

Better Living

Sodexo @ University of Greenwich

What is Better Living?

- ▶ Better Living is something we all need right now. & this download will highlight some of the good things we (Sodexo) are doing at University of Greenwich.
- ▶ From plastic reduction to wastage, canned water to accreditations, you'll find everything you need to know in this document.



Food for Life

Having previously held the **Bronze Catering Mark** for our **Originals** menu we have achieved the **Gold Catering Mark** since 2017. Due to the pandemic our accreditation is currently on hold but we will be re accredited in September 2021 when services resume fully.

The guiding principles for the **Soil Association's Catering Mark** enable providers to demonstrate that they provide fresh trustworthy food, that they source environmentally sustainable and ethical food.

- **What you need to achieve a Gold Award**
 - We use Organic foods.
 - We use freedom food pork.
 - Purchasing in season UK produce.
 - Purchasing sustainable fish. (MSC)
 - Reducing salt in meals.



For more information on Food For Life
www.foodforlife.org.uk

Organic

- ▶ Baked Beans
- ▶ Mixed Beans
- ▶ Black Beans
- ▶ Kidney Beans
- ▶ Chickpeas
- ▶ Pasta
- ▶ Pesto
- ▶ Chopped Tomatoes
- ▶ Cheddar
- ▶ Flour



Other Accreditations - Red Tractor

- ▶ The Red Tractor logo indicates that food is safe to eat, and has been produced responsibly - from farm to fork.
- ▶ This covers an extensive range of products including, meat, poultry, dairy, cereals, fruit and vegetables.



Other Accreditations - MSC

What is MSC?

The Marine Stewardship Council (**MSC**) is an independent non-profit organization which sets a standard for sustainable **fishing**.



Other Accreditations - MSC

10 Reasons to Choose MSC

1: Our oceans need to be protected

Our oceans are home to an amazing variety of life and support the livelihoods of 1/10 of the world's population.

2: But marine ecosystems are under enormous pressure

Unsustainable fishing is threatening fish populations, ocean habitats, coastal fishing communities and economies.

3: The MSC provides a solution

By choosing seafood with the blue MSC label you are supporting independently certified sustainable fisheries. Their good management practices help ensure fish stocks and habitats are healthy and fishing community livelihoods are secure.

4: Sustainability is based on science

To be MSC certified, fisheries are independently assessed by scientists and marine experts to ensure they meet our standard for environmentally sustainable fishing. Annual audits ensure that they maintain these standards.

5: You're helping to protect a whole ecosystem

It's not all about one species - MSC certified fisheries minimise their impacts on the whole marine environment to ensure healthy, thriving oceans for the future.

Other Accreditations - MSC

10 Reasons to Choose MSC... continued

6: You can buy with confidence

Processors, retailers and restaurants must ensure MSC certified seafood is not mixed with uncertified product. This way you can be sure that the product is correctly labelled.

7: There's plenty to choose from!

You can enjoy sustainable seafood all over the world. Just look for the blue label - it appears on tens of thousands of products in more than 100 countries.

8: There's a choice for every budget

Products with the blue MSC label range from pickled herring to luxury caviar.

9: You're helping to create change

Your purchases of MSC labelled seafood create an incentive for more fisheries, retailers and restaurants to produce and sell certified sustainable seafood.

10: You're helping to keep it wild

You can enjoy your seafood knowing that tomorrow there will be plenty more where it came from.

Other Accreditations

RSPCA Monitored Freedom Food (pork sausages Dingley Dell)

The RSPCA's welfare standards are written by the RSPCA's team of scientific officers in the Farm Animals Department, and are based on leading scientific, veterinary and practical industry expertise.

Good Egg Award (Compassion in World Farming)

We are committed to using cage-free eggs or egg products in all of our dishes. So be safe in the knowledge that we only use free range eggs and this is another step towards delivering the very best in quality to our customers.



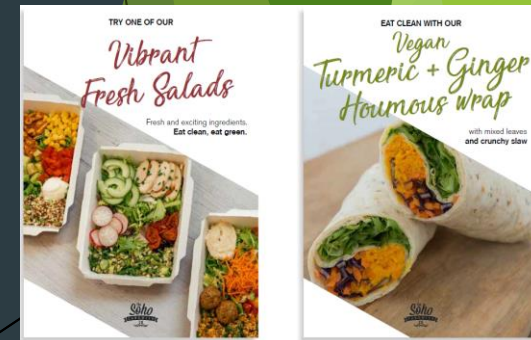
A SOLUTION TO PLASTIC POLLUTION

f t i @canowater



Our Plastic Promise

- ▶ In the Dome we only stock Cans of water
- ▶ We now have a full range of plastic free canned drinks within our catering outlet
- ▶ Not only do we stock a range of plastic free drinks but our Sandwich range through Soho Sandwiches all include plastic free packaging, Vegan & sustainable salads



Straws

- ▶ In 2008 Scott Jarvie made this Clutch Chair using more than 10,000 drinking straws.
- ▶ In a calendar year 4.4 billion straws are thrown away each year
- ▶ As a result Sodexo has banned all plastic straws within our business.
- ▶ On the back of this, we have converted to paper straws.



Did You Know...

We now only use plant starch cutlery or wooden cutlery in the Dome.

