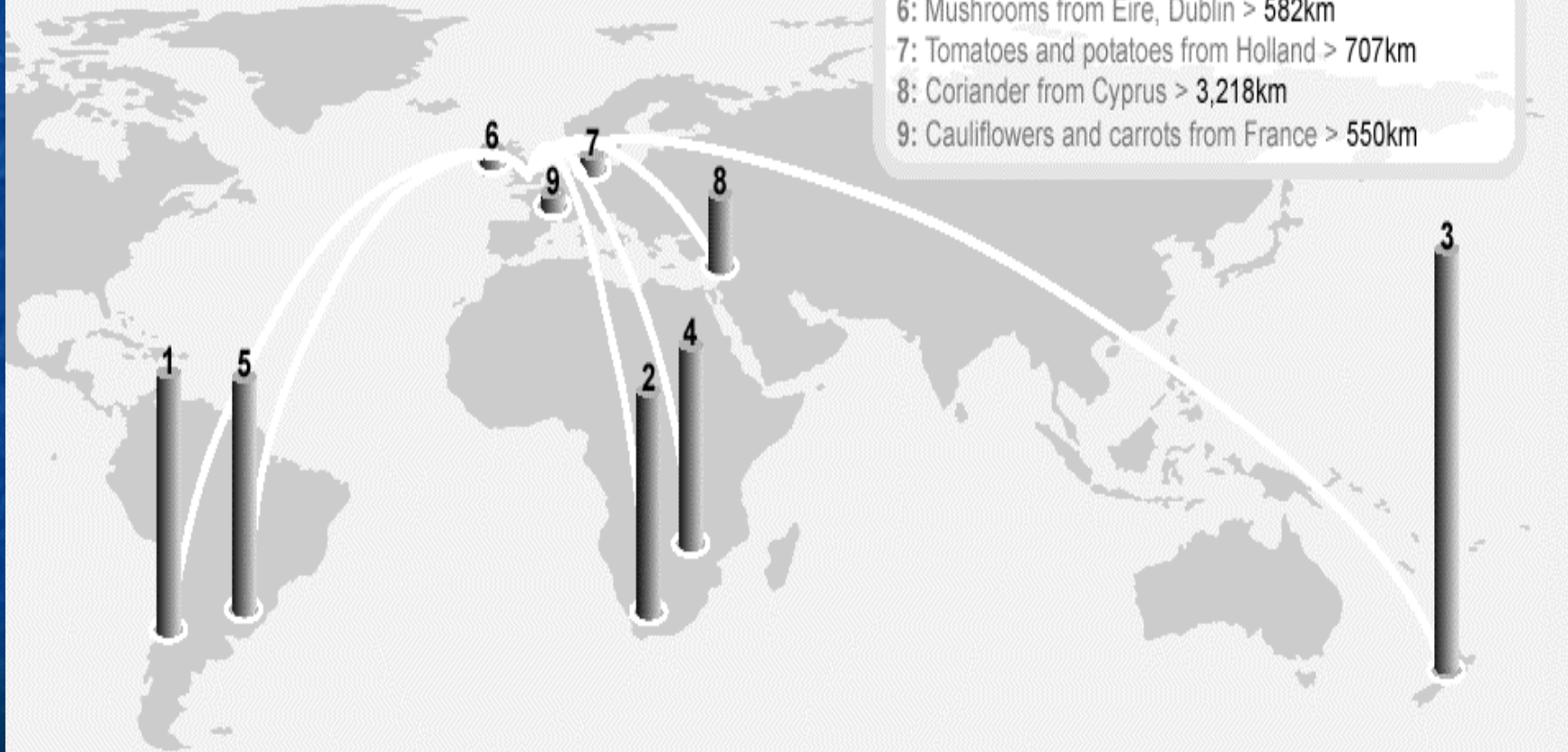
Sustainable food	How it can be identified	Benefits
'Locally' produced food	Product bought and consumed as close to place of production as possible (FARMA/NAFM definition is 35 miles)	<ul style="list-style-type: none">- Support local economy- Improves access to healthy food- Reduces food miles and associated CO2 emissions
Sustainable farming systems	Assurance schemes, e.g. Assured Food Standards, free range, organic	<ul style="list-style-type: none">- Encourages the protection of natural resources- Reduces use of non-reusable resources- Greater biodiversity- Healthier food- Higher animal welfare standards

Examples of sustainable food cont.

Sustainable food	How it can be identified	Benefits
Fairtrade	Fairtrade mark	- Improved working and living conditions and prospects of marginalised producers in poorer countries
Reduced packaging and waste	<ul style="list-style-type: none">- Supply in bulk- Use of reusable containers- Use of recycled or biodegradable materials- Improve quality and taste- Offer portion size options	- Environmental and cost
Traditional regional foods	Protected food names – PDOs, PGIs and TSGs	Taste, diversity and cultural richness