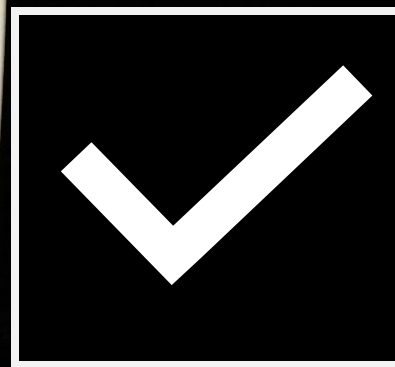
For full information visit the website www.ecoproducts.com/plant_starch_cutlery.html

Which sits nicely alongside our bio box containers which are used for takeaway options.

These are all compostable, recyclable, or biodegradable

SPOT THE DIFFERENCE
and it's not just that one is smaller than the other

PLANT STARCH

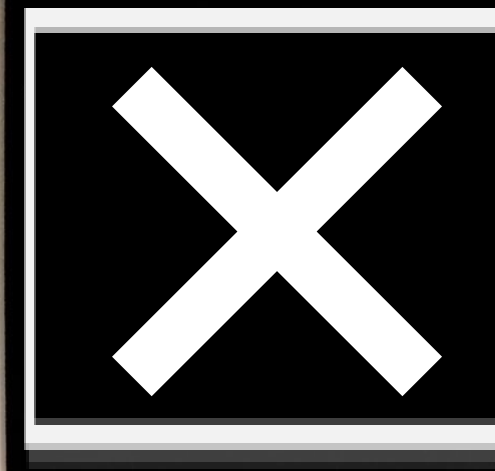


What exactly is it?

Plant Starch Material is made from a mix of 70% plant materials like corn, potatoes, and other vegetables and 30% fillers (like polypropylene) for strength and heat tolerance.

The plant materials are renewable, meaning they can be grown again and again.

PLASTIC



Water Refill Points

In January 2018 the BBC reported on the story that by 2021 shops, cafes & businesses will have to offer free water refill points in every major city & town.

Being ahead of the game we have a free water refill point available in not only the Gym but in the Eatery as well.

Accessible to everyone throughout the day & evening

Plastic bottles: Free water refill points rolled out to cut waste

🕒 25 January 2018 | 📄









🔗 Share



Shops, cafes and businesses will offer free water refill points in every major city and town in England by 2021.

Plant based & Fairtrade

This year we have improved our range of vegan & fairtrade products, we now stock

- Maltesers & Kitkats 
- Fairtrade Chocolate brownies 
- One world muffins & flapjacks 
- Divine Chocolate 
- One world nuts & seeds 
- Lemonaid & ChariTea 

Our Healthy options include a selection of items that are both vegan & gluten free, these include

- Soho Sandwiches Vegan & Gluten free range
- Wasteful to tasteful salad bar
- Supp wasteful to tasteful soup bar
- Proppercorn & Piper crisps
- We always stock fresh fruit





Coffee Cups

- ▶ While disposable coffee cups are recyclable in specialist facilities, they are not currently widely recyclable in most local authority recycling centres.
- ▶ In the UK, less than 1 in 400 (0.25%) coffee cups are recycled.
- ▶ The Confederation of Paper Industries said that “*paper cups cannot be regarded as generally recyclable*”.

Coffee Cups

► To help you make the right decision when it comes to buying your coffee we have introduced a 10p discount whenever you bring in your own cup.

► This applies to Costa & Our unbranded coffee offers where reusable cups are also available.

Sustainable Tea & Coffee

- Our tea & coffee offers include a range of Fairtrade coffee & tea
- Rainforest alliance coffee
- Fairtrade sugar & sweeteners



DO YOUR BIT
Bring your own
cup & save
10%
on all hot drinks



Wasteful to Tasteful by Sodexo

Sodexo are proud to work with Wasteknot to rescue Grade B fruit and vegetables that would otherwise be sent to landfill. In a time of perceived perfection, often the tastiest and most interesting fresh produce is cast aside and deemed unfit. Together, and working closely with Ferry Fast, a cooperative of farmers in Worcestershire, we will be supplying our units with boxes of this produce.

What's more, the delicious and nutritious fruit and vegetables will be delivered to you in recycled banana boxes, lengthening the ways in which 'Wasteful to Tasteful' is benefitting the environment and being as sustainable as possible.

David Mulcahy, Director of Food & Innovation for Sodexo said, "We are delighted to work with such a worthy initiative making best use of fresh produce and supporting UK growers and producers. This exciting scheme will support the responsibility we all have to ensure no food is destined to go to waste wherever possible".



Wastewatch by Leanpath

Sodexo are proud to work with LeanPath by WasteWatch technology in our kitchen at Avery hill.

Leanpath enables Sodexo staff to track and analyse food produced versus consumption enabling the team to take action on their production, cooking and serving methods to minimise food wastage.

Too Good To Go

Too Good To Go app our catering teams list surplus food after service at a reduced price online which are available to students and the local community.

In our London universities alone we have prevented almost 3,000 kgs of carbon emissions by saving 4694 meals from going in the bin!



Questions?

If you have any questions, please feel free to contact us at: averyhill.uk@studentliving.sodexo.com



STUDENT LIVING

by *sodexo*