World Food Miles before the Hospital Food Project for selected products

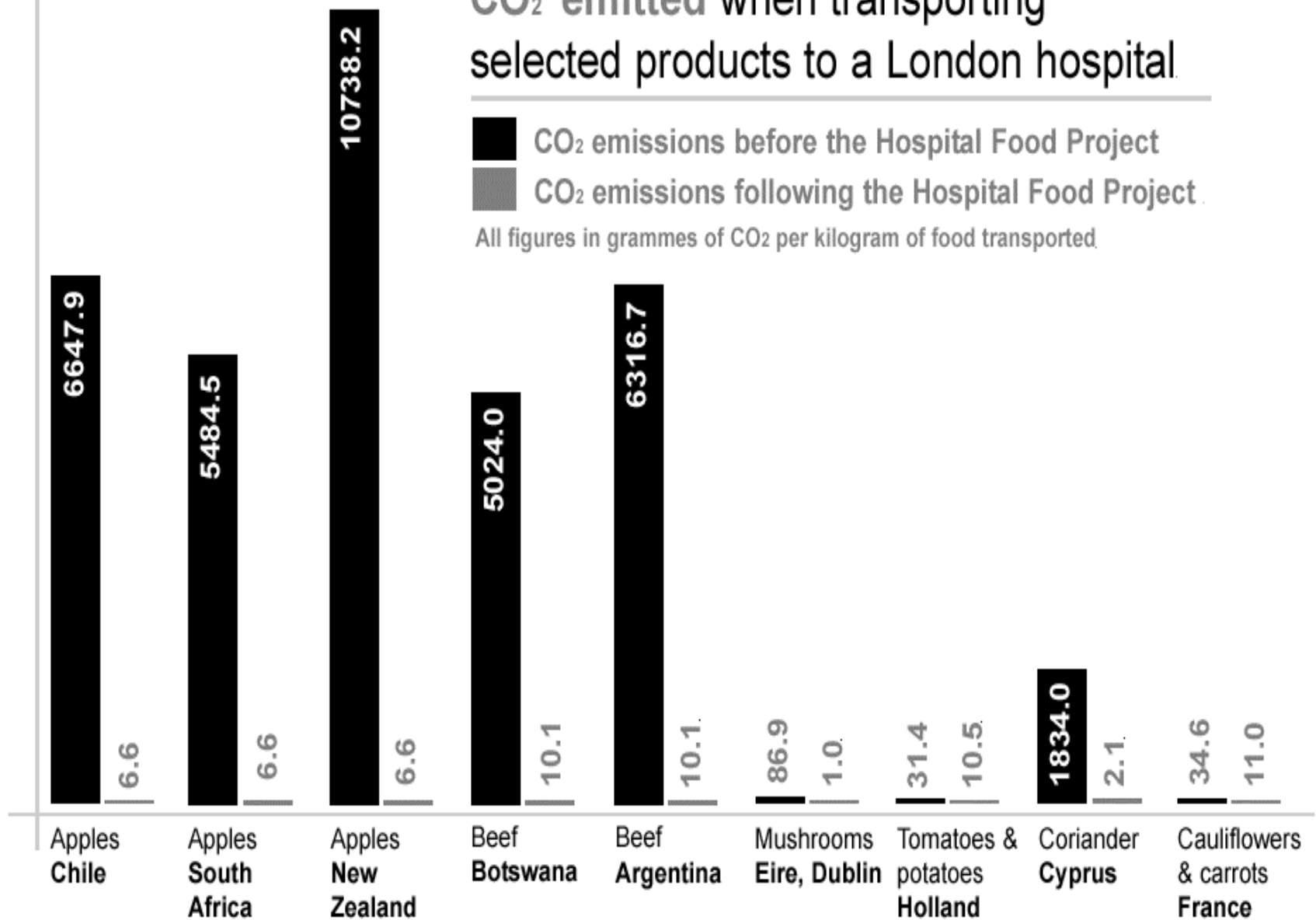
- 1: Apples from Chile > 11,663km
- 2: Apples from South Africa > 9,622km
- 3: Apples from New Zealand > 18,839km
- 4: Beef from Botswana > 8,814km
- 5: Beef from Argentina > 11,082km
- 6: Mushrooms from Eire, Dublin > 582km
- 7: Tomatoes and potatoes from Holland > 707km
- 8: Coriander from Cyprus > 3,218km
- 9: Cauliflowers and carrots from France > 550km



CO₂ emitted when transporting selected products to a London hospital

- CO₂ emissions before the Hospital Food Project
- CO₂ emissions following the Hospital Food Project

All figures in grammes of CO₂ per kilogram of food transported



It is worth it

- Some food costs have increased, but offset:
 - Higher quality bread means fewer slices
 - Cutting down on milk wastage
 - Fresh soup sales increased by 40%
 - Higher quality meat means less is needed
 - Utilising less fashionable cuts of meat
 - Using seasonal fruit and vegetables



New section of the project

- Assisting public sector organisations from around the South East: 20 hospitals, 5 care homes, 5 schools, also work around meals on wheels
- Working with the NACC to develop a full project on Care Homes
- Training for hospital and Care home staff

Specifying for more sustainable food

Purchasers can ask for:

- Food with a legal basis, e.g. organic
- Food produced according to standards of production of recognised assurance schemes
- Produce with clear cultural identity (PDOs, PGIs and TSGs)
- Food for menus based on seasonality and local availability
- Non GM
- Additional services, e.g. educational or recycling activities
- Supplier to use reusable containers, provide a take back service and deliver in bulk and/or recyclable packaging

Some first steps

- Develop a sustainable food policy for the trust (examples in the GFPP manual, downloadable from www.sustainweb.org)
- Think about the products you wish to change first
- See the London Food Link (part of Sustain) website for suitable local suppliers, or contact us
- Join the GFPP ‘replication network’

For Further Information:

(including more detailed individual meetings)

Please contact:

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Questions

- General questions arising from the presentation?
- Training:
 - What types of training do you currently undertake?
 - What type of training is required?